

## Report

### Ayurpraveshika 2025-26

As per NCISM guidelines, 'Ayurpraveshika- 2025-26' was organized at Tilak Ayurved Mahavidyalaya by the Department of Rachana Sharir.



The program was held for 15 days from 17/11/2025 to 3/12/2025. Everyday Dhanwantari stavan was chanted at the morning & day ended with Mindfulness session.

#### • Day 1 (17/11/2025)

Pre- test was conducted at 9 am.

**09.30 AM - 10.00 PM**

Ice breaking session was conducted

**10.00 AM - 1.00 PM**

On the very first day, the inaugural ceremony took place. Lamp lighting, Dhanwantari prayer chanting was followed by Principal's address. Parents of students were present. Students were introduced about the milestones of their academic journey.

**2.00 PM - 3.00 PM**

Vd. Shyamabala Bali, an Assistant professor from Kriya Sharir, conducted campus visit, in which students were shown all departments in the campus.

**3.00 PM- 4.00 PM**

Vd. Gauri Gangal, Dravyaguna Dept. and Vd. Ashwini Bodade, Rasashastra Dept. Conducted a visit to the campus in which students were introduced to the herbal garden, hospital, and library.

**4.00 PM- 4.50 PM**

Senior students from college, had conversation with the newly admitted batch. They talked to the students about what opportunities they got, what challenges they had to face.

**4.50 PM - 5.00 PM**

Mrs. Tejashree Pendse, conducted guided meditation. She asked students to focus on the breath.



#### • Day 2 (18/11/2025)

**9.10 AM - 10.00 AM**

Dr. Omkar Jyotik guided students about first aid training and common emergencies.

**10.00 AM - 11.00 AM**

Dr. Madhura Kulkarni, Sanskrit Samhita Siddhant department, introduced students to History of Ayurveda since vedic period in a very amusing manner.

**11.00 AM - 12.00 PM**

Dr Soniya Kale , Swasthavritta department, guided students about the role of Ayurveda in community health.

**12.10 PM - 1.00 PM**

Vd. Saniya Dandekar ,Rachana Sharir department, explained administrative procedures. The activity that gave an idea of different scenarios and how the leave application can be written, was carried out.

**2.00 PM - 3.00 PM**

Vd. Sonal Somani, Sanskrit Samhita Siddhant department, conducted a session on Basic principles of Ayurveda and Trisutra.

It included a discussion on purpose of lifestyle and how it enriches or affects mana and atma.

**3.00 PM - 4.00 PM**

Librarian, Mrs. Kavita Temghare conducted a library visit. She also introduced digital resources to students.

**4.00 PM - 4.50 PM**

Vd. Saniya Dandekar of Rachana Sharir department, conducted group discussion about why each student chose BAMS. Students shared their views on why they wanted to pursue learning Ayurveda.

**4.50 PM - 5.00 PM**

Vd Jyoti Rahalkar, conducted a mindfulness session beautifully. She conducted guided meditation. Students felt calm.



• **Day 3 (19/ 11/2025)**

**9.10 AM - 10.00 AM**

Dr Mihir Hajarnavis, Vice principal, gave an overview of Indian Knowledge Systems. He asked students to share home practices for health. Students were asked to solve a small test about ancient contribution in ancient medicine.

**10.00 AM - 11.00 AM**

Vd. Supriya Gore, Sanskrit Samhita Siddhant department, gave an introduction to Ashtang Ayurveda. She introduced 8 branches of Ayurveda to students very well.

**11.00 AM - 12.00 PM**

Students were divided into 2 groups and they debated about interdisciplinary exposure. Students stated their ideology about different health systems. They participated wholeheartedly and got charged with motivation.

**12. 10 PM - 1.00 PM**

Dr. Asmita Jadhav, Dravyaguna department, conducted an interactive session on other Indian Medical systems such as Unani, Siddha, Homeopathy and Sowa rigpa. Students got to know about the different systems of medicine.

**2.00 PM- 3.00 PM**

Vd. Ashutosh Jategaonkar guided students about how they can give Ayurvedic care to patients in an affordable manner. He spoke about the difference between value and price. Students were encouraged about how they can practice Ayurved in Rural regions also.

