



Eklavya A. B. V. J. J. Va. M. Sevabhavi Sanstha's Sanchalit

ASHVIN RURAL AYURVED COLLEGE & HOSPITAL

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Out Ward No. A.R.A.C/ 15704 12025

Date: 31 / 12 / 2025

Report – Transitional Curriculum 2025-26

Day 1 Date: 2/12/25

The first day of the First Year BAMS 2025–2026 program was conducted successfully and served as a meaningful introduction to academic and campus life. The inaugural ceremony, guidance sessions, interactive activities, and orientation programs helped students become familiar with the institution's values, facilities, and academic expectations. Motivational addresses by eminent faculty members and achievers inspired the freshers, while peer guidance fostered a sense of belonging and confidence. The day concluded on a calm and positive note with a meditation session, ensuring mental well-being and enthusiasm among the students. Overall, Day One effectively laid a strong foundation for a disciplined, informed, and engaging academic journey for the newly admitted BAMS students.

Day 2 Date: 3/12/25

The second day of the induction program was highly informative and well-structured, providing students with a clear understanding of the academic, administrative, and support systems of the college. The sessions helped familiarize students with college rules, committees, library resources, and core academic subjects, while also emphasizing personal well-being through yoga and meditation. Overall, the program successfully guided students in adapting to the institutional environment, encouraged discipline and confidence, and laid a strong foundation for their academic journey in Ayurveda.

Day 3 Date: 4/12/25

The third day of the Transitional Curriculum successfully provided students with a comprehensive understanding of Ayurveda and Indian Knowledge Systems through a blend of theoretical insights, interactive discussions, and reflective practices. The sessions highlighted the holistic philosophy of Ayurveda, its preventive approach to health, and its relevance in integrative healthcare. Discussions on classical concepts such as *Ashtanga Ayurveda*, *Trisutra*, and *Panchakosha* deepened students' conceptual clarity, while motivational talks and meditation encouraged personal growth and self-awareness. Overall, the day fostered intellectual curiosity, cultural appreciation, and a deeper connection to the principles and values of Ayurveda, laying a strong foundation for future learning and professional development.

Day 4 Date: 5/12/25

The session provided a comprehensive understanding of the multifaceted nature of Ayurvedic education and practice. It emphasized the importance of essential qualities in a doctor, including empathy, professionalism, and effective communication, which directly impact patient care and recovery. The concepts of Prakruti and Tridosha theory highlighted the value of personalized treatment and preventive healthcare. Activities fostering self-reflection and



academic planning reinforced the alignment of personal goals with professional growth. The discussion on career opportunities encouraged innovation, research, and entrepreneurship, while insights into Krishi Ayurveda underscored the integration of sustainable agriculture with Ayurvedic knowledge. Overall, the session inspired students to combine clinical skills, ethical practice, creativity, and environmental consciousness in their future careers.

Day 5 -06/12/2025

The fifth day of the First-Year Orientation Program provided students with valuable insights into the foundational texts and principles of Ayurveda. Through interactive sessions on Sanskrit, Sushruta Samhita, Charak Samhita, philosophy, Kayachikitsa, and Roganidan, students gained both theoretical knowledge and practical understanding. The day was highly engaging, informative, and motivating, successfully fostering curiosity and enthusiasm among first-year students for their journey in Ayurveda.

Day 6- 08/12/2025

The sessions introduced first-year students to core Ayurvedic principles, diagnostics, and practical applications. Topics included Ayurveda's role in public health, Nadi Pariksha and respiration assessment, foundational concepts, and Padartha Vidnyan. Sanskrit training strengthened understanding of classical texts, while communication and media skills highlighted modern professional practice. Overall, the program provided a clear, practical, and engaging foundation for further Ayurvedic study.

Day 7-09/12/2025

The Orientation Session for the new Junior First-Year BAMS Batch was successfully conducted, providing practical skills, academic guidance, and an introduction to core departments. Activities included BLS training, a lecture on the scope of BAMS, and departmental visits. The program offered a motivating and comprehensive induction for the students.

Day 8-10/12/2025

The lecture series was informative and interdisciplinary, providing valuable insights into infection control, artificial intelligence, Ayurveda, health policy, nutrition, and holistic well-being. The sessions were well-received by the participants and contributed significantly to academic and professional development.

Day 9-11/12/2025

- The importance of Adhyatma in understanding Ayurvedic concepts
- Spiritual approaches to health and wellness in Ayurveda
- Insights into the speaker's perspective on Ayurved-Adhyatma connection

Student Feedback:

- The session was enlightening and provided a unique perspective on Ayurveda.
- Students appreciated the spiritual context of Ayurvedic practices.

Day 10- Date: 12/12/2025



The program was highly interactive, insightful, and inspiring. It successfully integrated academic knowledge, personal development, and professional guidance. The sessions motivated students to embrace Ayurveda with confidence, clarity, and a strong sense of purpose.

Day-11 Date: 13/12/ 2025

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Day-12 Date: 15/12/2025

The program was intellectually enriching and practically relevant. It enhanced students' understanding of Ayurvedic ethics, mental health management, motivation, and essential life skills. The sessions contributed significantly to the holistic development of students and their preparation as competent and ethical Ayurvedic professionals.

Day-13 Date: 16 /12/ 2025

The session provided an overview of co-curricular activities, indoor and outdoor sports facilities, and house formation. Students were informed about opportunities for participation and overall personality development.

Dr. Kolhe discussed the role, functioning, and importance of tobacco cessation centers, highlighting public health responsibilities and preventive healthcare strategies.

This session introduced the fundamentals of scientific writing, ethical research practices, and awareness regarding plagiarism in academic work.

The concluding session introduced the fundamentals of Ashtanga Yoga, focusing on its role in physical, mental, and spiritual well-being.

Guidelines and planning details for the upcoming field trip were discussed with students.

Day-14 Date: 17/12/2025

The program was enriching and well-balanced, combining research orientation, mental wellness, and hands-on learning. It effectively encouraged students to develop a research mindset while maintaining holistic well-being

Day-15 Date: 18 /12/2025

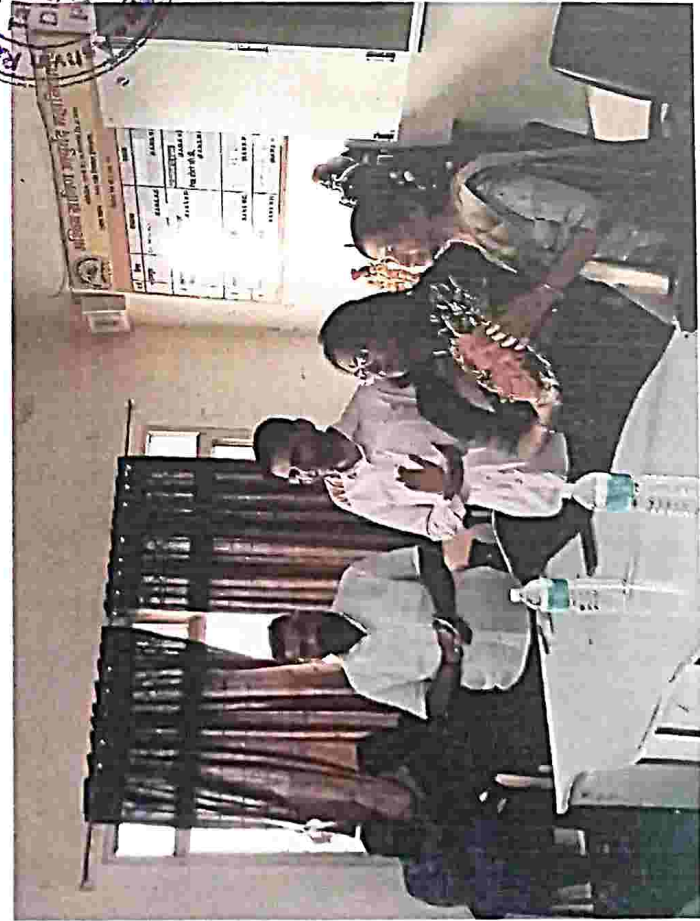
The program was engaging and enriching. It successfully combined wellness education through yoga with cultural activities, contributing to the holistic development and morale of the students.

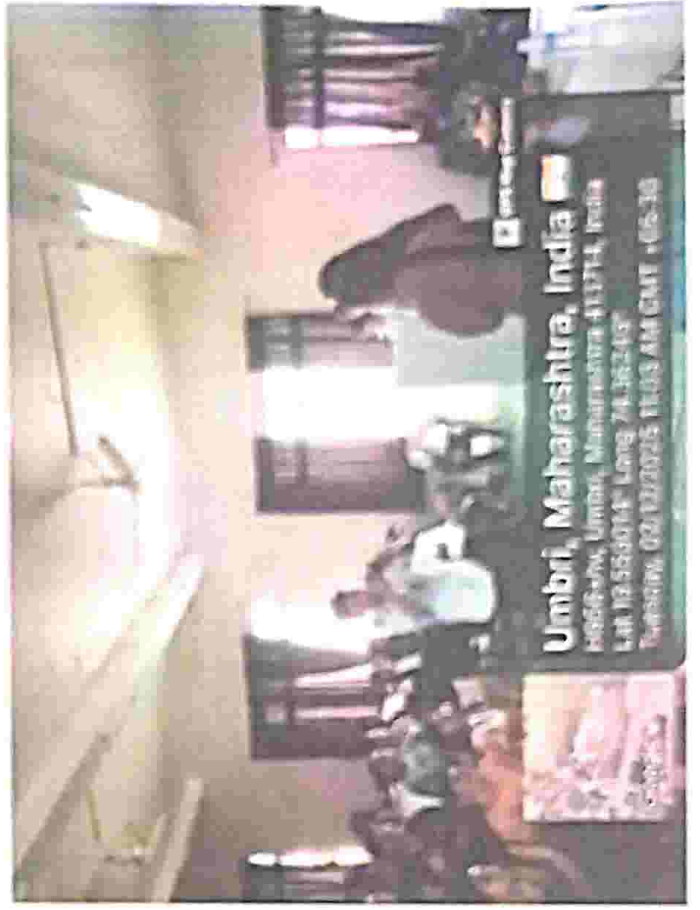
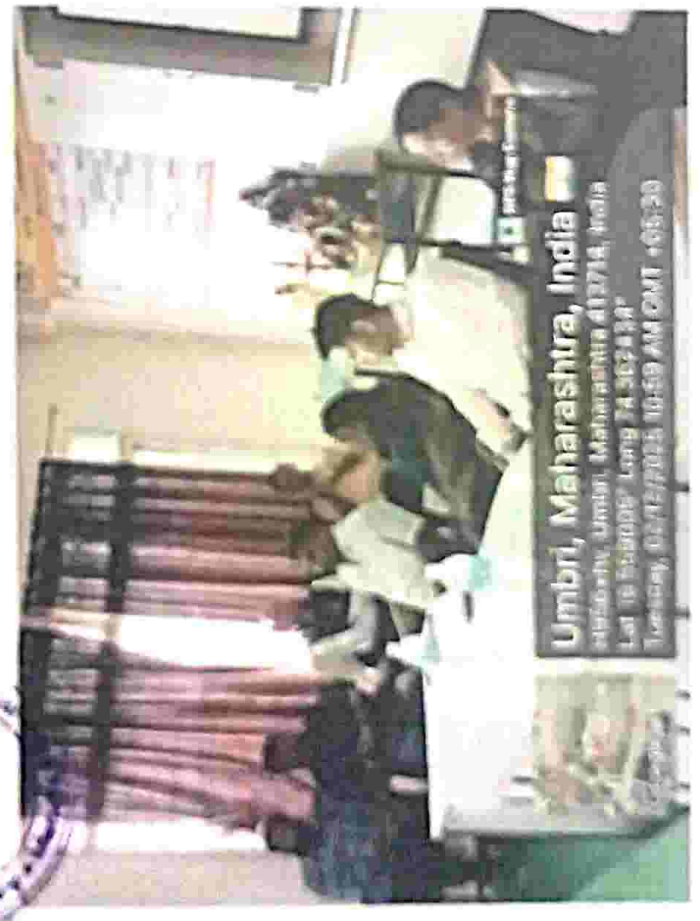
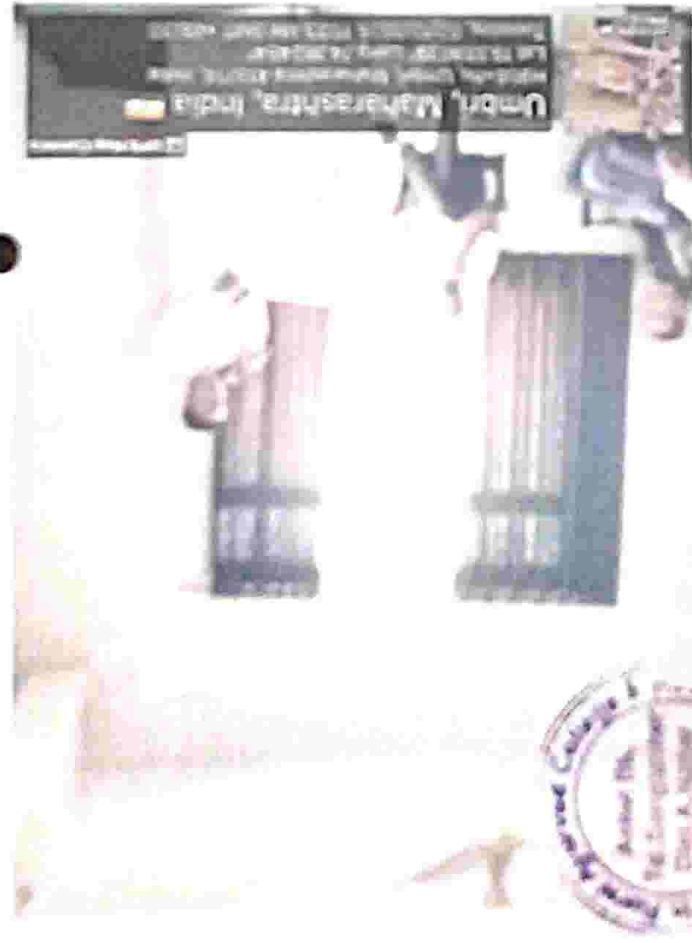


