RSM'S TILAK AYURVED MAHAVIDYALAYA PUNE

TRANSITIONAL CURRICULUM

FIRST PROFFESIONAL BAMS 2023-24

AYURVEDA

Duration:90Hours

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| 1st Nov2023Wednesday | 9.30am–10:30am | Pretest | |
| | 10:30am–11:30am | Induction | |
| | 11:30am-12:30pm | Interaction with students | |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Dhanwantari Stavan and its meaning | Dr. Taranoom Patel |
| | 2;30pm-3:30pm | Operational procedures-Office working | Mr. Abhay Hire |
| | 3:30pm – 4:30pm | Ayurvedas national and International reach | Dr.Salil Joglekar |
| 2nd Nov 2023Thursday | 9:30am–10:30am | Vadatu Sanskritam | Vd.Hema Dole |
| | 10:30am–11:30am | Lecture By Eminent person | Dr. Amit Ghodake |
| | 11:30am-12:30pm | Health and fitness | Vd.SharvariInamdar |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Medical professional ethics | Dr.Dhananjay Mhasade |
| | 2:30pm-3pm | National health status-Goals and policy | Dr. Dhananjay Mhasade |
| | 3:30pm-4:30pm | Motivational speech | Vd.Shrirang Galgali |
| 3rd Nov 2023Friday | 9:30am–10:30am | Vadatu Sanskritam | Vd.Hema Dole |
| | 10:30am–11:30am | Introduction to Ayurved | Dr. Mihir Hajarnavis |
| | 11:30am-12:30pm | Role of Ayurveda in Covid -19 Managment | Vd.Laxman Lavgankar |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Computer skills | Dr. Aishwarya Ranade |
| | 2:30pm–3.30pm | Regulatory bodies | Vd.Mihir Hajarnavis |
| | 3:30pm-4 | Know your campus - Ground floor | Vd. Supriya Gore<br>Vd. Ashwini Bodade |

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| 4thNov 2023Saturday | 9:30am–10 :30am | Vadatu Sanskritam | Vd.Hema Dole |
| | 10:30am–11:30am | Know your syllabus | Dr.Meenakshi Randive |
| | 11:30am-12:30pm | Know your syllabus | Vd.Saroj Patil |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Mental Health | Vd. Priyadarshan Joglekar |
| | 2:30pm–3.30pm | Health and Viruddha Ahar | Vd. Priyadarshan Joglekar and team |
| | 3:30pm-4 :30pm | Know your campus STRH | Vd. Darshana Ubhale<br>Vd. Sayali Kulkarni |
| 6thNov 2023Monday | 9:30am–10 :30am | Vadatu Sanskritam | Vd. Hema Dole |
| | 10:30am–11:30am | Code of conduct | Vd. Apoorva Sangoram |
| | 11:30am-12:30pm | Lifelong learning Strategies | Vd. Mihir Hajarnavis |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Know your Syllabus | Dr. Madhura Kulkarni<br>Dr. Ghanshyam Dongare |
| | 2.30pm–3.30pm | Communication skill | Mr. Vivek Khambete |
| | 3:30pm-4:30 | Eminent person lecture-Kesh-Ayurved | Vd. Harish Patankar |
| 7thNov 2023Tuesday | 9.30am–10:30am | Vadatu Sanskritam | Vd. Hema Dole |
| | 10:30am–11:30am | Research and its scope in Ayurveda | Dr. Jyoti Shirodkar |
| | 11:30am-12:30pm | Lecture by eminent person- Agni and Viddha Karma | Vd. Chandrakumar Deshmukh |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Motivational speaker-Public Services | Dr. Santosh More |
| | 2:30pm – 3:30pm | Soft skills | Mr.Vivek Khambete |
| | 3:30pm-4:30 | Lecture from eminent person-Panchabhautik chikitsa | Vd. Prashant Suru |

