COURSE CURRICULUM FOR FIRST PROFESSIONAL BAMS
(PREScribed BY NCISM)

Transitiona l Curriculum
(Applicable from 2021-22 batch onwards for 5 years or until further notification by NCISM, whichever is earlier)

BOARD OF AYURVEDA
NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE
NEW DELHI-110058
Transitional Curriculum for First Professional
BAMS

Introduction:
The students getting admitted to the Ayurveda graduate course (B.A.M.S) are from different backgrounds, different regions having different cultural and linguistic backgrounds. Their educational qualifying qualifications are also from diversified curriculums, i.e., state syllabus, CBSE, ICSE etc. studied in different mediums of language. Ayurveda is a unique medical system with subjects and terminologies that are different and typical. Hence, there is a need to transit students of diversified backgrounds to the unique Ayurveda Medical Science.

Objectives of Transitional Curriculum:
1. Orientation of the college/institutional campus and the available facilities
2. Introduction of the officials of the campus, hierarchy and their roles.
3. Orientation to office procedures, campus rules and regulations, code of conduct and dress codes, if any, rules and procedures for availing leave, procedures for availing library facility, anti-ragging committee & squad, safety apps, and so on.
4. Introduction to various medical systems, scope of Ayurveda nationally and internationally, higher education in Ayurveda, job opportunities, entrepreneurship, etc.
5. An overview of the BAMS curriculum and the subjects
6. Orientation of regulatory and governing bodies and introduction of their heads
7. Sanskrit Language orientation and spoken Sanskrit
8. Goal setting
9. Basic Life Support (BSL) Training
10. Orientation of basic computer skills
11. Personality development, Team building, Gender sensitisation etc.

Course Outcomes: by the end of Transitional Curriculum, the students will be:

1. Familiar with the campus, infrastructure and facilities, officials and their roles
2. Understand and become familiar with the rules, regulations, and various procedures of the college/institution.
3. Understand the code of conduct and campus behaviour.
4. Understand the scope of Ayurveda and opportunities.
5. Familiar with the BAMS curriculum and subjects
6. Acquainted with regulatory/governing bodies
7. Capable of performing BSL
8. Acquire basic computer skills.
9. Improve communication and conversation skills in Sanskrit.
10. Develop leadership qualities.
11. The ability to set goals

Duration of the Course:
The Transitional Curriculum shall be of **ninety hours (Preferably 6hrs X 15 days)**.
Guidelines to conduct the Transitional Curriculum:
Colleges/Institutes shall prepare a day wise **time table for 90 hours** as per the availability of experts and resources in accordance with the guidelines provided by NCISM as detailed in **Table-1**

