

# Transition Curriculum

The Transition Curriculum - “Ayurpravesika” was conducted for the BAMS batch of 2025–26 at Matoshri Ayurvedic College, Dhanore, Yeola, Nashik.

This orientation program was designed to help newly admitted students smoothly enter the professional world of Ayurveda by familiarizing us with the fundamentals of Ayurvedic science, college culture, academic structure, and the responsibilities of becoming future Vaidyas.

Day 1 – 17/11/2025

The first day of the Transition Curriculum began with an Introduction to Ayurveda, covering its origin and fundamental concepts. A short pre-test was conducted to assess the students’ basic knowledge of Ayurveda prior to the program.

A session on the scope of the BAMS degree was conducted, highlighting various academic and professional avenues available after graduation.

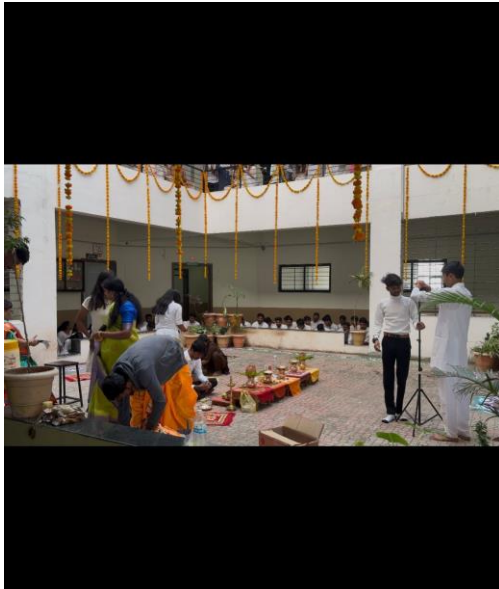
The day also included an introduction activity to help students become familiar with their classmates.



Day 2 – 18/11/2025

On the second day, the Shishyaponiya Sanskar was performed, symbolizing the formal acceptance of students into the Ayurvedic tradition and the students' acceptance of Ayurveda. All students dressed in white attire, marking purity and discipline.

The ceremony included devotional prayers to Lord Dhanvantari, invoking blessings for knowledge, health, and a meaningful journey ahead.



Day 3 – 19/11/2025

On the third day, the Vaidya Gaikwad brothers conducted an informative session on Ayurvedic farming, explaining its principles, methods, and relevance in holistic health.

They also showcased their own work and practical achievements in the field, giving students real-life insight into sustainable and Ayurvedic agricultural practices.



Day 4 – 20/11/2025

A lecture on mindfulness was conducted, focusing on mental clarity and emotional balance. This was followed by a session on mind- and yoga-based Ayurveda, explaining how Ayurvedic principles, yogic practices, and mental discipline work together to maintain holistic health.



Day 5 – 21/11/2025

On the fifth day, an introductory session on Sanskrit was conducted by Dr. More Ma'am, highlighting its importance for understanding classical Ayurvedic texts and terminology.

This was followed by an AIDS awareness session conducted by Nita Patil Ma'am and Anand Patil Sir. The session covered essential information about HIV/AIDS, modes of transmission, prevention, misconceptions, and the role of healthcare professionals in spreading awareness and providing responsible guidance.



Day 6 – 22/11/2025

The sixth day featured an engaging session by Chandrakant Ingle Sir on personality development and scholarship information.

The lecture was conducted in a lively and playful manner, making the learning experience enjoyable while imparting valuable lessons on confidence, communication, self-growth, and available scholarship opportunities.





Day 7 – 24/11/2025

The seventh day began with an introduction to Kriya Sharir along with its orientation, giving students an overview of the subject's core concepts and its role in understanding Ayurvedic physiology.

This was followed by a lecture by Advocate Laxman Wadhkar Sir, who provided valuable insights into the law system, legal awareness, and the importance of understanding basic rights and responsibilities as future medical professionals.



Day 8 – 25/11/2025

The eighth day included a detailed lecture on Ayurveda by Dr. More Sir, where he explained essential principles, foundational concepts in Ayurveda



Day 9 – 26/11/2025

The ninth day was dedicated to Constitution Day. Students participated actively by delivering speeches and singing patriotic songs, while the new batch created informative and creative posters.

Additionally, Dr. Nandalal Pawar Sir shared his educational journey, degrees, and extensive experience in Ayurveda, providing an inspiring perspective for the students.



Day 10 - 27/11/2025

On the twelfth day, a lecture on research awareness and evidence-based Ayurveda was conducted by Dr. Gauri Waghade Ma'am. The session highlighted the importance of scientific research, validated practices, and integrating traditional knowledge with modern evidence to enhance credibility and effectiveness in Ayurvedic practice.





Day 11 – 28/11/2025

The eleventh day focused on health and safety awareness. A Tobacco-Free Youth Campaign was conducted, during which students delivered presentations and performed an impactful awareness act. Additionally, a guest lecture on anti-ragging was arranged, educating students about regulations, prevention, and the importance of maintaining a safe and respectful campus environment.



Day 12 – 29/11/2025

On the final day of the Transition Curriculum, a post-test was conducted to assess the knowledge and understanding gained by the students over the past 12 days.

The Transition Curriculum – Ayurpraveshika – provided a meaningful introduction to Ayurveda, college life, and professional growth. It enriched students' knowledge, inspired personal development, and laid a strong foundation for our journey as future Ayurvedic practitioners.