**3.00 PM – 4.00 PM**

Vd. Dewashish Umbrajkar, Dravyaguna department, guided students about how Vaidya should follow sadvritta. Students were made aware of the ethics which are essential to follow.

**4.00PM – 4.50 PM**

Vd. Maithili Naik, Swasthavritta department, delivered a lecture of Ayurveda and yoga as India's Soft power diplomacy through wellness. Students were encouraged to take pride in being Ayurveda disciples.



- **Day 4 (20/11/2025)**

**9.10 AM- 10.00 AM**

Dr. Manjiri Deshpande, Rognidan department introduced various avenues of higher education that students can pursue after completing BAMS. Students got encouraged by knowing different opportunities.

**10.00 AM- 11.00 AM**

Vd. Laxman Lavgankar, Kriya Sharir department, encouraged students by guiding them about different career opportunities as practice, running wellness centers, panchakarma units and entrepreneurship.

**11.00 AM – 12.00 PM**

Dr. Apoorva Sangoram, Dravyaguna department, guided students how they have an opportunity of self-employment. Students were introduced to innovative entrepreneurship.

**12.10 PM – 1.00 PM**

Vd. Tanuja Sawant, Kriya Sharir department, explained concept of Dosha, Dhatu and Mala in her session. She explained how Dosha, Dhatu and Mala are gauged in patients.

**2.00 PM – 3.00PM**

Dr. Sarika Chopde, Rachana Sharir department, gave a detailed overview of competency based curriculum. An activity to identify subjects via puzzles was conducted.

**3.00 PM – 4.00 PM**

Vd. Prajкта Kukarni, Rachana Sharir department, guided students about cultural competence and disability awareness. Students were made aware of challenges that patients face.

**4.00 PM – 4.50 PM**

Vd. Prajкта Kukarni, Rachana Sharir department, guided students about how a Vaidya should possess healing hands and a compassionate heart. They were encouraged to have professional mindset.



- **Day 5 ( 21/11/2025)**

**9.10 AM - 10.00 AM**

Dr. Taranoom Patel, Kriya Sharir department, conducted a session of Sharir Kriya syllabus orientation. Students were shown department, laboratory, chart and models.

**10.00 AM - 11.00 AM**

Vd. Madhura Kulkarni, Sanskrit Samhita Siddhant department, introduced Bruhatrayee to students. Students asked questions about Sushrut samhita, Charak samhita and Ashtang Hriday samhita.

**11.00 AM - 12.00 PM**

Vd. Supriya Gore, Sanskrit Samhita Siddhant department, elaborated Ashtang Hriday samhita and discussed about Laghutrayee, and differences about Ashtang Sangraha and Ashtang Hriday.

**12.10 PM - 1.00 PM**

Mrs. Rashmi Apte, gave an orientation of basics of Sanskrit. Students were asked to narrate small sentences in Sanskrit.

**2.00 PM - 3.00 PM**

Vd. Ashwini Kamble, Sanskrit Samhita Siddhant department, gave an overview of Darshanas. She conducted a group discussion on the Darshana concept.

**3.00 PM - 4.00 PM**

Vd. Harshad Kulkarni, discussed characteristics of a good Vaidya. He elaborated professional code of conduct.

**4.00 PM - 4.50 PM**

Vd. Harshad Kulkarni, conducted an activity in which students shared why they chose Ayurveda.



- **Day 6 ( 22/11/2025 )**

**9.10 AM - 10.00 AM**

Dr Sangeeta Salvi, Vice Principal, guided students about presentation skills. Students were introduced to better presentation methods, how they can prepare better power point presentations, what are the thumb rules.

**10.00 AM - 11.00 AM**

Dr. Manjiri Deshpande, Secretary antiaging committee, conducted a detailed session on student safety and ragging- free campus. Students shared their concerns and those were resolved by Madam.

**11.00 AM - 12.00 PM**

Dr. Aishwarya Ranade, Rognidan department, guided about self directed learning. Students were motivated to learn effectively and skillfully.

**12.10 PM - 1.00PM**

Mrs Rashmi Apte, taught Sanskrit grammar to students. Students made small sentences.

**2.00 PM - 3.00 PM**

Vd. Soniya Kale, Swasthavritta department, guided about healthy food habits, healthy lifestyle. Students understood dietary regulations.