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Rural Ayurved College & Hospital
Manchi Hill, Ashvi Bk., Tal. Sangamner
Dist. Ahmednagar. Pin-413714

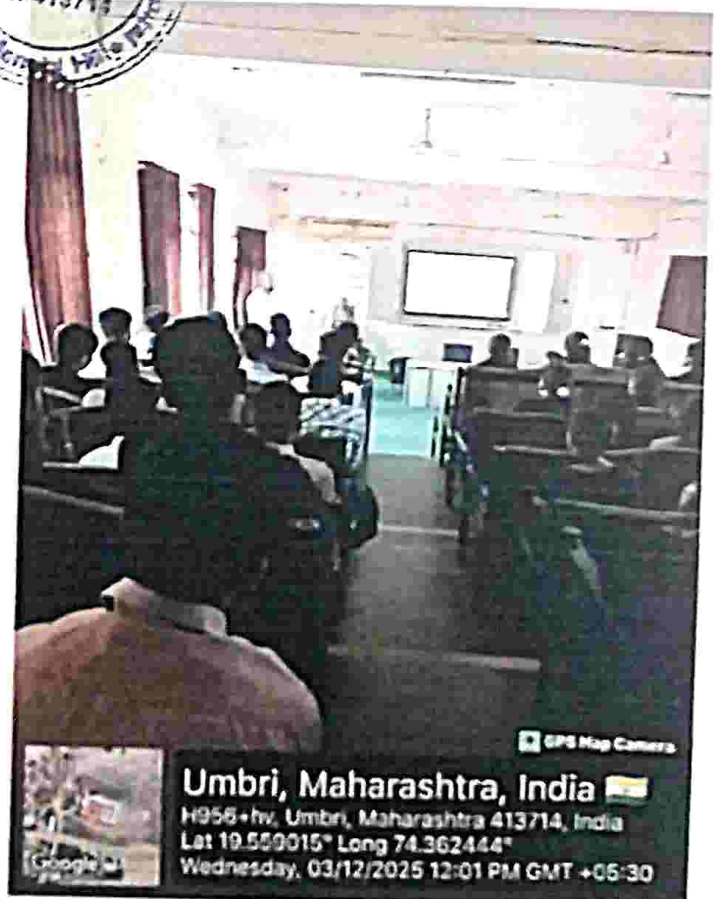
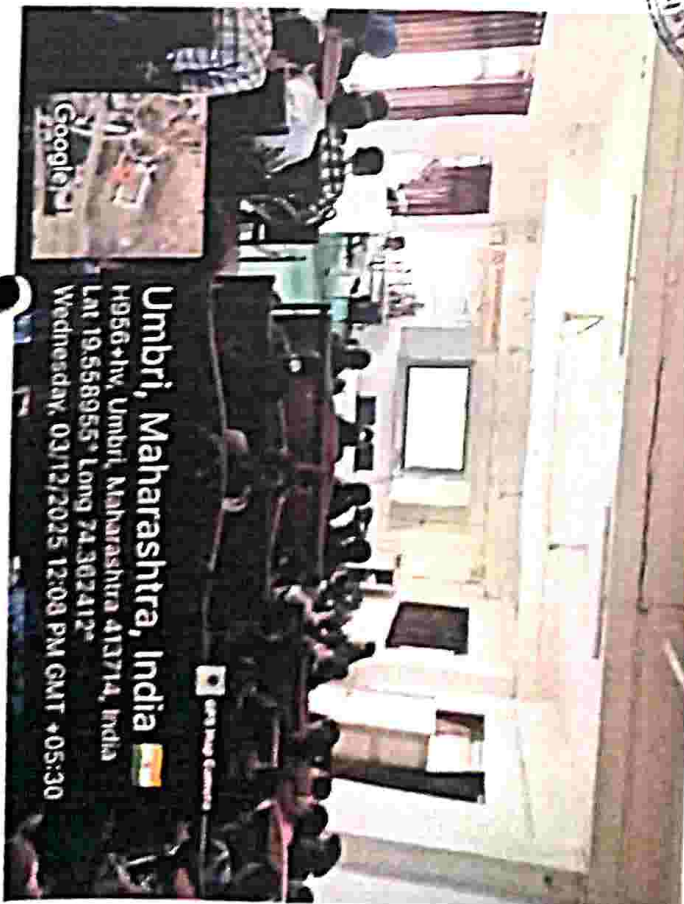
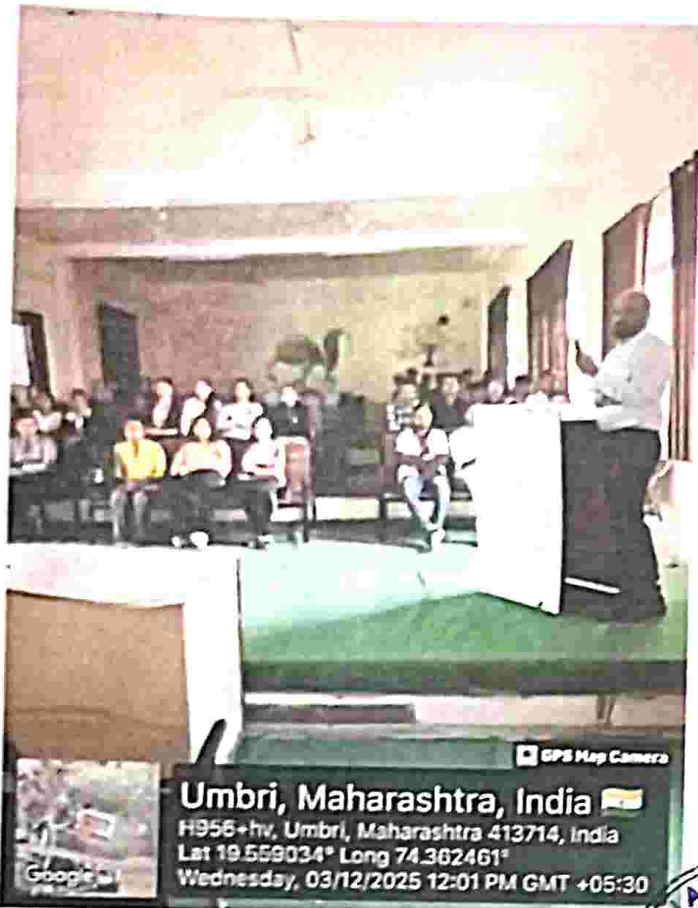
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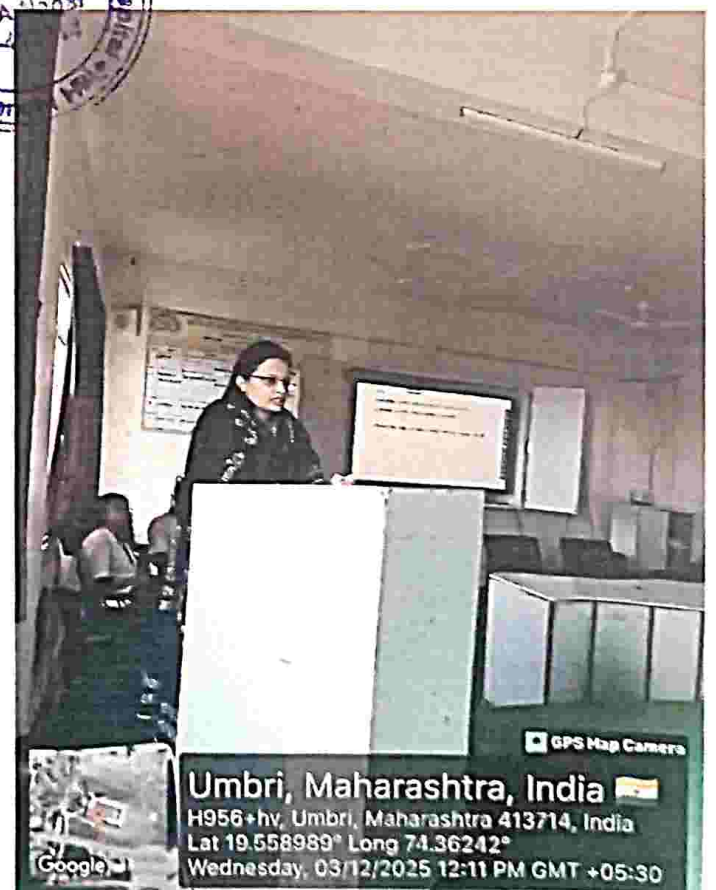
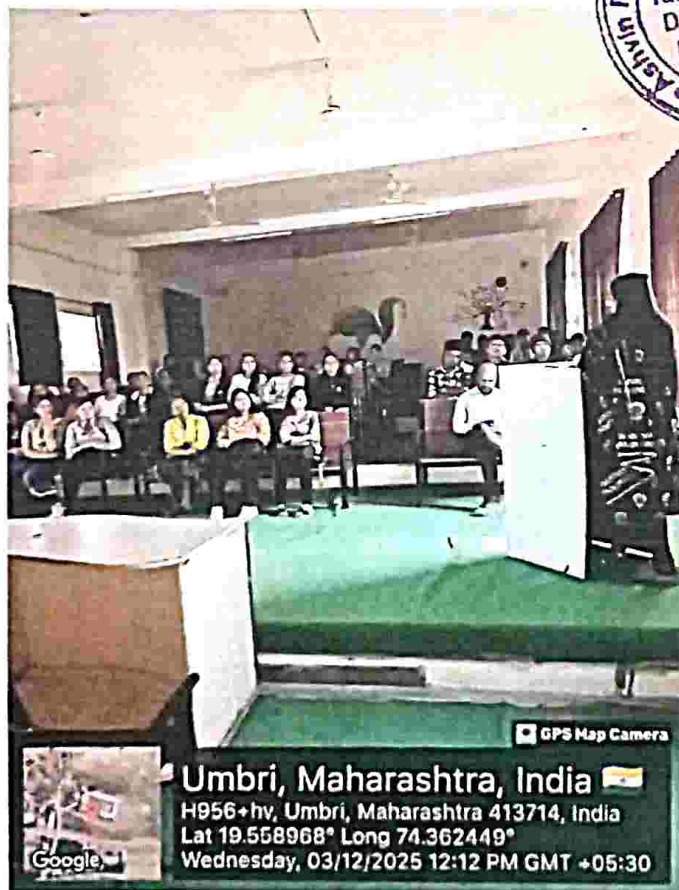
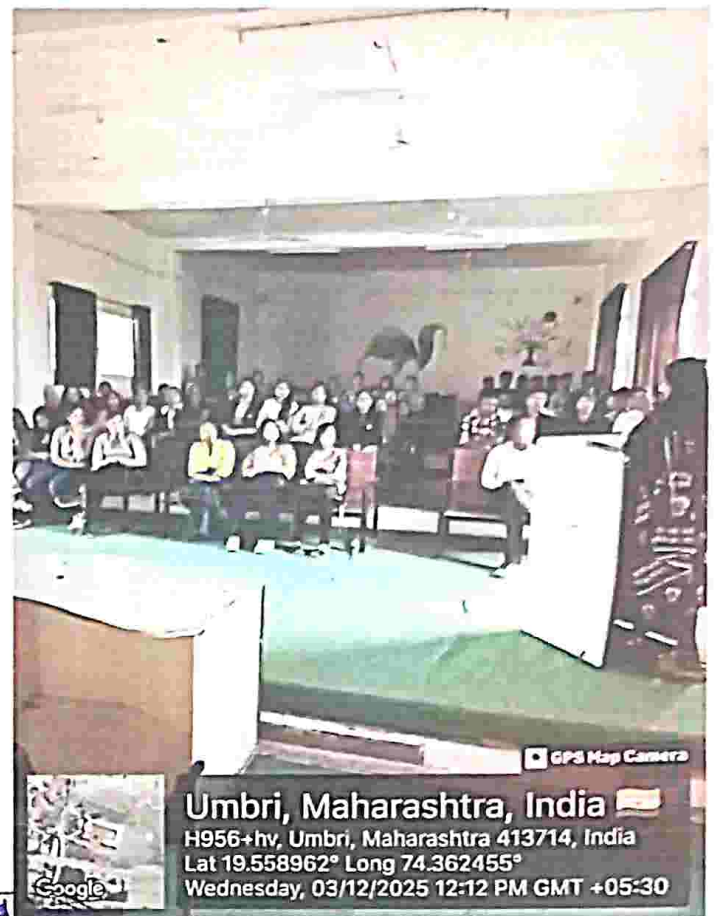
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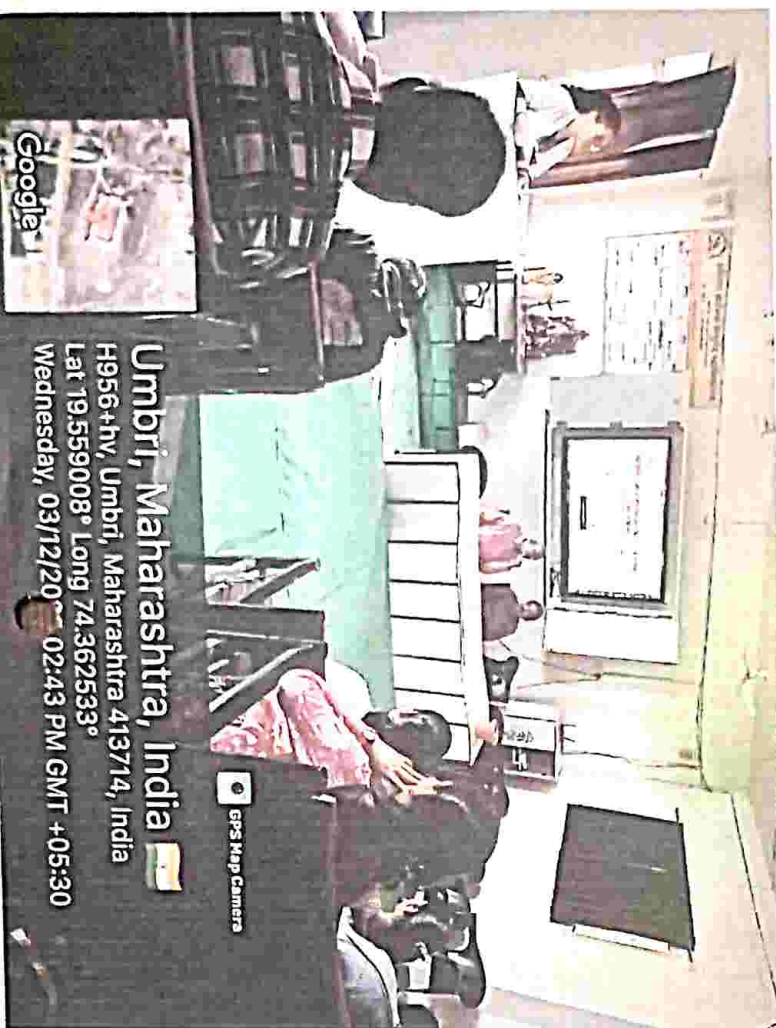




