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Organizing
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Coordinated By- Department of Kriya Sharir

Day- 1-17/11/2026 -Tuesday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–10:00 AM	Inaugural Ceremony & Dhanvantari Homa	Lamp lighting, prayer chanting, Dhanvantari Shloka recitation	Kriya Sharir Faculty
10:00–11:00 AM	Know Your College	Timeline Creation– Students draw a visual timeline of the institution's milestones	Dr. Taranoom Patel
11:00–12:00 PM	Learning from Seniors	—Ask Me Anything‖–Q&A with seniors; —Message to My Future Self‖ – personal reflection writing. Interaction with senior students	Seniors from College
BREAK:10 mins			
12:10–1:00 PM	Pre-Test & Parent Interaction(Annexure–1)	Google Form pre-test (30 questions); Parent–student guided Q&A	Kriya Sharir Faculty
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Campus Orientation–Part 1	Campus visit- academic blocks/department visits/meet faculty of Rachana, Kriya & Samhita Encouraging observational learning	Kriya Sharir Faculty- Vd.Shyambala Bali and Vd. Jai Chinchwade
3:00–4:00 PM	Campus Orientation–Part 2	Photography in academic block, herbal garden, hospital, OPD/IPD, pharmacy, library etc.	Vd. Gauri Gangal and Vd. Mrinali Phapale
4:00–4:50 PM	Day Reflection: Icebreakers & Faculty Interaction	Group sharing,funintro games	Kriya Sharir Faculty
4:50–5:00 PM	Mindfulness	Sitting in silence, Guided breathing & relaxation	Kriya Sharir Faculty

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Day- 2- 18/11/2026- Wednesday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Short group recitation and daily reflection	Kriya Sharir Faculty
9:10–10:00 AM	Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies.	Interactive introduction to Principal, Dean, Head of the Dept. and key staff Debate on—Why rules and discipline help learningl	Mr. Kiran Sutakar
10:00–11:00 AM	Administrative Procedures: Leave applications, attendance policies, and fee payments.	Role-play: applying for leave, reporting grievance, library check-in	Mr. Kiran Sutakar
11:00 AM–12:00PM	Introduction to Ayurveda and History	Discuss on Ayurveda Avatarana from different Sampradayas	Dr. Madhura Kulkarni
BREAK:10 mins			
12:10–1:00 PM	Student Safety: & Ragging-Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	Simulation of anti-ragging scenarios ;Poster-making– —Say No to Raggingl Problem– solution mapping of student concerns	Dr. Milind Bhoi
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Discussion on purpose of life and lifestyles	Dr. Madhuri Vitekar
3:00–4:00 PM	Library Orientation	Library visit and digital resource search(Pub Med, AYUSH portal)	Mrs. Kavita Temghare
4:00–4:50 PM	Reflection:—Ayurveda &Mel	Group circle discussion on why each student choose BAMS	Kriya Sharir Faculty
4:50–5:00 PM	Mindfulness	Short guided meditation/ Silent sitting	Kriya Sharir Faculty

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Day- 3-19/11/2026- Thursday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation & short reflection	Kriya Sharir Faculty
9:10–10:00 AM	What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality, Holistic view of human wellbeing	Storytelling: share one traditional home practice for health; Discussion–*"How is* Ayurveda's vision of health unique?"/ Quick quiz on ancient contributions in ancient medicine, Technology and Science etc.	Dr.Mihir Hajarnavis
10:00–11:00 AM	Introduction to Ashtanga Ayurveda	Sloka recitation of eight branches of Ayurveda	Vd. Supriya Gore
11:00 AM–12:00PM	Concept of_Anand'thetrue goal of healing lessons from Taittarreeya Upanishad.	Discussion on experimental feeling of actual happiness	Vd. Yogini Patil
BREAK-10mins			
12:10–1:00 PM	Research awareness and evidence based ayurveda: Orientation	Discussion on basics of research methodology and data interpretation, read a published paper	Dr. Apoorva Sangoram
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Scope of Ayurveda: Current status, legal recognition,and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities.	Fact search on AYUSH and NCISM portals. World mapping activity– mark countries recognizing/ practicing Ayurveda (online/ offline)	Dr.Pradnya Akkalkotakar
3:00–4:00 PM	Interdisciplinary exposure	Debate Ayurveda in various systems of medicine.	Kriya Sharir Faculty
4:00–4:50 PM	Ayurveda and YogaasIndia's soft power Diplomacy through wellness	Group discussion on surprising or inspiring insights from IKS	Vd.Maithili Naik
4:50–5:00 PM	Mindfulness	Gratitude practice, focusing on cultural heritage/Meditation	Kriya Sharir Faculty