**3.00 PM - 4.00 PM**

Vd. Ashwini Kamble, Sanskrit Samhita Siddhant department, gave an orientation of Padartha vidnyan. Students were introduced to day to day application of Padartha vidnyan.

**4.00 PM - 4.50 PM**

Vd. Darshana Ubhale, Rognidan department, introduced Nidan Panchak framework to students and discussed disease causative factors beyond pathogens.



• **Day 7 ( 24/11/2025 )**

**9.10 AM - 10.00 AM**

Vd. Soniya Kale ,Swasthavritta department, guided students about relation between neuron mental science and Dinacharya and Ritucharya.

**10.00 AM – 11.00 AM**

Mr Sutkar and team from Tilak Ayurved Mahavidyalaya, office guided students about administrative structure, campus rules, regulations, dress code, timings, etc.

**11.00AM- 12.00 PM**

Vd. Maithili Naik, Swasthavritta department, delivered a lecture about national health programs and role of Ayurveda.

**12.10 PM – 1.00 PM**

Vd. Swarali Shendye conducted a lecture over a topic, Ayurveda and communication. She emphasized on how educating basics of Ayurveda plays important role in achieving global wellness.

**2.00 PM – 5.00 PM**

Dr. Asmita Jadhav, and Vd. Dewashish Umbrajkar, of Dravyaguna department, took students to herbal garden for half day field visit.



• **Day 8 ( 25/11/25)**

**9.10 AM - 10.00 AM**

Dr. Apoorva Sangoram, Dravyaguna department, guided students about research awareness, evidence based Ayurveda.

**10.00 AM - 11.00 AM**

Dr. Rucha Ganu, Streerog prasuti dept. educated students about hand hygiene and universal precautions.

**11.00 AM - 12.00 PM**

Vd. Neelam Valhekar, Agadtantra department, conducted an interactive session about heritage in young hands.

**12.10 PM - 1.00 PM**

Mrs. Rashmi Apte, gave an orientation of basics of Sanskrit. Students were asked to narrate small sentences in Sanskrit.

**2.00 PM - 3.00 PM**

Vd. Dhananjay Mhasade, NABH coordinator, guided about BMW management & conducted an activity about color codes of bins and items to throw in each one of them.

**3.00 PM - 4.00 PM**

Dr Mihir Hajarnavis, Vice pricipal, conducted lecture about regulatory bodies- NCISM, AYUSH, University.

**4.00 PM - 4.50 PM**

Dr. Sangeeta Sawant, Kayachikitsa Dept., guided students about environmental hygiene and janapadodhwansa.



• **Day 9 (26/11/25)**

**9.10 AM - 10.00 AM**

Dr. Vishnu Joglekar sir took a lecture about use of AI in learning Ayurved & conducted an activity regarding use of AI tools.

**10.00 AM - 11.00 AM**

Vd. Shilpa Kolarkar, Agadtantra Dept., guided students about nation building and Ayurveda as a pillar

**11.00 AM - 12.00 PM**

Mrs. Pranali Polkam, guided students about how to use different computer tools such as PowerPoint, excel, etc.

**12.10 PM - 1.00 PM**

Mrs. Rashmi Apte, gave an orientation of basics of Sanskrit. Students were asked to narrate small sentences in Sanskrit.

**2.00 PM - 3.00 PM**

Vd. Prashant Suru an Ayurved practitioner inspired students for how they can learn Ayurveda and how it is beneficial for society.

**3.00 PM – 4.00 PM**

Different videos were shown to students related to learning management system. Demo of google classroom was conducted.

**4.00 PM - 4.50 PM**

Vd. Mehboob Patel an Ayurved practitioner guided students about Ayurveda's role in shaping Modern Health diplomacy and significance of Charak Samhita.



• **Day 10 (27/11/25)**

**9.10 AM - 10.00 AM**

Dr. Anand Barve, Kayachikitsa Dept. conducted an interactive session about pride in becoming a healer.

**10.00 AM - 11.00 AM**

Vd. Sushrut Gadgil, an Ayurved practitioner shared success stories through the cases of different patients and how Ayurveda has helped patients heal tremendously.

**11.00 AM - 12.00 PM**

Vd Saniya Dandekar, Rachana Sharir Department, introduced students to SMART goals.