03/12/2025







04/12/2025



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Ashvi Bk.
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Dist. A. Nagar
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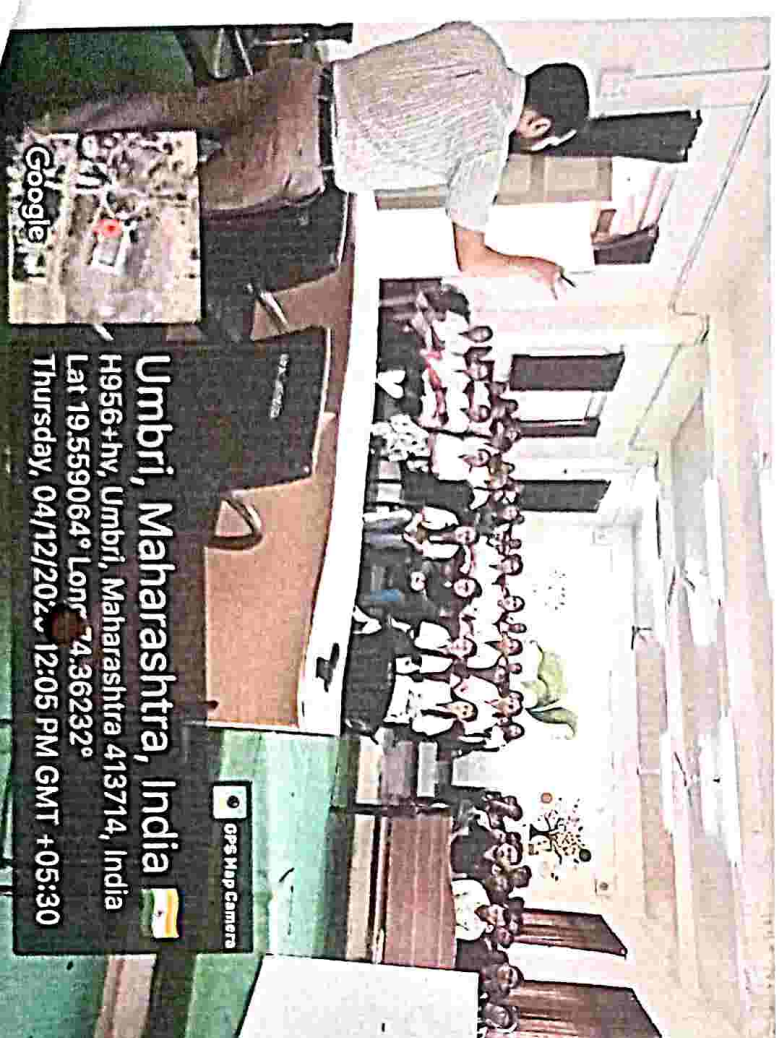
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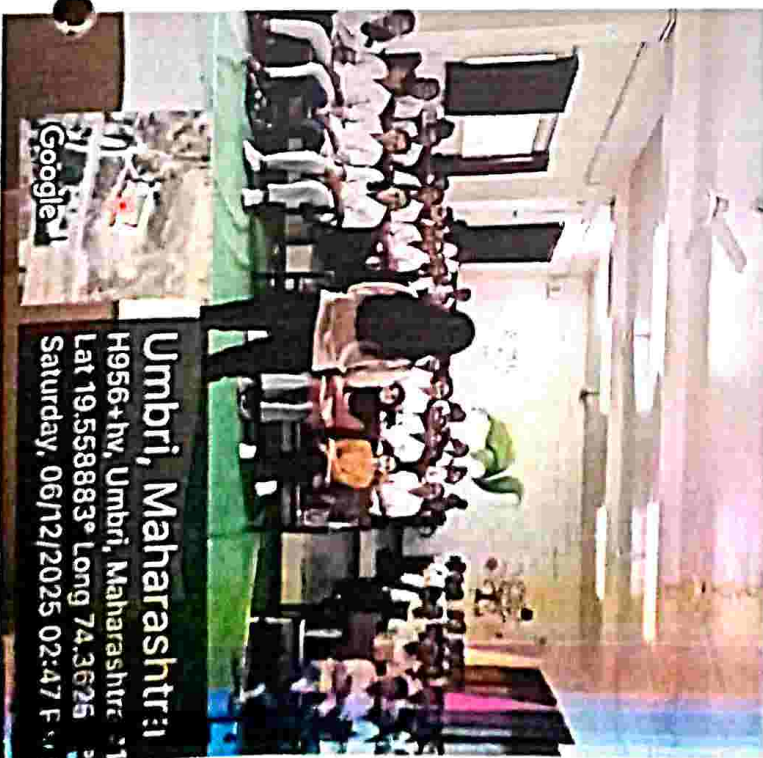
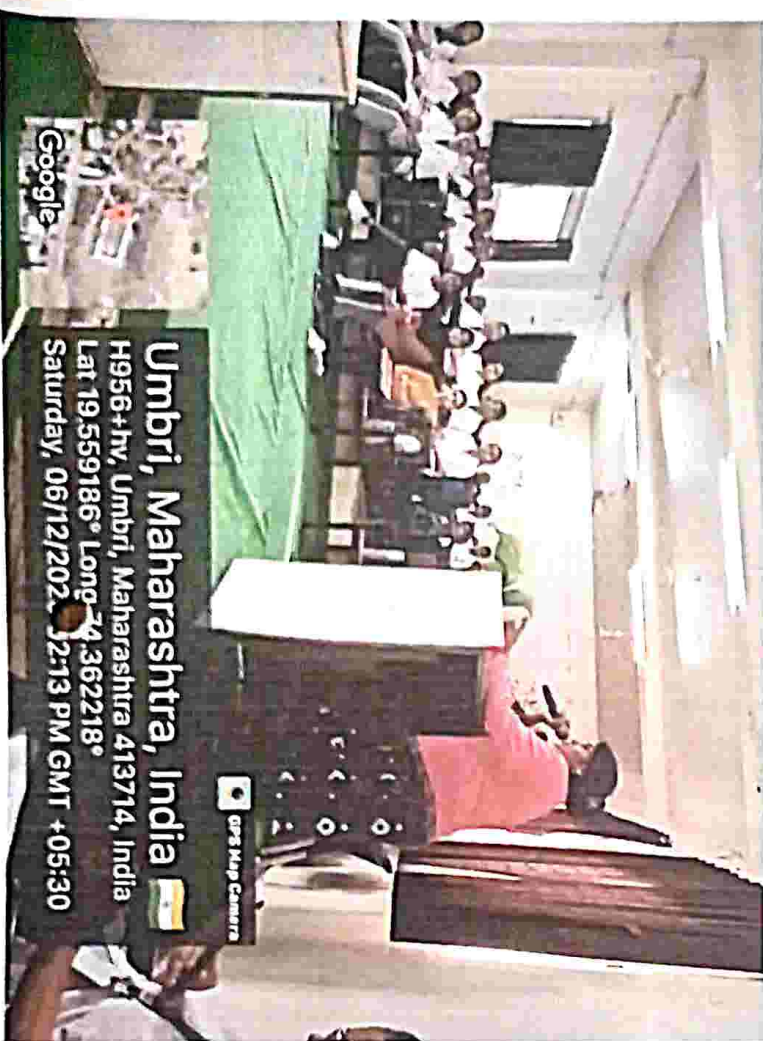
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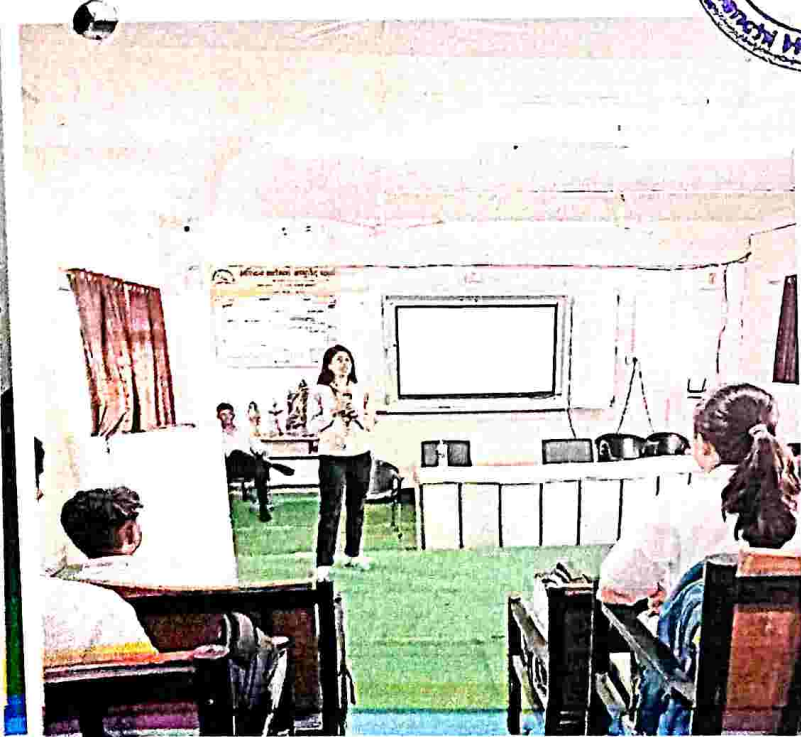
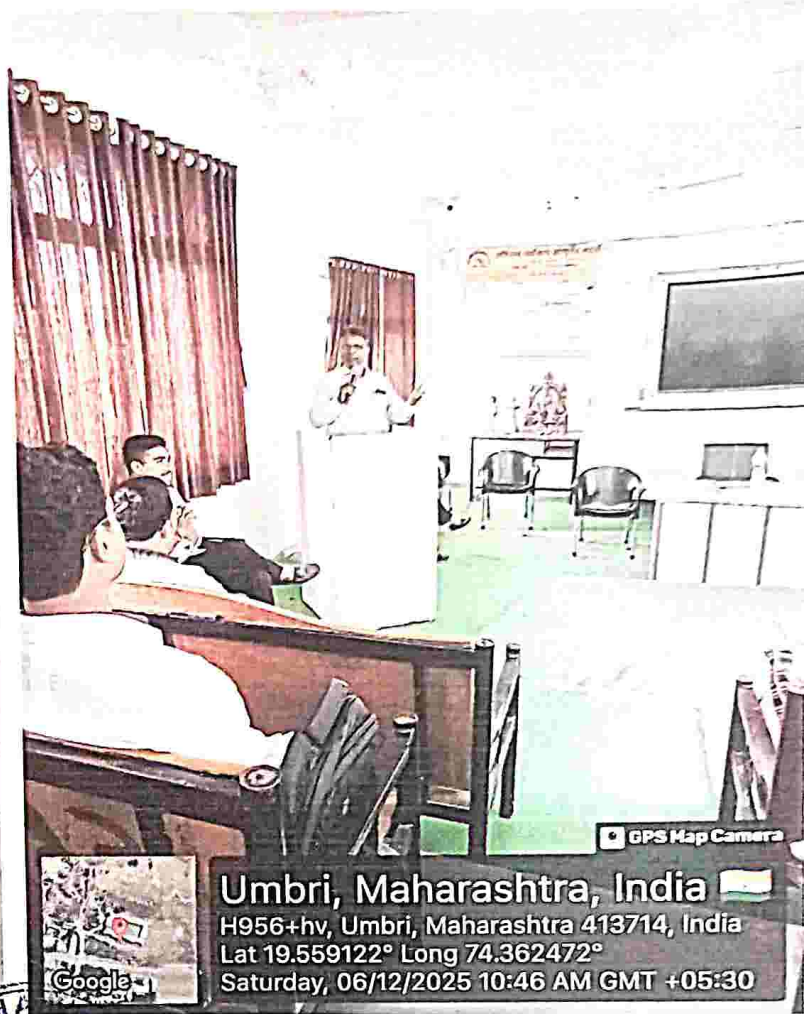
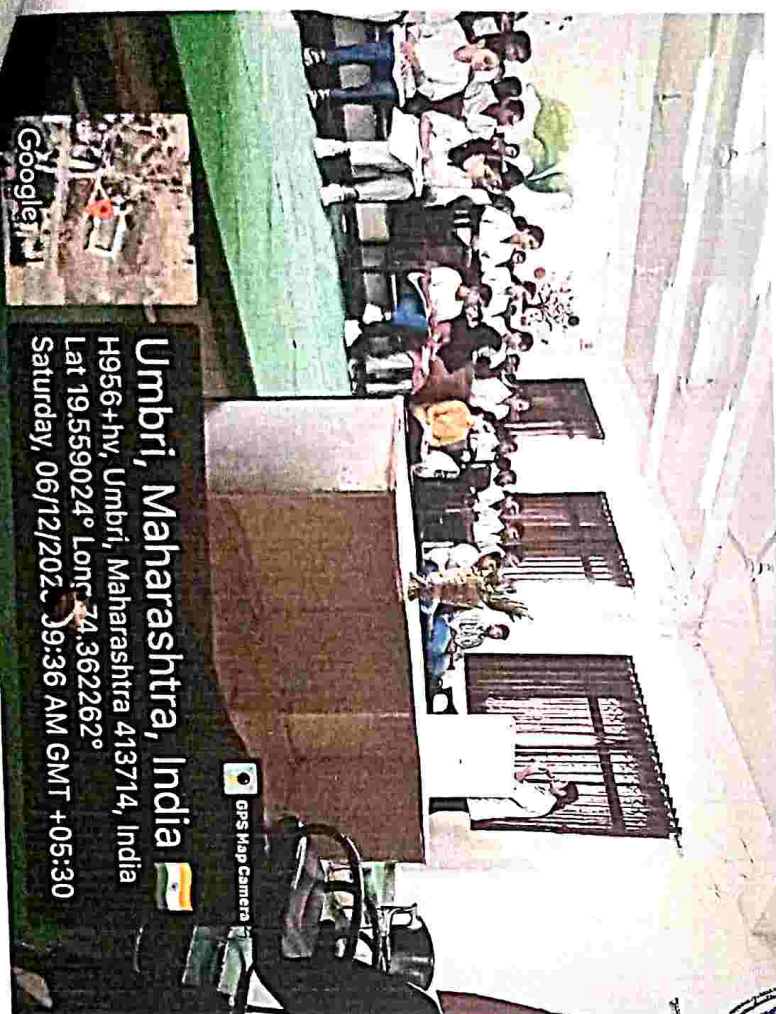
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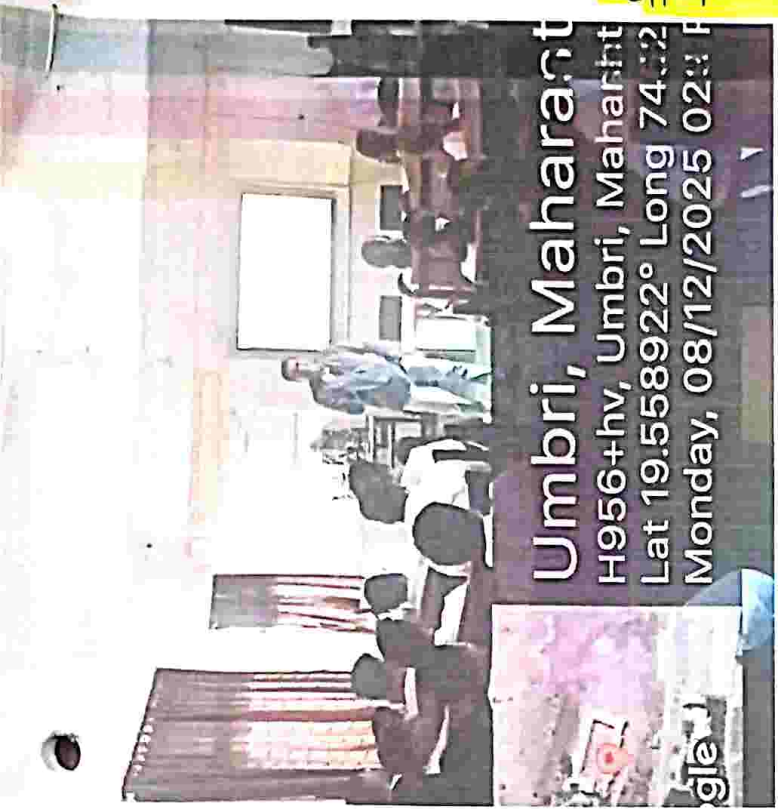
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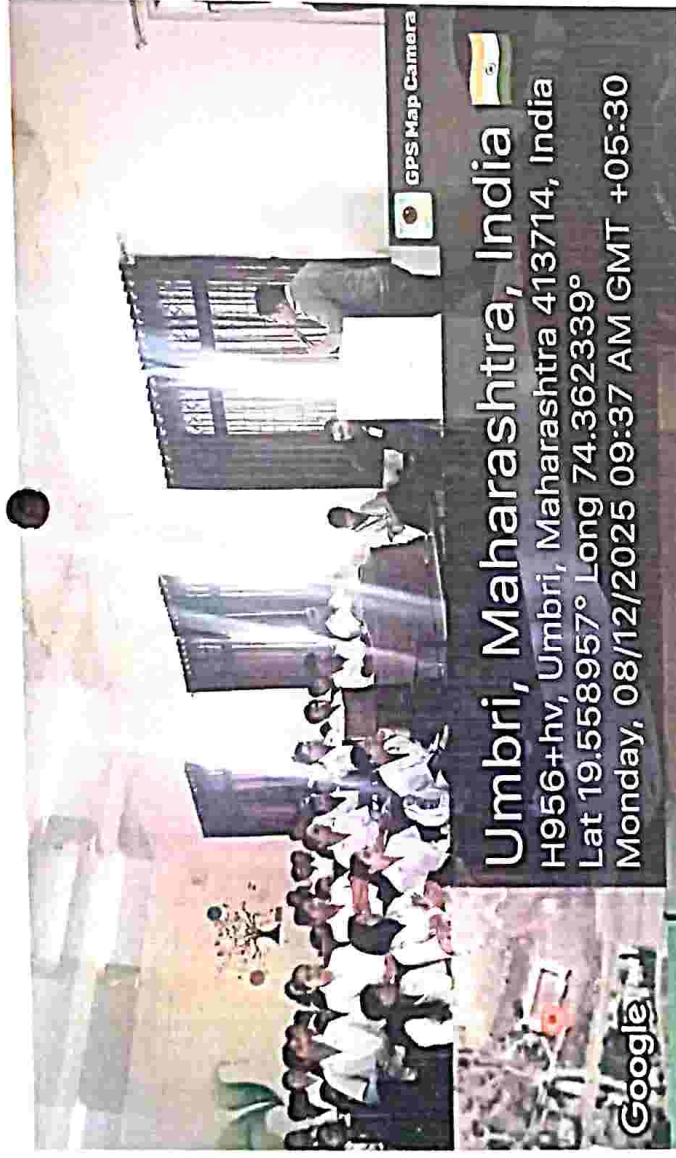






