

**OFFICE OF THE PRINCIPAL**  
**GOVERNMENT AYURVEDIC MEDICAL COLLEGE AKHNOOR - 181201**  
 Fax No. 01924-295060, Email. gamcjammu2017@gmail.com, gamc.2017@jk.gov.in

**TRANSITIONAL CURRICULUM – DURATION 90 HOURS W.E.F 20-02-2023.**

| Day                               | Time          | Program   | Resource Person                      |
|-----------------------------------|---------------|---|--------------------------------------|
| 1 <sup>st</sup>                   | 10 AM – 11 AM | Inaugural Function  | Prof. (Dr.) Shashi Sudan, Principal. |
|                                   | 11 AM – 12 PM | Interaction with Parents  | Faculty interaction                  |
|                                   | 12 PM – 1 PM  | Pre Transitional Curriculum Test  | Dr. Vikram Vir and Dr. Bhageshwari   |
|                                   | 1 PM – 2 PM   | Lunch   | Lunch Break                          |
|                                   | 2 PM – 3 PM   | Interaction with Students   | Faculty interaction                  |
|                                   | 3 PM – 4 PM   | Language (Vadatu Sanskritam )   | Sanskrit Teacher                     |
| 2 <sup>nd</sup>                   | 10 AM – 11 AM | Language (Vadatu Sanskritam )   | Sanskrit Teacher                     |
|                                   | 11 AM – 12 PM | Role of Ayurveda in Public Health and Primary Health Centre                   | Dr. Abhishek Magotra                 |
|                                   | 12 PM – 1 PM  | History, Philosophy and concepts of Ayurveda- introduction by eminent person. | Dr. Sheetal Sharma                   |
|                                   | 1 PM – 2 PM   | Lunch Break   | Lunch                                |
|                                   | 2 PM – 3 PM   | Know your institute and department visit                                      | Sh. Rajinder Singh                   |
|                                   | 3 PM – 4 PM   | Motivational Lecture by eminent person Ayurveda                               | Dr. Sudesh Gupta                     |
| 3 <sup>rd</sup> & 4 <sup>th</sup> | 10 AM – 11 AM | Language (Vadatu Sanskritam )   | Sanskrit Teacher                     |
|                                   | 11 AM – 12 AM | Recent advances in ASU  | Dr. Rishu                            |
|                                   | 12 PM – 1 PM  | History, Philosophy and concepts of Ayurveda- introduction by eminent person. | Dr. Anupama Thakur                   |
|                                   | 1 PM – 2 PM   | Lunch Break   | Lunch                                |
|                                   | 2 PM – 3 PM   | Know your institute and department visit                                      | Sh. Shishu Pal                       |
|                                   | 3 PM – 4 PM   | Lecture by eminent person of Ayurveda   | Dr. Shailej Gupta                    |
| 5 <sup>th</sup> & 6 <sup>th</sup> | 10 AM – 11 AM | Language Vadatu Sanskritam  | Sanskrit Teacher                     |
|                                   | 11 AM – 12 AM | Role & impact of Physician in the Society                                     | Dr. Twinkle/Dr. Tanvi                |
|                                   | 12 PM – 1 PM  | Basics of Prakriti Pareeksha  | Dr. Danisha Sodhi                    |
|                                   | 1 PM – 2 PM   | Lunch Break   | Lunch                                |
|                                   | 2 PM – 4 PM   | Skills – Basic Life Support (BLS) and First Aid                               | Dr. Puesh Pargotra                   |
|                                   |               |   |                                      |
| 7 <sup>th</sup>                   | 10 AM – 11 AM | Language Vadatu Sanskritam  | Sanskrit Teacher                     |
|                                   | 11 AM – 12 PM | Professional Medical Ethics   | Dr. Harmeet Kaur                     |
|                                   | 12 PM – 1 PM  | Role of Yoga in Stress Management   | Dr. Sheetal Gupta                    |
|                                   | 1 PM – 2 PM   | Lunch Break   | Lunch                                |
|                                   | 2 PM – 3 PM   | Personality Development   | Dr. Monika Gupta                     |
|                                   | 3 PM – 4 PM   | Games and sports grouping students and giving tasks                           | Smt. Archana                         |
| 8 <sup>th</sup> & 9 <sup>th</sup> | 10 AM – 11 AM | Language Vadatu Sanskritam  | Sanskrit Teacher                     |
|                                   | 11 AM – 12 AM | Communicative English   | Dr. Sreekala                         |
|                                   | 12 AM – 1 PM  | Know your institute and department visit                                      | Sh. Rahul Sharma                     |
|                                   | 1 PM – 2 PM   | Lunch Break   | Lunch                                |
|                                   | 2 PM – 3 PM   | Lecture from eminent person in Ayurveda                                       | Dr. Sheetal                          |
|                                   | 3 PM – 4 PM   | Higher Education in Ayurveda  | Dr. Ankush                           |
| 10 <sup>th</sup>                  | 10 AM – 11 AM | Language Vadatu Sanskritam  | Sanskrit Teacher                     |
|                                   | 11 AM – 12 AM | Rules and Regulation of Campus, Code of conduct                               | Dr. Anupama Thakur                   |
|                                   | 12 PM – 1 PM  | Yoga Practice and relaxation Techniques                                       | Smt. Archana                         |
|                                   | 1 PM – 2 PM   | Lunch   |                                      |
|                                   | 2 PM – 4 PM   | Lecture from eminent person in Ayurveda                                       | Dr. Rajesh Sharma                    |