**12.10 PM - 1.00 PM**

Mrs. Rashmi Apte, gave an orientation of basics of Sanskrit. Students were asked to narrate small sentences in Sanskrit.

**2.00 PM - 3.00 PM**

Dr. Madhura Kulkarni Sanskrit Samhita Siddhant department, guided students about effective time management.

**3.00 PM – 4.00 PM**

Dr. Minakshi Randive, Vice Principal guided students about Ayurveda and personalized medicine. Self-prakruti assessment activity was conducted.

**4.00 PM - 4.50 PM**

Vd. Sneha Kulkarni, conducted an interactive session about goal setting to become an Ayurvedic physician.



• **Day 11 (28/11/25)**

**9.10 AM - 11.00 AM**

Dr. Salil Joglekar, Agadtantra department, conducted an interactive session about Satva, Raja and Tama and their modern Correlation. He discussed about application of triguna theory & stress management.

**11.00 AM - 12.00 PM**

Vd. Mandar Akkalkotkar, certified CPR trainer gave a training to students of basic life support. Hands on session to perform CPR on a mannequin was conducted.

**12.10 PM - 1.00 PM**

Mrs. Rashmi Apte, gave an orientation of basics of Sanskrit. Students were asked to narrate small sentences in Sanskrit.

**2.00 PM - 3.00 PM**

Dr. Milind Bhoi Sir, guided students about Ayurvedic perspective of deaddiction & created awareness about the same.

**3.00 PM – 4.50 PM**

Mr. Vivek Khambete guided students about soft skills and collaborative skills.



• **Day 12 (29/11/25)**

**9.10 AM - 10.00 AM**

Vd. Vinaya Dixit, Rasashastra Dept., guided students about academic writing.

**10.00 AM - 11.00 AM**

Dr Shirisha Sathe, clinical psychologist, discussed possible risks if technology overtakes human wisdom.

**11.00 AM - 12.00 PM**

Dr. Salil Joglekar, department, conducted a session about scope of Ayurveda abroad.

### 12.10 PM - 1.00 PM

Dr. Rupal Shah, Rachana sharir conducted a session about code of conduct in dissection hall, subject orientation.

### 2.00 PM - 3.00 PM

Mrs. Rashmi Apte conducted a session in which students practiced performing small Sanskrit skits.

### 3.00 PM – 4.00 PM

Dr. Yogini Patil guided students about concept of Anand, students were enlightened with knowledge about healing lessons from Taiteeriya Upanishad.

### 4.00 PM - 4.50 PM

Students were given time to practice Sanskrit skits.



### • Day 13 (1/12/25)

### 9.10 AM - 10.00 AM

Vd. Dewashish Umbrajkar, Dravyaguna department, introduced students to the ideas how students can cultivate, develop and yield by carrying out Ayurvedic agriculture.

### 10.00 AM - 11.00 AM

Vd. Aishwarya Masal, Agadtantra guided students about national tobacco control programme.

### 11.00 AM - 12.00 PM

Vd. Neelam Valhekar, Agadtantra and Dr Indira Ujagare, HOD and professor of Rasashastra, conducted indoor games for team building.

### 12.10 PM - 1.00 PM

Mrs. Rashmi Apte conducted a session in which students performed small Sanskrit skits.

### 2.00 PM - 3.00 PM

Vd. Jyoti Rahalkar introduced students to Patanjali Yog sutra, various asanas and ashtang yog.

### 3.00 PM – 4.00 PM

Vd. Laxman Lavgankar, Kriya Sharir guided students about how students should inculcate an intention to serve the society.

### 4.00 PM - 4.50 PM

Detailed plan and instructions regarding Arogya Mitra Abhiyan were given to students.



### • Day 14 ( 2/12/25)

### 9.00 AM – 5.00 PM

Students visited to a nearby village named Kashig, in Mulshi District, for Arogyamitra Abhiyan they interacted with families & collected the required data as per the survey format.



- **Day 15 (3/12/25)**

Valedictory function was performed, Principal, Dr Saroj Patil & Vice principal Dr. Hajarnavis addressed students. Students expressed their feelings about overall program & gave positive feedback. PG students were felicitated for their active participation in all the sessions. Students showcased their talent including singing and oratory, poem etc.