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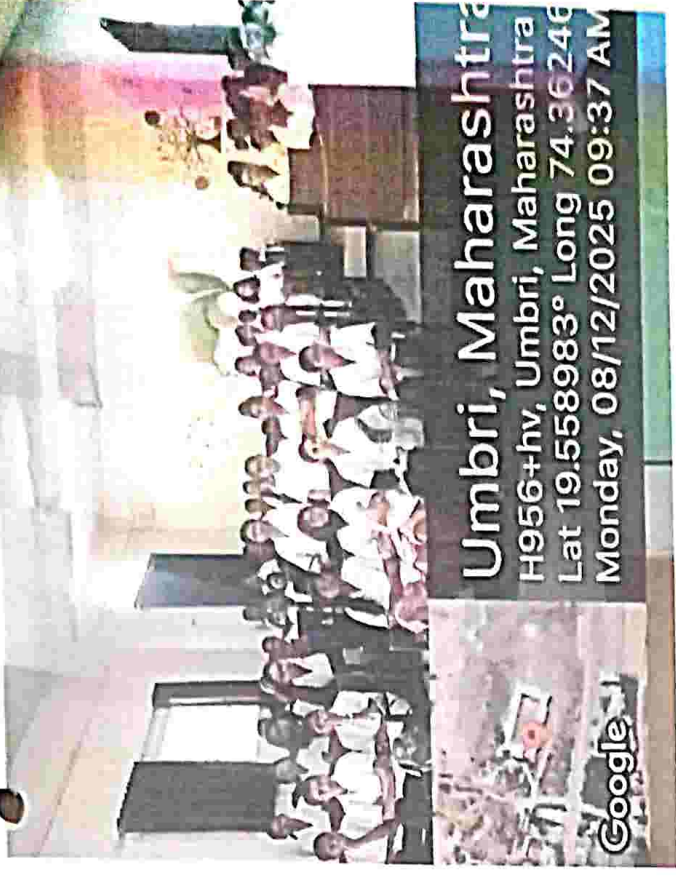
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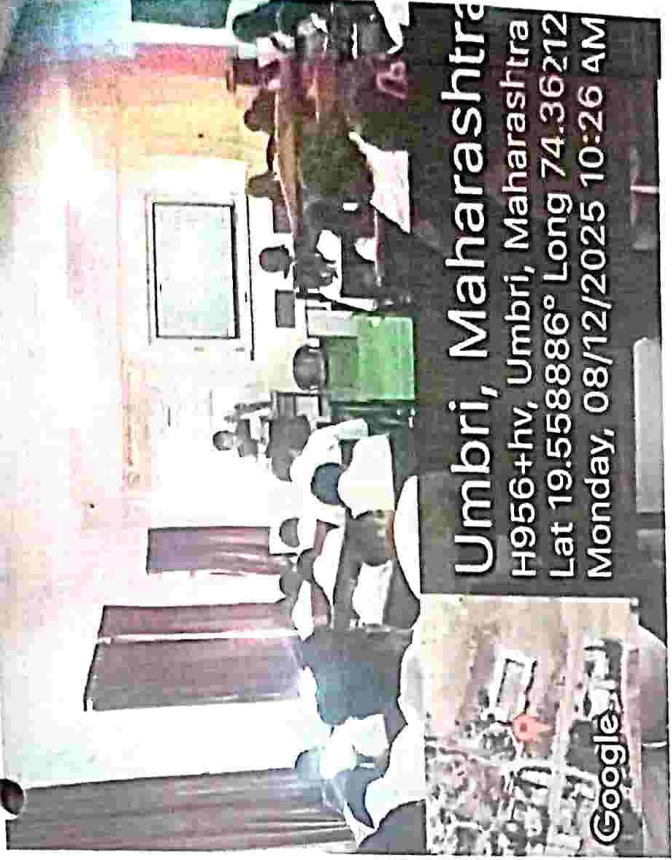
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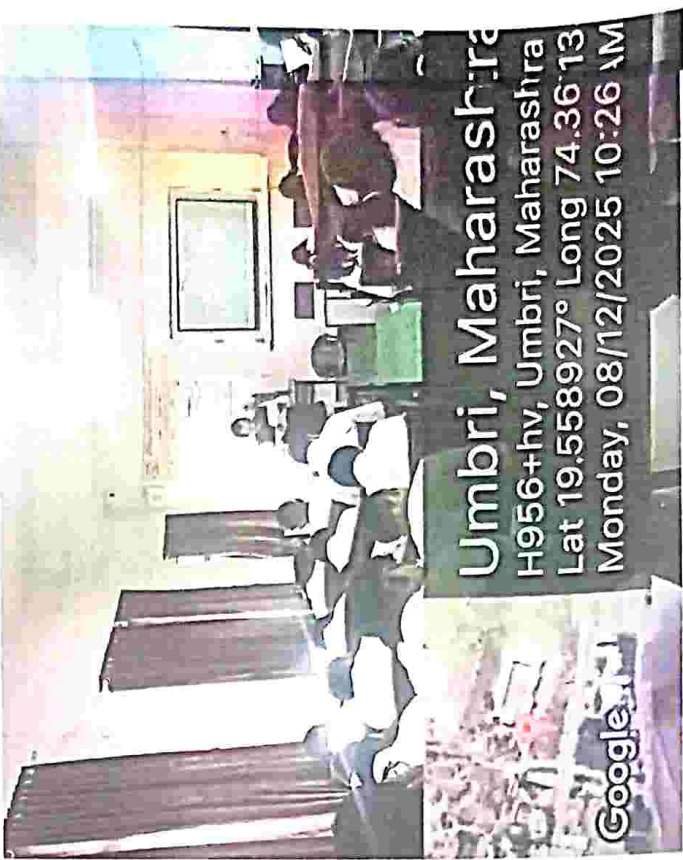
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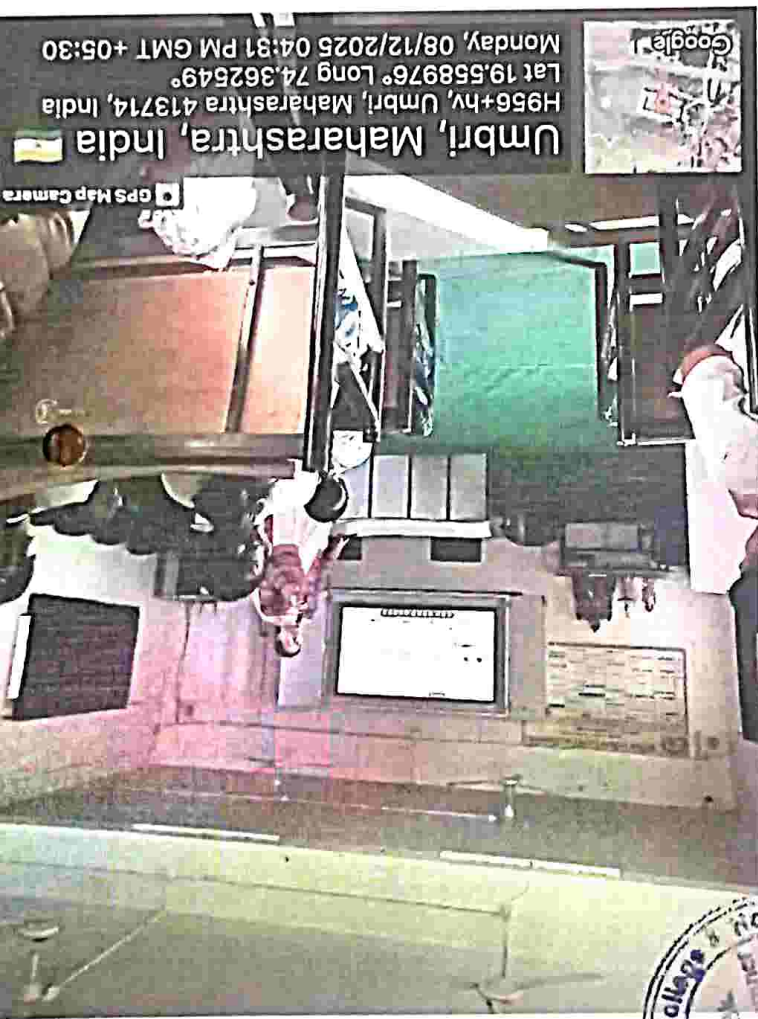
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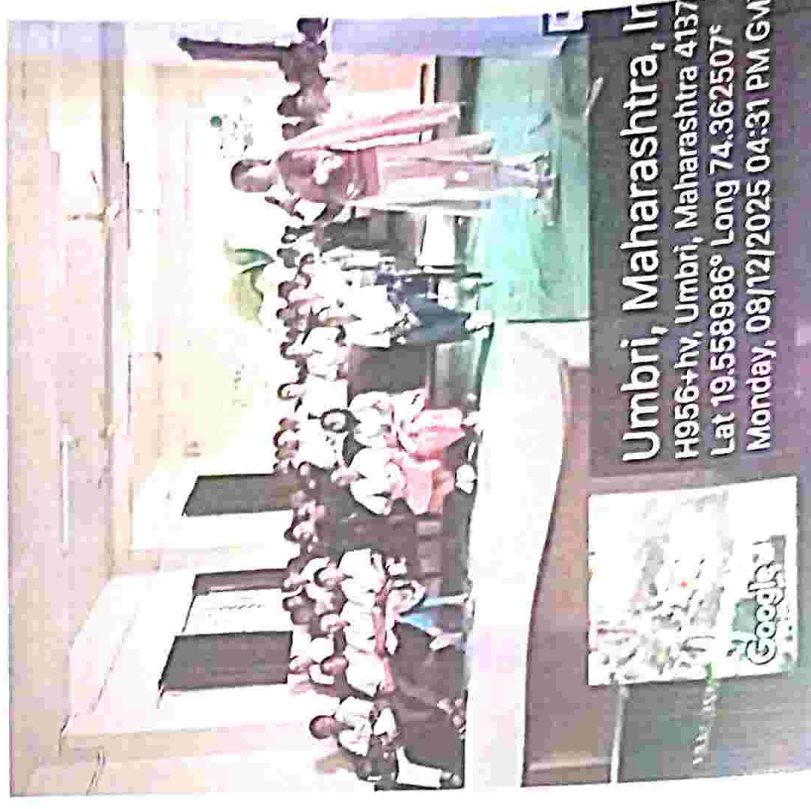
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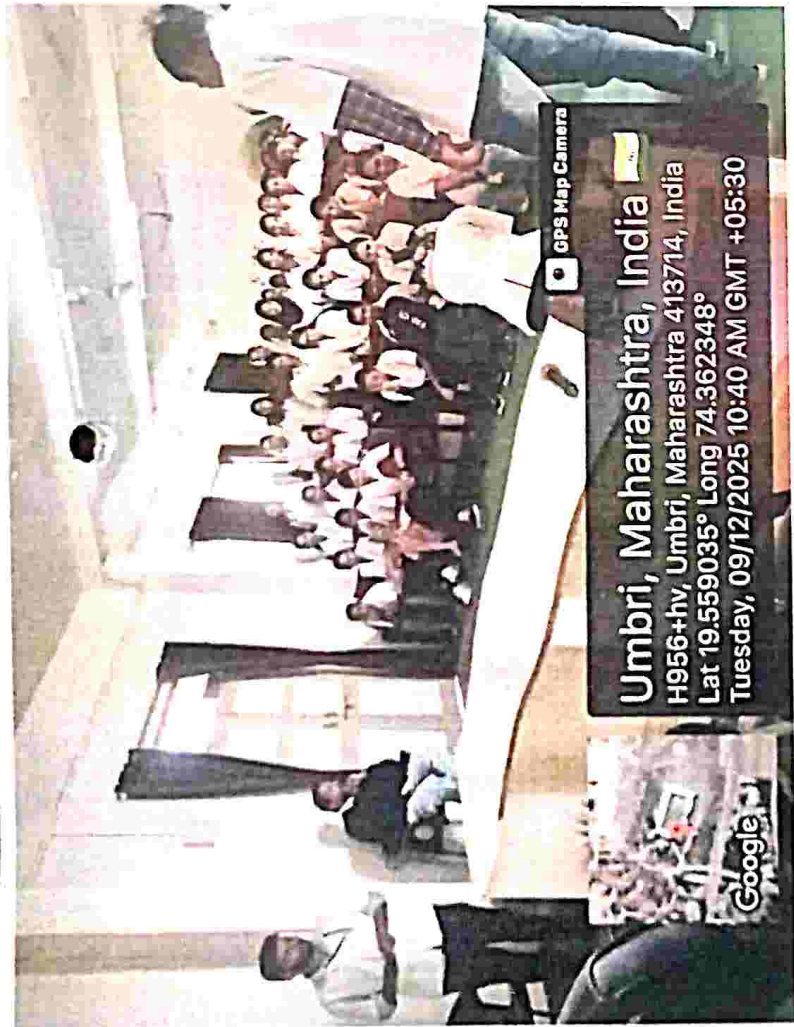