**TABLE-1: DETAILS OF TRANSITIONAL CURRICULAR ACTIVITIES & DURATION**

<table>
<thead>
<tr>
<th>SR.NO</th>
<th>TRANSITIONAL CURRICULAR ACTIVITIES</th>
<th>DURATION (HOURS)</th>
</tr>
</thead>
</table>
| 1     | **Inaugural Function/Induction Programme:**  
➢ Students and parents are to be involved.  
➢ Institutional profile (origin & history of the institution, introduction of society/trust, achievements/innovations of the college/institution, collaborations etc.) presentation by the principal or senior faculty member.  
➢ Opinions by senior students  
➢ Address of the chief guest (if invited)  
➢ Parent interaction, information and instructions. | 2-3              |
| 2     | **Pre-Test, Post-Test & Feedback:**  
➢ Pre-Test & Post-Test shall be from the same questionnaire.  
➢ The test shall comprise questions on awareness of Ayurveda, BAMS programme details like full form of BAMS, duration etc., about the institution, Sanskrit knowledge, computer skills, regulatory bodies, opportunities after BAMS etc.  
➢ The questions shall be within the framework of the transitional curriculum.  
➢ The questionnaire should include 30–50 questions.  
➢ Google forms are preferred.  
➢ Results of the pre-test and post-test are compared. Post-test results must indicate that students achieved the course outcomes. If any aspects are not improved or understood by many students, such aspects need to be addressed.  
➢ Feedback is to be obtained on the content of the transitional curriculum as well as the mode of conduction. Suggestions for further improvisation. | 2-3              |
| 3     | **Know Your Campus:**  
➢ A guided tour of the entire campus and facilities  
➢ Officials from the respective units are introduced.  
➢ Activities and achievements of units and facilities  
➢ Students are to be made into batches of suitable size and guided by faculty members. | 4-10             |
| 4     | **Orientation Lectures:**  
➢ Institutional officials and their roles in the hierarchy  
➢ Rules and regulations of the campus, code of conduct, and dress codes, if any.  
➢ An Introduction to various medical systems  
➢ Ayurveda's national and international reach, higher education in Ayurveda, job opportunities, entrepreneurship, etc.  
➢ An Overview of the BAMS curriculum and the subjects, including highlights of the Minimum Standards of Education-2021.  
➢ Orientation of Regulatory/Governing Bodies (Ministry of Ayush, NCISM, affiliated universities, State Commissionerate/ Directorate, etc.) and introduction of their heads.  
➢ Gender sensitisation | 12-20            |
| 5 | Demonstration of Procedures:  
➢ Office related, library related, internet related, leave related, campus behaviour, availing health care facilities etc. | 2-3 |
| 6 | Motivational Lectures:  
➢ By eminent personalities.  
➢ Five to ten talks may be organised.  
➢ One to two international speakers are desirable. | 5–6 |
| 7 | Sanskrit Language orientation & Vadatu Samskritam (Spoken Sanskrit)  
*Syllabus: वदतु संस्कृतम् (Attached) | 15–20 |
| 8 | Computer Skill & Apps Installation:  
➢ Computer basics, MS Office (MS Word, Power Point, Excel, etc.), creation of e-mail ID, e-mail correspondence, Internet browsing, etc.  
➢ Safety Apps installation: 122 India; Mysafetipin; Citizen COP; Himmat; Shake2safety; Raksha; Smart 24x7 | 10-12 |
| 9 | Basic Life Support and First Aid:  
➢ Theoretical explanation and technique demonstration  
➢ Hands-on training for all students  
➢ Sufficient mannequins (one for each 10 students) or models are to be arranged for enough exposure and practice. | 5-6 |
| 10 | Personality Development & Recreation:  
➢ Communication skills, critical thinking, soft skills, empathy and respecting conduct, confidence and personal growth, speaking in front of an audience, etc.  
➢ Team building activities  
➢ Stress management, including yoga and meditation, relaxation techniques,  