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Day- 4-20/11/2026-Friday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation & brief reflection	Kriya Sharir Faculty
9:10–10:00 AM	Proposed Higher Education Pathways in Ayurveda (M.D./M.S./Ph.D., Super specialty courses	Watch videos/read short bios of MD/PhD professionals; Create career flowchart	Dr. Minakshi Randive
10:00–11:00 AM	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship	Alumni talk (live or recorded);Role exploration: *"If I were a..."*	Dr.Dipak Poman
11:00 AM–12:00PM	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of Ayurveda field.	Visit; introduction and entrepreneurial activity done in the college by Research innovation and entrepreneurship developmentcell (RIEDC).	Dr. Apoorva Sangoram
12:10–1:00 PM	Concept of Dosha,Dhatu, Mala in brief with application aspects	Concept reflection: *"How is Tridosha seen in patients?"*; Analogy building using daily life examples	Dr. Taranoom Patel
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.	Subject puzzle (First Year); Timeline exercise marking academic milestones	Dr. Madhura Kulkarni
3:00–4:00 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Model charts, cadaver room, specimen organs	Dr. Ankush Bhoye
4:00–4:50 PM	Healing Hands and Compassionate Hearts: Reflection activity	Group sharing on readiness for clinical responsibilities	Dr. Anupama Shimpi
4:50–5:00 PM	Mindfulness	Guided meditation/breathing with a focus on career visualization	Kriya Sharir Faculty

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Day- 5- 21/11/2026-Saturday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation & short reflection	Kriya Sharir Faculty
9:10–10:00 AM	Sharir Kriya Orientation details of syllabus	Pulse respiration assessment practice visit dept/lab, charts models etc.	Dr.Minakshi Randive
10:00–11:00 AM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health	Search for activities of National Ayush Mission	Dr. Mihir Hajarnavis
11:00 AM–12:00PM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Draw NCISM organizational tree; Rapid-fire quiz on functions/policies	Dr. Mihir Hajarnavis
BREAK-10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation ,Basics of Sanskrit alphabet, pronunciationor asannexed (Annexure – 2)	Writing drill: vowels and consonants in Devanagari/ Didactic with video, chant slokas of ayurveda (Ashtang Hriday Charaka Samhita)	Mrs. Rashmi Apte
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	**e-samskara**, building digital competence: Basic Computer Skills: MSWord, excel, PowerPoint etc. with AI.	Create PPT slide susing presentation templates	Mrs. Pranali Polkam
3:00–4:00 PM	WhoisgoodVaidya (Charaka's view) professionalcodeof conduct/personalcodeof conduct	Discussiononmodern challenges	Vd. Laxman Lavgankar
4:00–4:50 PM	Reflection activity: why havechosenAyurveda(My Roots in Ayurveda)	Group sharing: Which Samhitadoyouresonatewith most and why?	Vd. Sonal Somani
4:50–5:00 PM	Mindfulness	Guided visualization with meditation on connecting with ancient Ayurvedic wisdom	Kriya Sharir Faculty