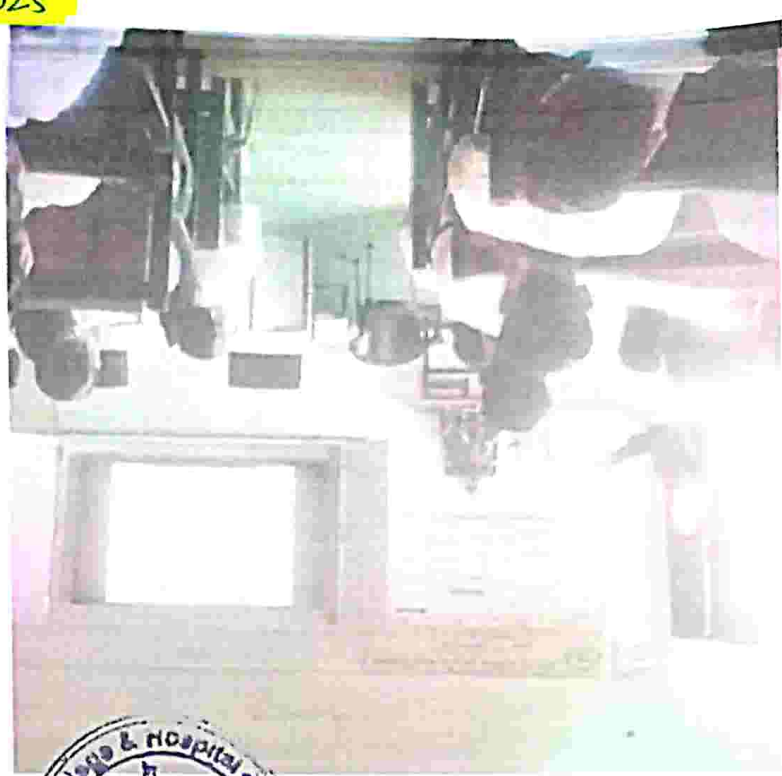
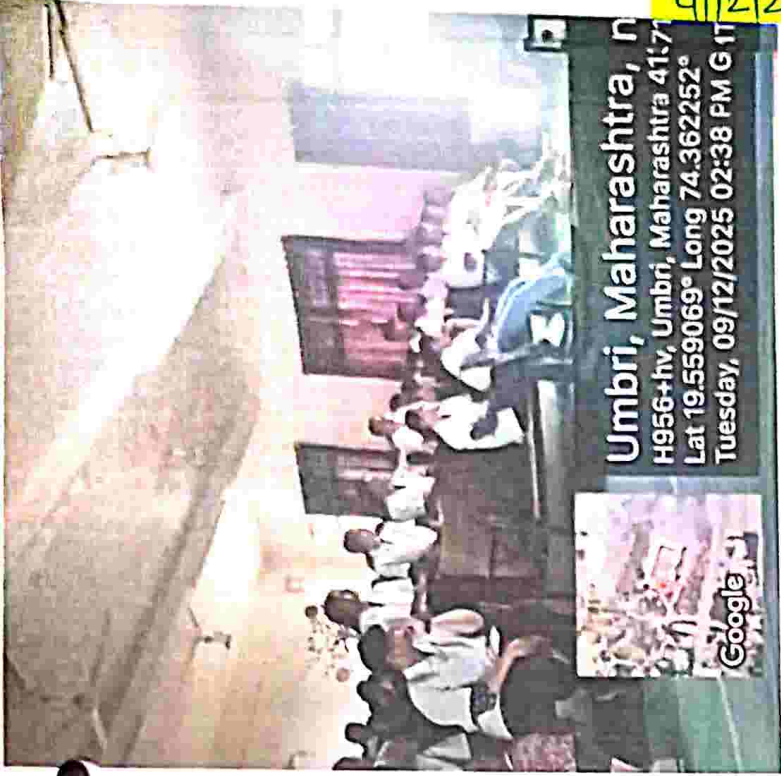
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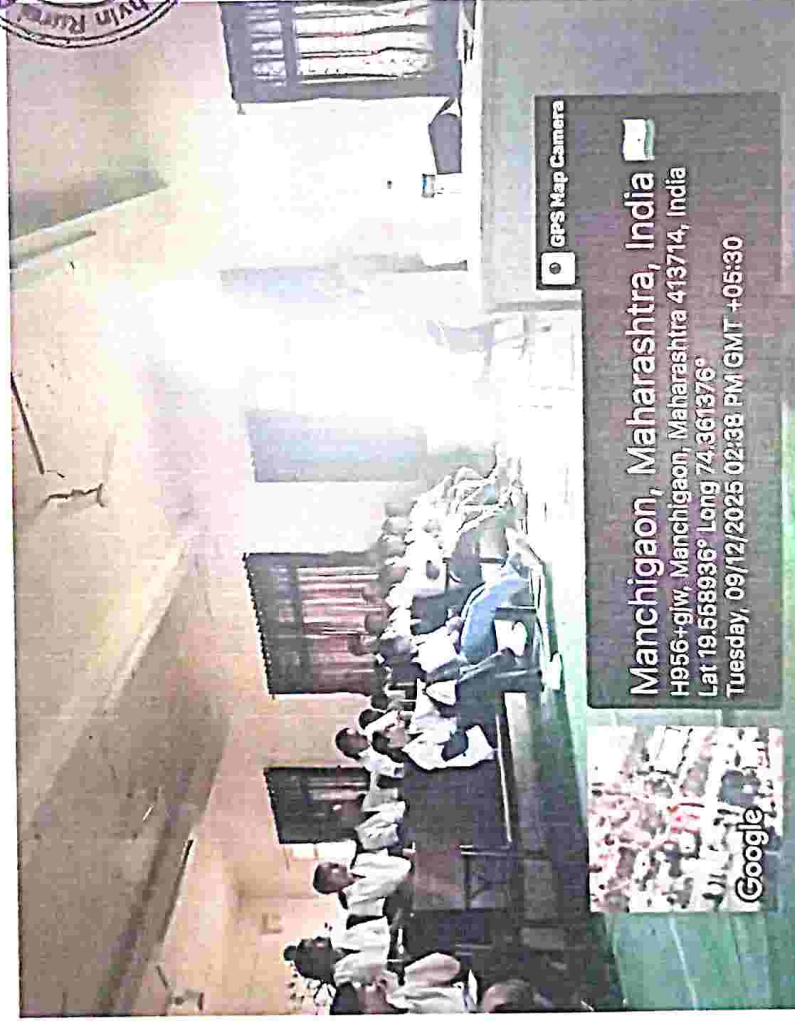
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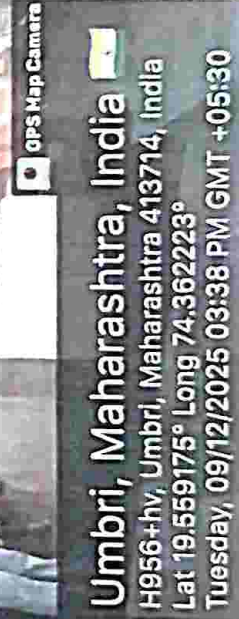
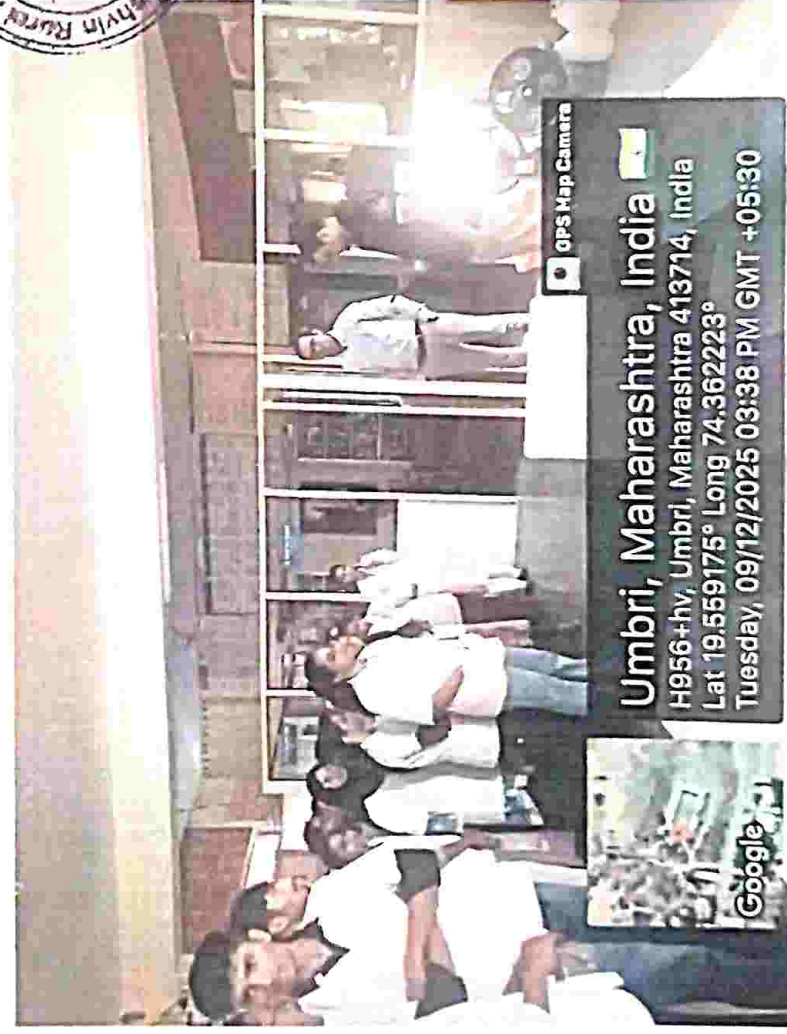
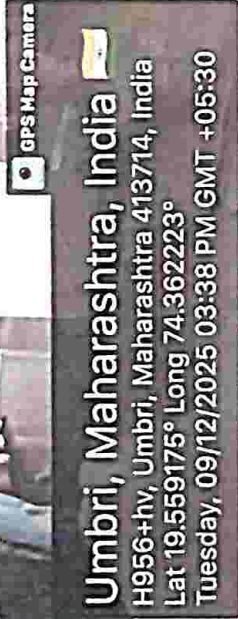
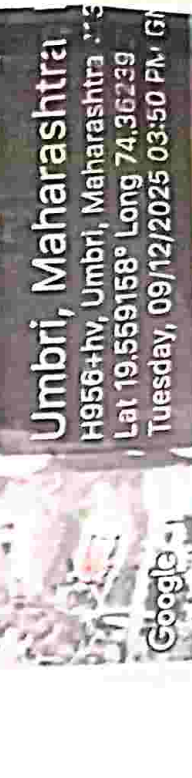
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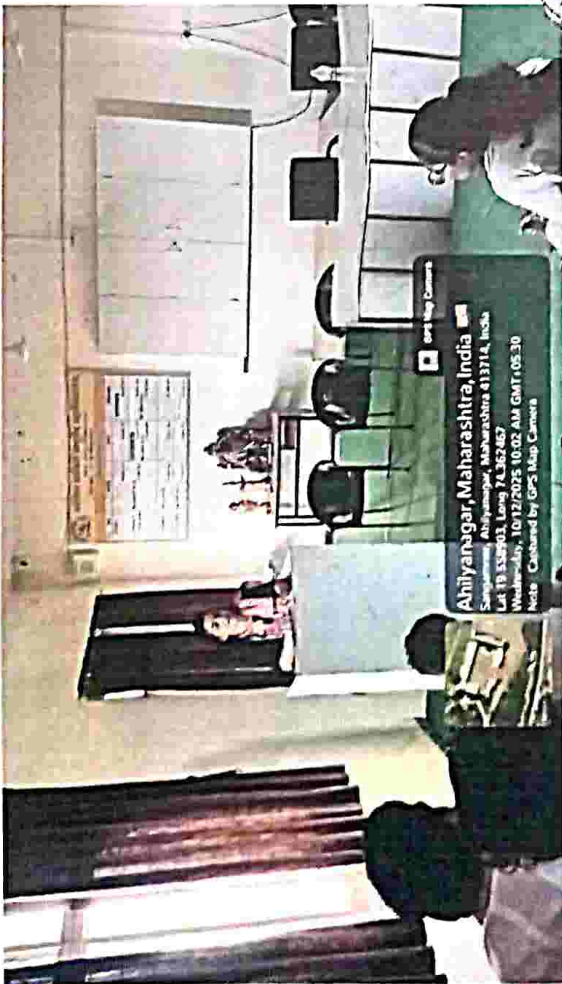