➢ Health awareness, Fitness, and Hygiene  
➢ Recreational activities and talent show  
(During 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 competitions. If required, training may be provided) | 15-20 |
| 11 | Goal Setting:  
➢ Any faculty member or expert in goal setting can instruct the student on "How to Set Goals."  
➢ After orientation, students set their goals and the path to achieve them with the help of experts and mentors.  
➢ The set goals shall be recorded and signed by the student and mentor. One copy with the student and one copy filed in the office.  
➢ At the end of BAMS program, the set Goals are to be assessed in terms of achievement. | 2-3 |
<table>
<thead>
<tr>
<th>Sl. no.</th>
<th>Contents</th>
<th>Teaching and learning methodology</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>गीतम् –पद्तुसंस्कृतम्, ममनाम...भक्तं: नामक्रिम्, भवत्या: नामक्रिम, परस्परपरिचयः</td>
<td>Didactic with Video</td>
<td>1 hours.</td>
</tr>
<tr>
<td>2</td>
<td>सः। सा...एवं, एव। तुत्त।अस्त।--नौस्त। सौस्त।</td>
<td>Didactic with Video</td>
<td>1 hours</td>
</tr>
<tr>
<td>3</td>
<td>तत्र, अत्र, कृत्व, सत्वं, अन्वयं, एकृत्। With practical demonstration.</td>
<td>Didactic with Video</td>
<td>1 hour</td>
</tr>
<tr>
<td>4</td>
<td>कृपया, ब्यमगतम्, धन्यवादाः। क्षम्यताः, अवश्यक्म्-पयावप्तम्-मार्तु, सरलाःकथाः:</td>
<td>Didactic with video</td>
<td>1 hour</td>
</tr>
<tr>
<td>5</td>
<td>संस्कृत्त्यापायः- ५-१००</td>
<td>Didactic with chart</td>
<td>1 hours</td>
</tr>
<tr>
<td>6</td>
<td>writing and oral, सम्परिचयः:</td>
<td>Didactic with chart</td>
<td>1 hours</td>
</tr>
<tr>
<td>7</td>
<td>तिरस्चपरिचयः-परशः...-ह्या:-अस्त:-परशः-परशः:</td>
<td>Didactic and activity</td>
<td>1 hour</td>
</tr>
<tr>
<td>8</td>
<td>प्रश्नकरणम्,</td>
<td>Didactic and activity</td>
<td>1 hour</td>
</tr>
<tr>
<td>9</td>
<td>Discussion on previous topics, अभिमन्य-above all contents will be practiced to the students with conversation method.</td>
<td>Group activity and conversation</td>
<td>1 hour</td>
</tr>
<tr>
<td>10</td>
<td>पुरुष-पृश्तं, वामन-दीप्तिणणं, उपरि-अय:। अन्त: -बृहि:। सहायबाध्यप्रयोग</td>
<td>Didactic with video</td>
<td>1 hour</td>
</tr>
<tr>
<td>11</td>
<td>वेदान्तरूपः।-अस्ती-सौनि, भूतकाल-भवित्वकालरूपाणि</td>
<td>Didactic with video</td>
<td>1 hour</td>
</tr>
<tr>
<td>12</td>
<td>वदिन-तौहि:। च।एव-इति-अपि, तर्थवेत्ताम्, सह-विना, विरूः-धर्मवर्त्याः। उन्नत-वामन, पृथिवी-तुलन, बृहु-वमपीर्यमं-कस्य, स्थूल-कृष:अधिकं-किवित</td>
<td>Didactic with video</td>
<td>1 hour</td>
</tr>
<tr>
<td>13</td>
<td>श्रवणीभोजकः। वेद-रगी।-सम्भाषणम्</td>
<td>Didactic with chart</td>
<td>1 hour</td>
</tr>
<tr>
<td>14</td>
<td>Discussion on previous topics, अभिमन्य-above all contents will be practiced to the students with conversation method.</td>
<td>Group activity and conversation</td>
<td>1 hour</td>
</tr>
<tr>
<td>15</td>
<td>शरीरस्यअवयवानांपरिचयः</td>
<td>Didactic</td>
<td>1 hour</td>
</tr>
<tr>
<td>16</td>
<td>कविष्प्रलाव, तुमनात्यथः, अनिव्यायथः, तथयः-तत्त्वः</td>
<td>Didactic</td>
<td>1 hour</td>
</tr>
<tr>
<td>17</td>
<td>कित्रा, बहसः। चित्रा, दृष्ट्, संवासमृत्तिज्ञम्:। संवासन-सम्भाषणम्</td>
<td>Didactic and practical</td>
<td>1 hour</td>
</tr>
<tr>
<td>18</td>
<td>विशेषण।-विशेषभावस्य-अभ्यासः।-सन्न्यास-चर्चाः।</td>
<td>Didactic and practical</td>
<td>1 hour</td>
</tr>
<tr>
<td>19</td>
<td>Discussion on previous topics, अभिमन्य-above all contents will be practiced to the students with conversation method.</td>
<td>Group activity and conversation</td>
<td>1 hour</td>
</tr>
<tr>
<td>20</td>
<td>Samaropanam</td>
<td>Stage Function</td>
<td>1 hour</td>
</tr>
</tbody>
</table>

References:
1. ABHYASAPUSTAKAM, Samskrutabharati, Bangalore
2. PRATHAMADIKSHA - VAKYAVISTARA, V K Shastri Rashtriya Samskruta Samsthanam, New Delhi
3. www.sanskritpromotion.in
4. SAMBHASHANASHIBIRAM (Video Series), Dr. R. Vishwas, Samskrutabharati, Bangalore