

**SAMSKARA-PG ORIENTATION PROGRAM
(TRANSFORMATION TO PROFICIENT SCHOLAR)**



(PRESCRIBED BY NCISM)

*(Applicable from 2024-25 batches onwards
until further notification or directions by
NCISM)*



**BOARD OF AYURVEDA
NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE
NEW DELHI-110026**

SAMSKARA-PG Orientation Program (Transformation to Proficient Scholar)



PREAMBLE

Students from various parts of country with different languages, cultural background, and academic status will be taking admission to pursue postgraduate degree and specialty in the areas of their interest. In this regard to bring them under one common learning platform and to prepare them for post-graduate education, some common subjects which are not part of the PG curriculum but needed for post-graduate education, that facilitates smooth and effective learning process are identified and incorporated in to ‘SAMSAKRA-PG Orientation Program (Transformation to Proficient Scholar)’. This PG orientation program includes life skills, personality development, computer skills, e-management skills, communication skills, presentation skills, attitudes, code of conduct, campus behavior etc., general issues as well as presentation skills, journal clubs, clinical case presentations etc., areas specific to post-graduate academic activities. In addition to three credits i.e. 90 hours of common subjects, one credit i.e. 30 hours of specialty-specific orientation part is incorporated in this orientation programme. By this program the post-graduate scholars will be able to focus on 360° approach and development in to respective specialist.

AIMS AND OBJECTIVES: By the end of PG orientation program the PG scholars will be

1. Familiar and get acclimatize with the college campus and facilities.
2. Aware of institutional policies, rules and regulations of campus and other regulatory bodies.
3. Understand hierarchy and roles of institutional officials as well as other regulatory bodies.
4. Familiar with various PG academic activities.
5. Acquire specific skills and knowledge to pursue postgraduate education comprehensively, efficiently and effectively.
6. Able to develop congenial atmosphere in the campus.

SAMSKARA-PG ORIENTATION PROGRAM

(Transformation to Proficient Scholar)

CURRICULUM

SR.NO.	BROAD HEADS & CONTENT	DURATION (HOURS)
COMMON (3 Credits 90 Hours)		
01	Inaugural Function	2-3
	<ul style="list-style-type: none"> a. Institutional profile (origin & history of the institution, introduction of society/trust, track records/achievements/innovations of the college/institution, collaborations etc.) presentation by the principal or dean or director or senior faculty member. b. Opinions by senior students c. Address of the chief guest (if invited) 	
02	Pre-test, Post-test and Feedback	1-2
	<ul style="list-style-type: none"> a. Pre-test & Post-Test shall be from the same questionnaire. b. Pre-test to be conducted immediately after Inaugural function. c. Post-test and Feedback shall be taken at the end of the PG Orientation program. d. The test shall comprise questions on PG programme details duration, MOUs, Policies and procedures, regulatory bodies, facilities, Organogram of the institution, Functionality of the institute, skills like computer, communication etc. e. The questions shall be within the framework of the PG orientation program. f. The questionnaire should include 20–50 questions. g. Google forms are to be used. h. Results of the pre-test and post-test are to be 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. i. Feedback is to be obtained on the content of the PG orientation program as well as the mode of conduction and Suggestions for further improvisation. 	
03	Getting conversant with the Institution	10-12
	<ul style="list-style-type: none"> a. Know your campus: A guided tour of the entire campus and facilities. Students are to be made into batches of suitable size and guided by faculty members. b. Departmental Introduction: Officials from the respective units are introduced. Activities and achievements of department, units and facilities are to be highlighted. c. Orientation to Student council and activities d. Introduction to the PG Student related committees, various committees as per PG regulations and research related committees (IEC (Institutional Ethical Committee) / IRB (Institutional Review Board) / IRC (Institutional Research Committee) etc.) e. Introduction to research organizations like National Commission for Indian System of Medicine (NCISM), Central Council for Research in Ayurvedic Sciences (CCRAS), Rashtriya Ayurveda Vidyapeeth, (RAV), Central Council for Research in Unani Medicine (CCRUM), Central Council for Research in Siddha (CCRS), Central Council for Research in Homeopathy (CCRH), Central Council for Research in Yoga and Naturopathy 	