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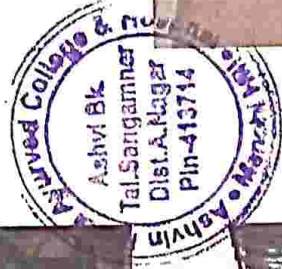
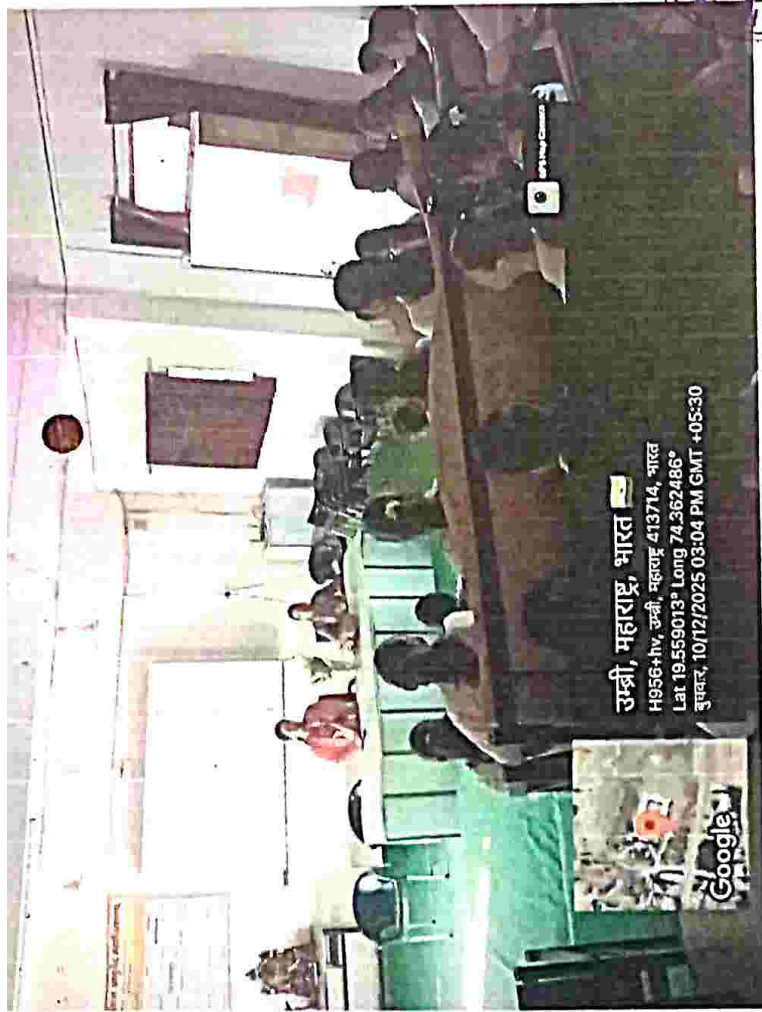
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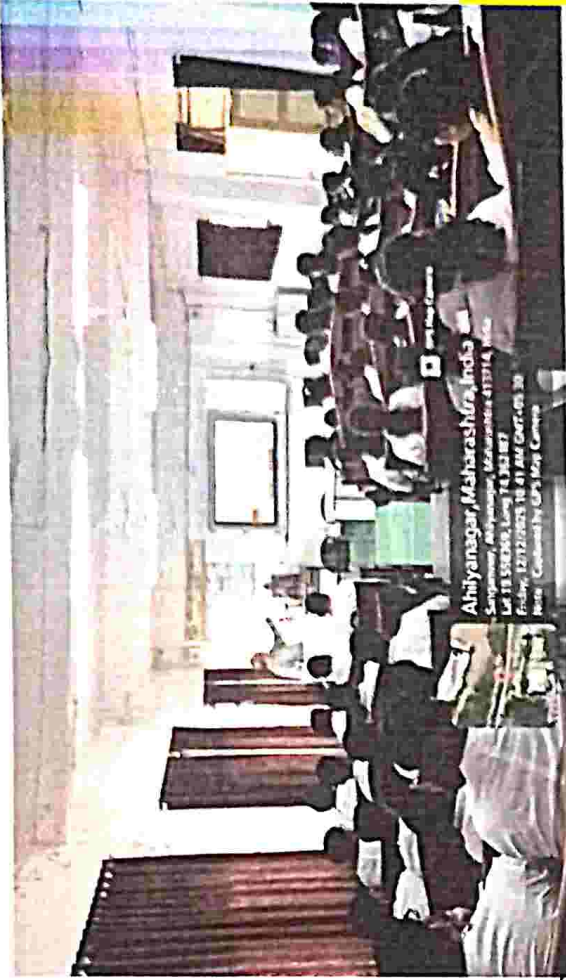