|                  |               |   |                                    |
|------------------|---------------|---|------------------------------------|
| 11 <sup>th</sup> | 10 AM – 11 AM | Language Vadatu samskritam  | Sanskrit Teacher                   |
|                  | 11 AM – 12 PM | Lecture by eminent Pharmaceutical industrialist/ Researcher/Educationist etc.                             | Dr. Dinesh Gupta                   |
|                  | 12 PM – 1 PM  | Stress management and Capacity building to address Medical Challenges                                     | Dr. Twinkle Gupta                  |
|                  | 1 PM – 2 PM   | Lunch   |                                    |
|                  | 2 PM – 3 PM   | Importance of Diet in Ayurveda  | Dr. Muneesh                        |
|                  | 3 PM – 4 PM   | Know your institute and department visit  | Sh. Ankit Sharma                   |
| 12 <sup>th</sup> | 10 AM – 11 AM | Language Vadatu samskritam  | Sanskrit Teacher                   |
|                  | 11 AM – 12 PM | Motivational Speech by eminent person   | Dr. Raman Bhagat                   |
|                  | 12 PM – 1 PM  | Motivational Speech by eminent person of Ayurveda   | Dr. Swati                          |
|                  | 1 PM – 2 PM   | Lunch   |                                    |
|                  | 2 PM – 4 PM   | Discussion, debate, Tasks   | Dr. Rahul Gupta                    |
|                  |               |   |                                    |
| 13 <sup>th</sup> | 10 AM – 11 AM | Language Vadatu samskritam  | Sanskrit Teacher                   |
|                  | 11 AM – 12 PM | Personal Health & Hygiene (Dinacharya)  | Dr. Sheetal Gupta                  |
|                  | 12 PM – 1 PM  | Stress Management and Capacity Building to address Medical Challenges                                     | Dr. Sunkashi                       |
|                  | 1 PM – 2 PM   | Lunch   |                                    |
|                  | 2 PM – 3 PM   | Time Management   | Dr. Amandeep Singh                 |
|                  | 3 PM – 4 PM   | Biomedical Waste Management   | Dr. Puesh Pargotra                 |
|                  | 3 PM – 4 PM   | Games and Activities  | Dr. Rahul Gupta                    |
|                  |               |   |                                    |
| 14 <sup>th</sup> | 10 AM – 11 AM | Language Vadatu samskritam  | Sanskrit Teacher                   |
|                  | 11 AM – 12 AM | Computer Skill and Safety Apps  | Dr. Dheeraj Khajuria               |
|                  | 12 AM – 1 PM  | Job Opportunities after BAMS  | Dr. Sahil Basotra                  |
|                  | 1 PM – 2 PM   | Lunch   |                                    |
|                  | 2 PM – 4 PM   | Post Transitional Curriculum Test   | Dr. Vikram Vir and Dr. Bhageshwari |
| 15 <sup>th</sup> |               | Field visit to other institutions, eminent practitioners, AYUSH hospitals /dispensaries, Pharmaceuticals. | CCRAS Bantalb Jammu                |

  
Principal,

Govt. Ayurvedic Medical College Akhnoor.

No: GAMC/PS/ 2362-67

Dated: 17-02-2023.

Copy to the:

1. Medical Superintendent, Govt. Ayurvedic Medical College Akhnoor.
2. Administrative Officer, Govt. Ayurvedic Medical College Akhnoor.
3. Accounts Officer, Govt. Ayurvedic Medical College Akhnoor.
4. All Departments \_\_\_\_\_ Govt. Ayurvedic Medical College Akhnoor for compliance.
5. All concerned with request to facilitate BAMS students, batch 2022-23.
6. College web./Notice Board.