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Day- 6-23/11/2026-Monday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Self-directed, self-motivated, learning skills and studying skills	Self-studies strategies, library skills, time management	Dr. Aishwarya Ranade
10:00–11:00 AM	Introduction to Bruhatrayi–Charaka, Sushruta, Vagbhata	Three-corner debate: Charaka vs. Sushruta vs. Vagbhata; Quote matching activity	Dr. Madhura Kulkarni
11:00 AM–12:00PM	Laghutrayee with elaboration of AshtangHridaya	Discussion on difference betweenAshtangSanghrah and AshtangHaridaya	Vd.Supriya Gore
BREAK-10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation–Basic Grammar Or as annexed (Annexure– 2)	Verb conjugation drill; Sanskrit sorting game	Mrs. Rashmi Apte
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	MayreferAyurvedaAhara Regulations (FSSAI – Ayurveda Ahara, 2021) making Ay. Herbal tea, balanced Ay. Plate	Vd. Nileema Shisode
3:00–4:00 PM	PadarthaVigyana orientation in brief with detailed elaboration of Tantrayuktees	Discussion on practical application in day-to-day life	Vd. Ashwini Kamble
4:00–4:50 PM	Ayurvedic pathology, Nidana Panchaka framework understanding disease in Ayurveda beyond pathogens	Discuss on causative factors beyond pathogenic virus, bacteria and other organisms	Dr. Manjiri Deshapande
4:50–5:00 PM	Mindfulness	Observation of Breath and body	Kriya Sharir Faculty

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Day- 7-25/11/2026-Wednesday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	DhanvantariPrayer& Thought for the Day	Group recitation &short reflection	Kriya Sharir Faculty
9:10–10:00 AM	Ayurveda and Neuron mental science. Role ofRitucharya and Dinacharya in climate adaptation.	Discuss on herbal drinks according to ritus. Track your dinacharya and plan ritucharya for present local climate	Vd. Maithili Naik
10:00–11:00 AM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	First-aid simulations	Dr. Dhanraj Gaikwad
11:00 AM–12:00PM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults,children,infants)	Role-play conscious/unconscious choking scenariosWatchCPRdemo video; Groupdiscussiononage-based differences Hands-onCPRpractice	Vd. Mandar Akkalkotkar
BREAK-10mins			
12:10–1:00 PM	Inspirational talk by senior Vaidya/Professoraboutwhy ayurveda is more relevant than ever/my journey as an ayurvedic doctor	Question answer session/interaction	Dr. Santosh More
1:00–2:00 PM			
2:00–3:00 PM	Presentation Skills: Structuringan Academic Presentation with good content.	Story board layout; Slide critique	Dr. Ashwini Bodade
3:00–4:00 PM	Digital Literacy: Learning Management System(LMS) Orientation —How Will LMS HelpYourAcademic Success?I	Login, navigation, uploading a sample assignment Group discussion	Mr. KiranSutakr and Mrs. Manasi Pathak
4:00–4:50 PM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Discussion:sharing of key insights by students	Dr.Neelam Valhekar
4:50–5:00 PM	Mindfulness	Guided breathing/silent sitting awareness	Kriya Sharir Faculty

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Day- 8-26/11/2026-Thrusday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy &Homeopathy	Interactive quiz/discussion	Dr.Asmita Jadhav
10:00–11:00 AM	Hand Hygiene & Universal Precautions. Infection Control Measures	WHO7-stephand washing demo. Gloves, masks, aprons, waste handling	Dr. Rucha Ganu
11:00 AM–12:00PM	Heritage in young hands: Youth as brandambassadors of Ayurveda	Search for Start-ups, wellness industry on digital platforms.	Dr.Suryakant Patil
BREAK-10 mins			
12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Common communicationalPhrases in class Or as annexed(Annexure–2)	Sanskrit basics focused on ayurvedic terminology and classical texts	Mrs. Rashmi Apte
1:00–2:00 PM			
2:00–3:00 PM	A healer's duty to health and environment, eco responsibility: Biomedical Waste Management Principles	Color code game–match items to bins	Dr. Dhananjay Mhasade
3:00–4:00 PM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Group discussion on Darshanas concepts	Vd. Ashvini Kamble
4:00–4:50 PM	Environmental hygiene: Concept of —Janapadadwamsal in ayurveda and its relevance to environmental hygiene	Swachataabhiyana of surrounding environment, discussiononroleofhygiene in professionalism	Dr. Darshana Ubhale
4:50–5:00 PM	Mindfulness	Slow breathing aligned with gentle stretches	Kriya Sharir Faculty