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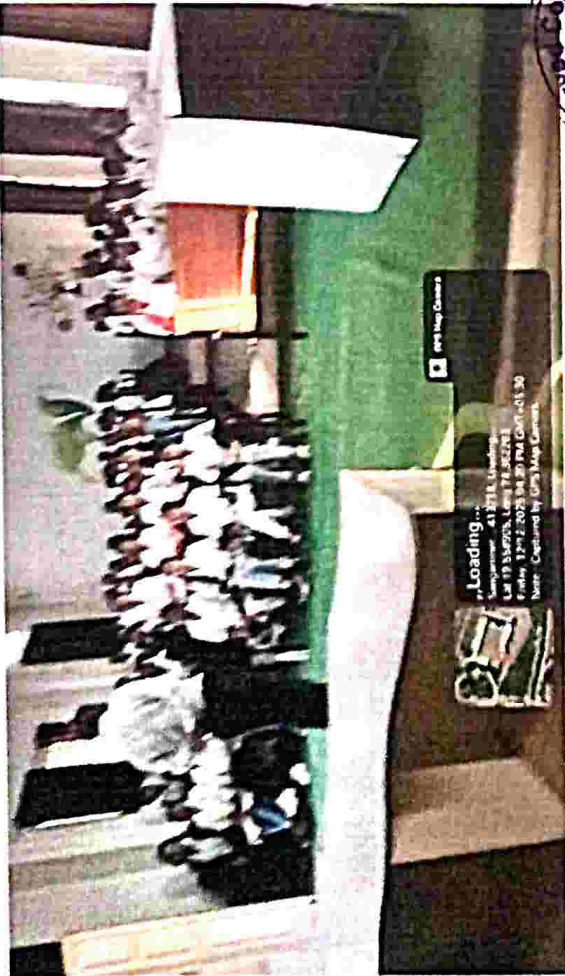


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12/12/2025



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Ashvin Ramesh





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Ashvin Rural
Tal. Sangameshwar
Dist. A. N. Solapur
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Ashvin BK
College & Hospital





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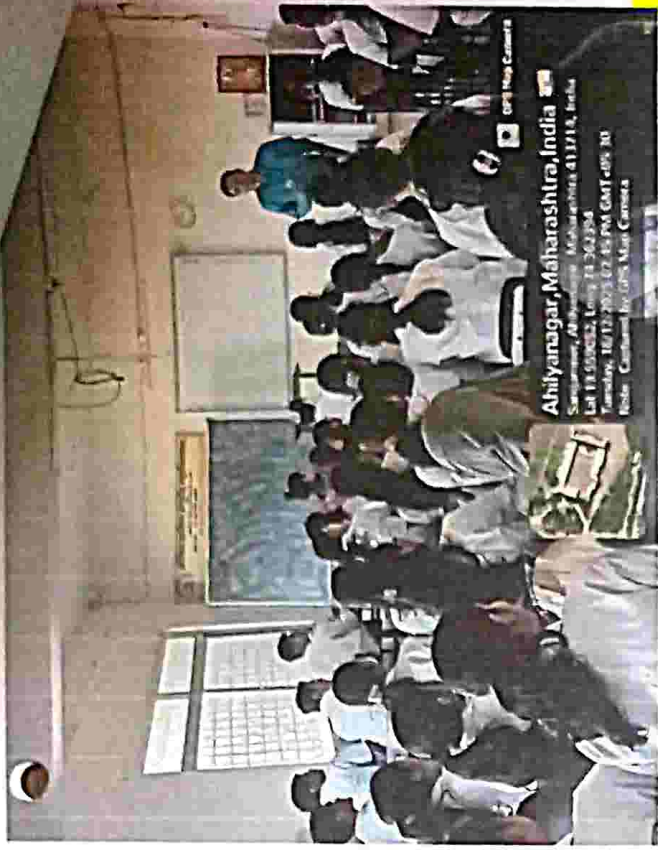