	<p>(CCRYN), Indian Council of Medical Research (ICMR), Indian Council of Agricultural Research (ICAR), Council of Scientific and Industrial Research (CSIR), Pharmacopoeia Commission for Indian Medicine and Homoeopathy (PCIM&H) etc.</p> <p>f. Institutional officials' hierarchy and their roles and responsibilities.</p> <p>g. Rules and regulations of the campus, code of conduct, and dresscodes (if any).</p> <p>h. An Overview of the PG Structure/Pattern of study, PG curriculum, subjects, assessment, Elective courses (Domain specific/Capacity enhancing categories), components of PGprogram, PG activities etc.</p> <p>i. Campus/Hospital/Laboratory etiquettes.</p> <p>j. Orientation on institutional MOUs and affiliations and their scope in education and research.</p>	
04	Life skills/Personality Development	14-16
	<p>a. Self-protection for female scholars.</p> <p>b. Rights and responsibilities of a PG Scholar</p> <p>c. Time management</p> <p>d. Dream building and Goal setting</p> <p>e. Self-learning, collaborative learning, lifelong learning strategies</p> <p>f. Communication skills, critical thinking, problem solving skills, soft skills, empathy and respecting conduct, confidence and personal growth, public speaking, build healthy relationships, professionalism etc.</p> <p>g. Team building activities</p> <p>h. Stress management, including yoga and meditation, relaxation techniques,</p> <p>i. Health awareness, Fitness, and Hygiene</p> <p>j. 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)</p>	
05	Computer Skills and E-management workshop	18-20
	<p>a. Computer basics, MS Office (MS Word, Power Point, Excel, etc.)</p> <p>b. Internet browsing, Chat GPT, Meta AI etc</p> <p>c. Management of emails</p> <p>d. Safety Apps installation: 122 India; Mysafetipin; CitizenCOP; Himmat; Shake2safety; Raksha; Smart 24x7</p> <p>e. Language software like Grammarly etc.</p> <p>f. Editing and formatting software like PDF converter, Image editor, Video editing etc</p> <p>g. Registering and using Digi locker</p> <p>h. Introduction to HIMS (Hospital Information Management System)</p> <p>i. Cyber security and cyber safety</p> <p>j. Wi-Fi and internet policies</p>	
06	Scope, Prospects and Opportunities	6-8
	<p>a. Motivational Talks by eminent personalities from different fields like clinicians/ Educationalists/ Research scientists/Industry/ entrepreneurs etc. related to ASUS.</p> <p>b. Minimum 5 lectures</p> <p>c. One to two international speakers are desirable.</p>	

07	Learning Resources	8-10
	Orientation and etiquettes of the facilities existing in the campus like a. Library b. Digital Library and E learning resources c. Simulation/Skill labs etc. d. Central Research Facility e. Quality Testing Laboratory f. Department specific laboratories g. Animal House & Experimentation laboratory h. Herbal Garden	
08	Academic Activities and Presentation Skills	14-16
	a. Workshop on various PG activities like i. Seminar presentation ii. Journal club presentation iii. Clinical case presentation etc. b. Workshop on PPT preparation; Poster making etc. c. Demonstration & Role play of Podium manners	
09	Institutional Policies	2-4
	Introduction and presentation of related policies a. Leave policies b. Medical care availing policy c. Do's and Don'ts d. Hospital SOPs	
10	ABDM (Ayushman Bharat Digital Mission)	4-6
	ABDM (Ayushman Bharat Digital Mission) registration Introduction to Heal by India and Heal in India Health Insurance for AYUSH Ayush VISA	
11	Fresher's day/Valedictory Function	2-4
12	Specialty Specific Orientation (1 Credit=30 Hours) (To be conducted as per respective departmental requirement)	30
Note:		
a. Based on strength of admitted students, small groups with suitable number of students are to be made where ever required for implementation of PG orientation program and the batches are to be rotated accordingly.		
b. The total duration of the program (including specialty specific orientation) shall be not less than 15 to 20 days and 120 hours. Institutes as per the additional facilities may add additional components in orientation program.		
Other Recommended Programs		
a. Programs like GCP/ GMP / GLP / NABH/NABL orientation/ BLS/ALS, Safety Codes like BLUE/PINK/RED, Disaster Management, Pharmacovigilance etc., are to be arranged as separate workshops with authorized agencies/bodies and certificates are to be issued.		
b. Synopsis orientation including scientific journal browsing workshop is to be conducted separately before commencement of synopsis writing activity.		
c. Scientific writing including referencing software workshop is to be conducted separately.		
d. Workshop on Animal Handling Techniques is to be arranged separately.		