

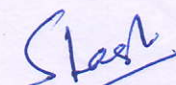
OFFICE OF THE PRINCIPAL
GOVERNMENT AYURVEDIC MEDICAL COLLEGE JAMMU - 180001

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TRANSITIONAL CURRICULUM – DURATION 90 HOURS W.E.F 29-03-2021

Day	Time	Programme	Resource Person
1 st	9 AM – 11 AM	Inaugural Function	Prof. (Dr.) Shashi Sudan, Principal.
	11 AM – 12 PM	Interaction with Parents	Faculty interaction
	12 PM – 1 PM	Interaction with students	Faculty interaction
	1 PM - 2 PM	Lunch	Lunch Break
	2PM – 3 PM	Uniqueness of Ayurveda compared to other systems of Medicine	Dr. Ankita
	3PM – 4 PM	Language (Vadatu Sanskritam)	Sanskrit Teacher
2 nd	9 AM – 10 AM	History, Philosophy and concepts of Ayurveda Introduction by eminent person.	Dr. Ankita
	10 AM – 11 AM	Introduction about Modern Medicine and other systems of Medicine	Dr. Anil Badhoria
	11 AM – 12 PM	Role of Ayurveda in Public Health and Primary Health Centre	Dr. Narinder Sharma
	12 PM – 1 PM	Language (Vadatu Sanskritam)	Sanskrit Teacher
	1 PM - 2 PM	Lunch	Lunch Break
	2 PM – 3 PM	Know your institute and department visit	Faculty 1 st year
	3 PM – 4 PM	Motivational Lecture by eminent person Ayurveda	Faculty 1 st year
3 rd & 4 th	9 AM – 10 AM	History, Philosophy and concepts of Ayurveda- introduction by eminent person.	Dr. Anil Badhoria/Dr. Ankita
	10 AM – 11 AM	Recent advances in ASU	Dr. Shipra
	11 AM – 12 PM	Know Regulatory bodies & Statutory bodies and major AYUSH institutions	Dr. Amit/Dr. Paramjeet
	12 PM – 1 PM	Language Vadatu Sanskritam	Sanskrit Teacher
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Know your institute and department visit	Dr. Narinder Sharma
	3 PM – 4 PM	Lecture by eminent person of Ayurveda	Dr. Ajay Tikoo
			Sanskrit Teacher
5 th & 6 th	9 AM – 10 AM	Language Vadatu Sanskritam	Dr. Bipan Chander
	10 AM – 11 AM	Clinical exposure	Dr. Anil Badhoria
	11 AM – 12 PM	Role and impact of Physician in the society	Dr. Amanpreet Kaur
	12 PM – 1 PM	Basics of Prakriti Pareeksha	
	1 PM - 2 PM	Lunch	
	2 PM – 4 PM	Skills – Basic Life Support (BLS) and First Aid	Dr. Aman Gupta
			Sanskrit Teacher
7 th	9 AM – 10 AM	Language Vadatu Sanskritam	Dr. Anil Gupta
	10 AM – 11 AM	Clinical exposure	Sanskrit Teacher
	11 AM – 12 PM	Vrikshaayurveda and Mrigayurveda	Dr. Gagandeep Kaur
	12 PM – 1 PM	Professional Medical Ethics	
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Computer skills	Miss Ekta Soni/Dr. Narinder
	3 PM – 4 PM	Games and sports grouping students and giving tasks	Dr. Manjeet Singh
8 th & 9 th	9 AM – 10 AM	Communicative English	Dr. Bipan Chander
	10 AM – 11 AM	Biodiversity and Ayurveda	Dr. Shamma
	11 AM – 12 PM	Language. Vadatu Samskritam	Sanskrit Teacher
	12 PM – 1 PM	Yoga and Meditation	Dr. Anil Sharma
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Lecture from eminent person in Ayurveda	Dr. Aruna Bhat, DMS
	3 PM – 4 PM	Games and Activities	Dr. Roshi Mahajan
10 th	9 AM – 10 AM	Communicative English	University Resource Person

	10 AM – 11 AM	Know your syllabus, lectures by HoD	Concerned Head in Charge
	11 AM – 12 PM	Language (Vadatu samskritam)	Sanskrit Teacher
	12 PM – 1 PM	Yoga Practice and relaxation Techniques	Dr. Sujata Sattu
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Computer skills	Dr. Anil Gupta
11 th	9 AM – 10 AM	Language Vadatu samskritam	Sanskrit Teacher
	10 AM – 11 AM	National Health Status, Goals and Policies	Dr. Amit Mahajan
	11 AM – 12 PM	Lecture by eminent Pharmaceutical industrialist/ Researcher/Educationist etc.	Dr. Shaily Jalan
	12 PM – 1 PM	Stress management and Capacity building to address Medical Challenges	Dr. Triveni Raina
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Stress management and Capacity building to address medical challenges	Dr. Lotika Bharti
	3 PM – 4 PM	Videos related to AYUSH	Dr. Vishal Khanna
12 th	9 AM – 11 AM	Language Vadatu samskritam	Sanskrit Teacher
	11 AM – 1 PM	Motivational Speech by eminent person of Ayurveda	Dr. Sandeep Charak
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Discussion, debate, Tasks	Dr. Vishal Khanna
	3 PM – 4 PM	Feedback by the students	Dr. Anil Badharia
13 th	9 AM – 11 AM	Importance of Diet in Ayurveda	Dr. Sandeep Chark
	11 AM – 12 PM	Personal Health & Hygiene (Dinacharya)	Dr. Jatinder Kour
	12 PM - 1 PM	Language Vadatu samskritam	Sanskrit faculty
	1 PM – 2 PM	Lunch	
	2 PM – 3 PM	Time Management	Dr. Dharminder Sharma
	3 PM – 4 PM	Biomedical Waste Management	Dr. Amanpreet Kour
	3 PM – 4 PM	Games and Activities	Dr. Jatinder Kumar
14 th	Learning Skills		
	9 AM – 10 AM	Understanding interpersonal relationship in a health care team	Dr. Amit Mahajan
	10 AM – 11 AM	Understanding the role of mentoring	Dr. Ajay Tikoo
	11 AM – 1 PM	Comprehend the learning Pedagogy and the role in learning skills	Dr. Suresh Kumar
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Understanding the process of group learning and group dynamics	Dr. Anjali Sharma
	3 PM – 4 PM	Understanding different methods of self learning and collaborative learning	Dr. Amanpreet Kaur
15 th		Field visit to other institutions, eminent practitioners, AYUSH hospitals /dispensaries, Pharmaceuticals.	CCRAS Bantallb Jammu


 Principal,
 Govt. Ayurvedic Medical College Jammu.

No: GAMC/PS/1226-1229

Dated: 23-03-2021.

Copy to the:

1. Financial Commissioner, Health & Medical Education Department J&K, Jammu.
2. All concerned with request to facilitate BAMS students, batch 2020-21
3. All Departments, Govt. Ayurvedic Medical College Jammu for compliance.
4. College web./Notice Board.