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| 8thNov2023Wednesday | 9:30am–10:30am | Vadatu Sanskritam | Dr. Rashmi Aapate |
| | 10:30am–11:30am | Introduction to surgical practice | Dr. Sangita Salvi |
| | 11:30am-12:30pm | Computer skill | Dr. Taranoom Patel |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Time management | Dr. Manjiri Deshpande |
| | 2:30pm–3.30pm | Know your campus – 1st floor | Dr. Sangita Sawant<br>Dr. Ashwini Bodade |
| | 3:30pm-4:30pm | Hospital Introduction | Dr. Kalyani Bhat |
| 9thNov 2023Thursday | 9:30am–10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am–11:30am | Applied aspect of Samhita | Vd. Prayag Sethiya |
| | 11:30am-12:30pm | Public Speaking | Mr. Vivek Khambete |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Interpersonal Skills | Dr. Manjiri Deshpande |
| | 2:30pm–3.30pm | Interpersonal Skills | Dr. Indira Ujagare |
| | 3:30pm-4:30pm | Know your campus – 2nd Floor | Dr. Pradnya Gathe<br>Vd. Shyambala Bali |
| 16thNov 2023Thrusday | 9:30am–10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am–11:30am | Know your hospital–2 batches–OPD procedure | Dr. Sangita Sawant and Team |
| | 11:30am-12:30pm | Future Prospects-Streerog Prasutitantra | Dr. Suhas Herlekar |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Gender Equality | Dr. Prachi Dole |
| | 2:30pm–3.30pm | Recreational Activities | Dr. Maithili Naik |
| | 3:30pm-4:30pm | Role of physician | Vd. Sneha Kulkarni |
| 17thNov 2023Friday | 9:30am–10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am–11:30am | Examination Strategies | Vd. Sanika Aafale |
| | 11:30am- | Group Activity | Dr. Gauri Gangal<br>Dr. Shyambala Bali |

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| | 12:30pm | | |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Basic life and support | Vd. Mandar Akkalkotkar |
| | 2:30pm–3.3pm | | |
| | 3:30pm-4:30pm | First aid | Vd. Nandkishor Borse |
| 18hNov 2023 Saturday | 9:30am–10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am–11:30am | Uniqueness of Ayurved | Vd. Mihir Hajarnavis |
| | 11:30am-12:30pm | Mental health | Dr. Yashashri Joshi |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Group activities | Dr. Supriya Gore |
| | 2:30pm–3.30pm | Recreational team building activity | Dr. Mohan Joshi |
| | 3:30pm-4:30pm | Importance of Samhita | Dr. Mohan Joshi |
| 20thNov 2023 Monday | 9:30am – 10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am–11:30am | Demonstration of procedures- Library | Mrs. Priya Pawar<br>Mrs. Temghare Kavita |
| | 11:30am-12:30pm | Yoga introduction | Vd. Jyoti Rahalkar |
| | 12:30pm–1:30pm | Lunch | |
| | 1:30pm – 2:30pm | Study Guidance | Dr. Sarika Chopade |
| | 2:30pm–3:30pm | Introduction to Panchkarma | Vd. Anjali Damle |
| | 3:30pm-4:30pm | Health and Hygiene in Women | Vd. Ashwini Karandikar |
| 21st Nov 2023 Tuesday | 9:30am–10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am–11:30pm | Organ Donation awareness | Dr. Prajkta Kulkarni |
| | 11:30am–12:30pm | Yoga and meditation | Vd. Jyoti Rahalkar |
| | 12:30am-1:30pm | Lunch | |
| | 1:30pm–2:30pm | Entrepreneurship-Setting of Ayurvedic pharmacy | Vd.Laxman Lavgankar |

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| | 2:30pm – 3:30pm | Goal setting | Vd.Yoginee Patil |
| | 3:30pm- 4:30pm | Goal setting | Vd.Yoginee Patil |
| 22ndNov 2023Wenesday | 9:30am– 10:30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am– 11:30pm | Self-learning techniques | Vd. Vinaya Dixit |
| | 11:30am– 12:30pm | Relaxation techniques | Vd .Jyoti Rahalkar |
| | 12:30am- 1:30pm | Lunch | |
| | 1:30pm– 2:30pm | Group Activity | Vd. Vinaya Dixit |
| | 2:30pm – 3:30pm | Emergency management in Anaesthasia | Dr. Deepak Poman |
| | 3:30pm- 4:30pm | Personality Development | Mr. Narendra Naidu |
| 23rd Nov 2023Thursday | 9:30am–10 :30am | Vadatu Sanskritam | Mrs. Rashmi Aapate |
| | 10:30am– 4:30pm | Field visit to STRH and Ayurved Rasashala | |

Mentor - Dr.D.P.Puranik
Chairperson- Dr.Saroj V. Patil
Adviser - Dr.MihirHajarnavis
Dr. Indira ujagare
Dr. SangitaSalvi
Coordinator- Dr.MinakshiRandive
Joint Coordinator- Dr.Tarannoom Patel
Dr. Shyambala Bali
AssistatantCoordinator- Dr.Laxman Lavgankar,
Dr.Tanuja Sawant

V/c Principal
Tilak Ayurved Mahavidyalaya
Pune - 11

TILAK AYURVED MAHAVIDYALAYA PUNE-11