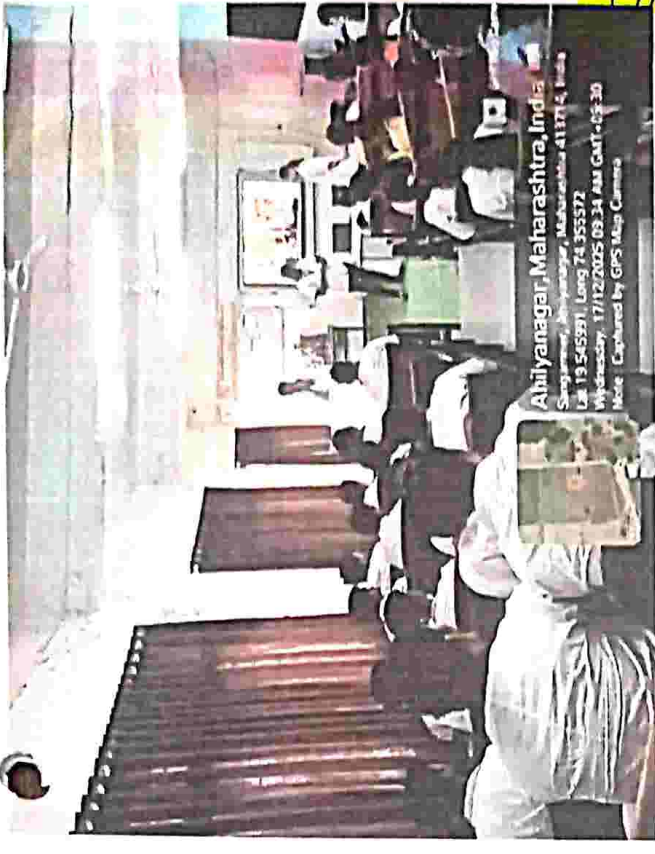
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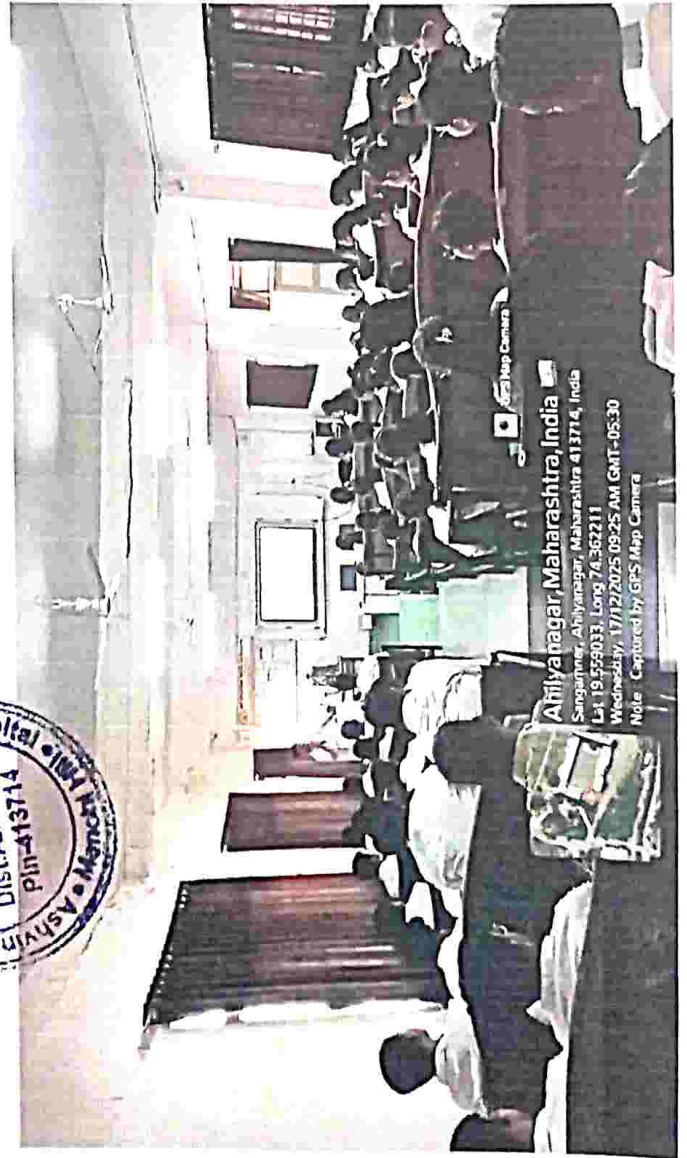
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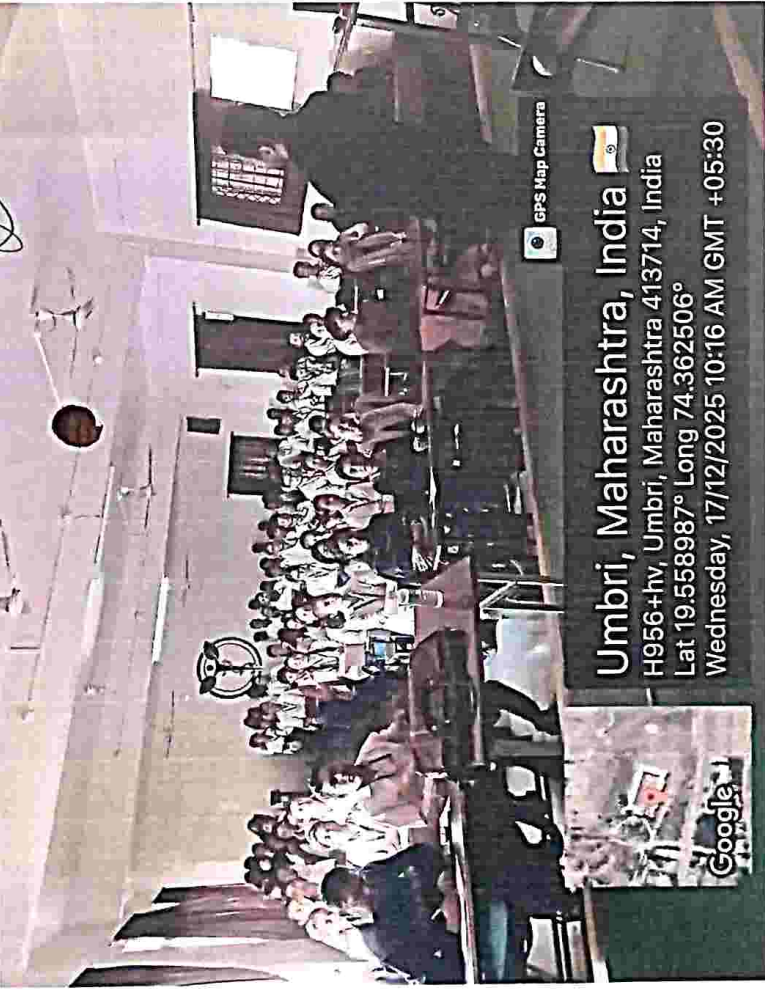


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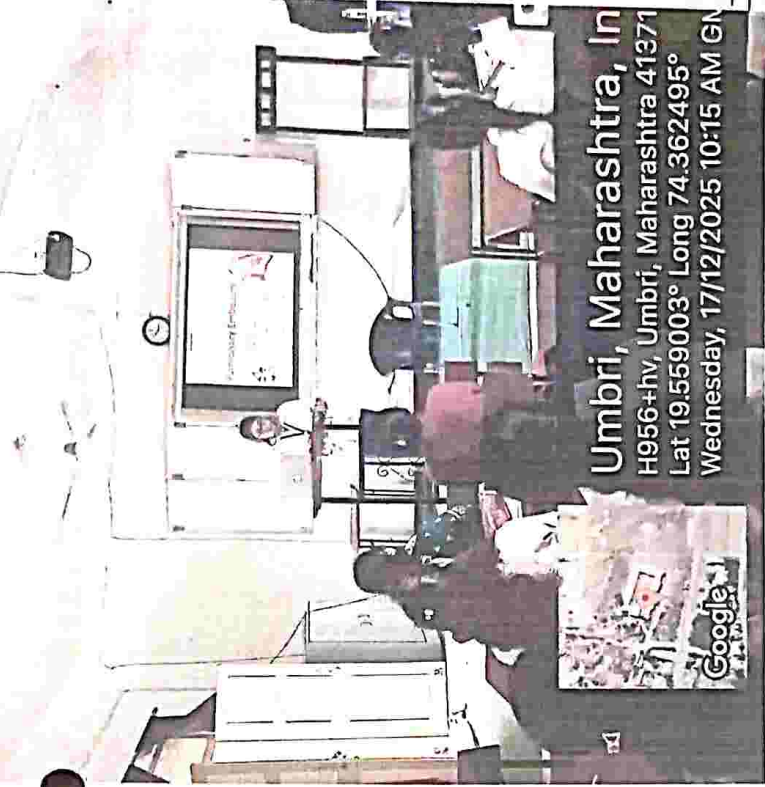
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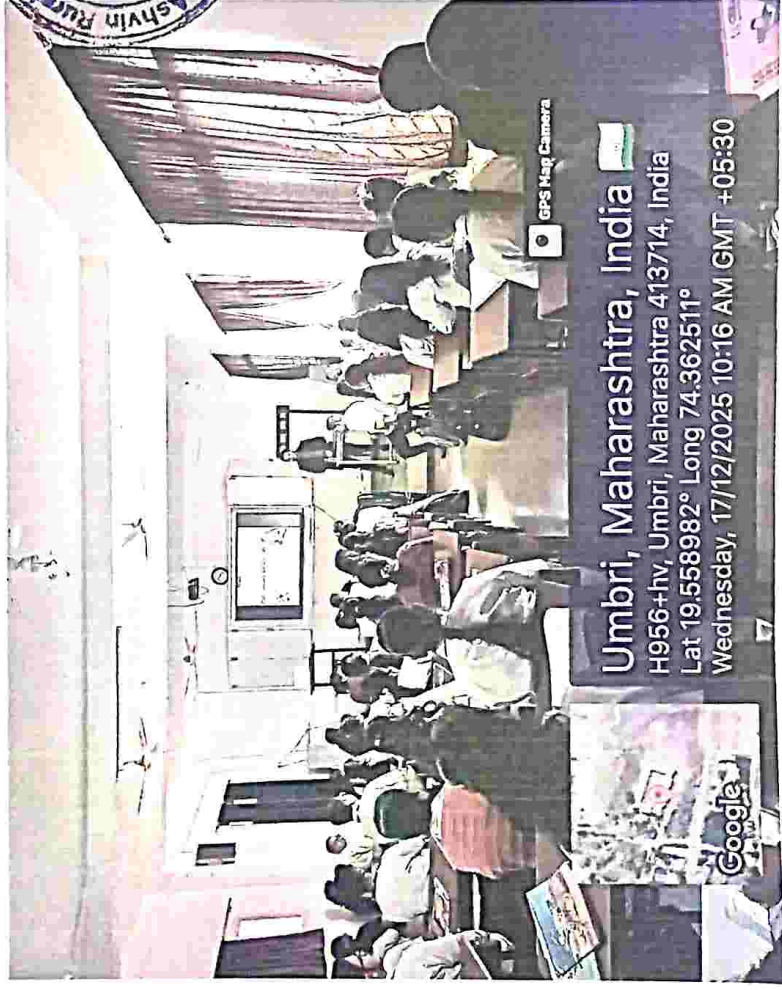


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