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Day- 9-27/11/2026-Friday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Pride in becoming a Healer--Interactive session	Discuss on different healing modalities.	Dr. Sangeeta Sawant
10:00–11:00 AM	Nation building: Ayurveda as a pillar of India's Health security.	Discussion: Ayurveda for Atma Nirbharata.	Dr. Shilpa Kolarkar
11:00 AM–12:00PM	Glory of Ayurveda in Global Health	Discussion on WHO GCTM (Global Centre for Traditional Medicine)	Dr. Girish Tillu
BREAK-10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2)	Group recitation; Shloka pronunciation drills	Mrs. Rashmi Apte
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Ayurveda & Communication/media studies	Countering misinformation of Ayurveda.	Vd. Swarali Shendye
3:00–4:00 PM	Ayurveda ethics & Philosophy in context of Sadvritta	Refer & Discuss Sadvritta&Bioethics.	Vd. Soniya Kale
4:00–4:50 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy.	Search relevant context in Charak Samhita.	Dr. M.H. Patel
4:50–5:00 PM	Mindfulness	Gentle breathing with gratitude feeling	Kriya Sharir Faculty

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Day- 10- 28/11/2026-Saturday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Role of Artificial intelligence in Academics AI in education ,diagnosticresearch	Group discussion on different AI tools and their better utility in study circle, use of AI for data mining from classical texts	Dr. Minakshi Randive And Dr. Taranoom Patel
10:00–11:00 AM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Alumni talk on clinical/research/entrepreneurs hip; Vision board creation	Vd. Sushrut Gadgil
11:00 AM–12:00PM	Integrative tradition with ambition: Goal setting in ayurveda education	Write SMART goals for academic & professional life under the heading of vision for Vikasit Bharat 2047.	Dr. Sangeeta Salvi
BREAK–10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Introduction to Chhandasorasannexed(Annexure– 2)	Chhandas chanting practice	Mrs. Rashmi Apte
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Effective time management strategies: _Sankalpa to Siddhi'–Time management for obtaining academic and clinical excellence.	Design a weekly planner for studies & personal time	Dr. Madhura Kulkarni
3:00–4:00 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.	Self-Prakriti Assessment by seniors.	Kriya Sharir Faculty
4:00–4:50 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Share on e personal goal set during the day	Vd. Anjali Damle
4:50–5:00 PM	Mindfulness	Guided breathing with focusing on goal visualization	Kriya Sharir Faculty

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Day- 11- 30/11/2026- Monday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Ayurveda Psychology—correlations of Satva, Rajas, Tamas with Modern Psychology,	Discuss on Bhoot vidya of Astangas, ancient insights for modern minds.	Dr. Salil Jogalekar
10:00–11:00 AM	Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata	Discussion on harmony of mind: Triguna insights for students	Mrs. Mridula Ghodake
11:00 AM–12:00PM	National Health Programmes& Role of Ayurveda.	Make a calendar of National Health Programmes.	Vd. Soniya Kale
BREAK–10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Shloka Recitation Practice or as annexed (Annexure– 2)	Group chanting session for accurate pronunciation	Mrs. Rashmi Apte
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Cultural Competence& Disability Awareness: empathy as therapy to disability care and rehabilitations	Discussion on Healing without barriers, disability awareness, inspiring students to be compassionate.	Dr. Minakshi Randive And Dr. Taranoom Patel
3:00–4:00 PM	Soft skills & Life skills in Ayurvedic context, building collaborative skills (Communication & empathy-based care)	Audio visual experience, discuss on personal and professional competencies expected for a student.	Dr. Vinaya Dixit
4:00–4:50 PM	Reflection:—Empathy and Expressionl	Group discussion on inclusivity in Ayurveda	Dr. Vinaya Dixit
4:50–5:00 PM	Mindfulness	Observation Of Self / Meditataion	Kriya Sharir Faculty

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Day- 12-1/12/2026-Tuesday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	discussion on Ayurvedic Principles of soil and plant health	Vd. Devashish Umrajkar
10:00–11:00 AM	What are the risk if technology overtakes human wisdom? Digital toxicity.	Check your college website and learning websites. Debate on different selected crisis and situation. (**"No mobiles day"**)	Dr. Minakshi Randive And Dr. Taranoom Patel
11:00 AM–12:00PM	Ayurveda and Economics of Health: Ayurveda's role in preventive healthcare, afford ability and sustainable health economics.	Discussion on cost effective health care vs modern health economics. (SDG)	Vd. Maithili Naik
BREAK-10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammar Or as annexed (Annexure– 2)	Noun declension game; Verb conjugation relay	Mrs. Rashmi Apte
Lunch Break	**Lunch Break**		
2:00–5:00 PM	Half day field visit	Ayurvedic herbology, field visit, herbal garden, incubation center, Ayurveda hospital, district ayurveda hospital, medicine manufacturing unit, any nearby Institute of National Importance (Anyone which is convenient as per availability nearby institution)	Dravyaguna Department- Dr.Asmita Jadhav Dr. Pradnya Gathe Dr.Gauri Gangal,

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Day- 13-2/12/2026-Wednesday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–10:00 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Paragraph editing activity	Dr. Apoorva Sangoram
10:00–11:00 AM	Orientation on national tobacco control programme	Discussion on tobacco cessation centers	Vd. Aishwarya Masal
11:00 AM–12:00PM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Discussion on students'clubs, associations, club activity	Vd. Neelam Valhekar
BREAK–10mins			
12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice Session or as annexed (Annexure– 2)	Storytelling in Sanskrit (simple phrases);Group recitation	Mrs. Rashmi Apte
1:00–2:00 PM	**Lunch Break**		
2:00–3:00 PM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Search for videos of proper pranayama, yoga, dyana.	Dr. Minakshi Randive And Dr. Taranoom Patel
3:00–4:00 PM	Swasthya,Satya,Seva: The ayurveda student's commitment of self, society and world.	Discusson social responsibility	Vd. Laxaman Lavgankar
4:00–4:50 PM	Discussion on outreach activity of 14th day.	Planning to visit nearby village.	Kriya Sharir Faculty
4:50–5:00 PM	Mindfulness	Short gratitude-based meditation	Kriya Sharir Faculty

TILAK AYURVED MAHAVIDYALAYA PUNE-11

Principal
Tilak Ayurved Mahavidyalaya, Pune.

I/c Principal
Tilak Ayurved Mahavidyalaya
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Organizing
"Ayurpraveshika"-Transitional Curriculum 2026
Coordinated By- Department of Kriya Sharir

Day- 14- 3/12/2026-Thrusday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00 AM– 5:00PM	—Jeevaneeyal (Ayurveda ArogyamitraAbhiyan) Visit of nearby village/rural area	Student outreach programme.- Rural house visits with questionnaire for interaction. (physical, mental, social, cultural conditions, health aspects, food and habits) One student has to visit one home\family and adopt to keep a follow-up of the family throughout his/her academic journey. **Note:** • Till completion of his/her studies one should adopt the family and serve as **Ayurveda Arogya Mitra**, for that home/family throughout the period. • Language may not be any barrier at all.	Village Visit Kriya Sharir Faculty

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Day-15-4/12/2026-Friday			
Time	**Topic for the Hour**	**Activity**	**Resource Person**
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Kriya Sharir Faculty
9:10–11:30 AM	Talent show; the talent exhibition, talented students are to be identified and recorded. Such students are encouraged to participate in institutional activities and to participate In various events.	Performing Arts, Visual Arts, Literary & Intellectual Talents, Innovation & Technical Skills, Leadership & Management Talents	Kriya Sharir Faculty
11:30 AM–12:00PM	Post-Test	Individual assessment	Kriya Sharir Faculty
BREAK-10mins			
12:10–1:00 PM	Feedback Collection	Written + oral feedback on programme content &delivery	Kriya Sharir Faculty
1:00–2:00 PM	**Lunch Break**		
2:00–4:30 PM	Reflection on Mindfulness	Gratitude reflection for the entire programme	Kriya Sharir Faculty
2:00–5:00 PM	Valedictory Function	Sharing future vision, felicitation, awards for assignments/projects Final address by Principal/Dean Group Photo Informal Interaction	Kriya Sharir Faculty

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