

**COURSE CURRICULUM FOR FIRST PROFESSIONAL
B.S.R.M.S. (PRESCRIBED BY NCISM)**



TRANSITIONAL CURRICULUM
(Applicable from 2022-2023 batch onwards for five years
or until further notification by NCISM, whichever is
earlier)



प्राणाभिसरः प्राणायतनानाम्

**BOARD OF UNANI, SIDDHA AND SOWA-RIGPA
NATIONAL COMMISSION FOR INDIAN SYSTEM OF
MEDICINE NEW DELHI- 110058**



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TRANSITIONAL CURRICULUM

Introduction:

The students getting admitted to the Sowa-Rigpa graduate course (B.S.R.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, Monastic Institution, etc. studied in different mediums of language. Sowa-Rigpa 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 Sowa-Rigpa 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 Sowa-Rigpa nationally and internationally (Medical Education, Patient care, Research, Industry, Technological advancement, etc.) higher- education in Sowa-Rigpa, job opportunities, entrepreneurship, etc.
5. An overview of the B.S.R.M.S curriculum and the subjects.
6. Orientation on the National/State Health Policies, Schemes, Campaigns, Heal by India, Heal in India and Ayushman Bharat Digital Mission (ABDM).
7. Orientation of regulatory and governing bodies and introduction of their heads including Ministry of AYUSH, NCISM, Research Councils, Directorate/Commissionerate of ISM/AYUSH, State Council/Board, University, etc.
8. Bhoti Language orientation and spoken Bhoti
9. Introduction to Secular Ethics, mindfulness training and Sowa-Rigpa Medical

Astrology

10. Goal setting
11. Basic Life Support (BLS) Training
12. Orientation of basic computer skills
13. Personality development, Team building, Gender sensitization, etc.
14. Orientation on role of students in Nation building process and contribution to global health and wellness.

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

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 Sowa-Rigpa and opportunities
5. Familiar with the B.S.R.M.S curriculum and subjects
6. Recognize various National/State Health Policies, Schemes, Campaigns, Heal by India, Heal in India and Ayushman Bharat Digital Mission (ABDM)
7. Acquaint with regulatory/governing bodies
8. Improve communication and conversation skills in Bhoti
9. Develop soft skills
10. Set goals
11. Perform BLS
12. Acquire basic computer skills
13. Develop leadership qualities.
14. Understand their role in nation building and global health.

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

SR. NO	TRANSITIONAL CURRICULAR ACTIVITIES	DURATION (HOURS)
1	Inaugural Function/Induction Programme: <ul style="list-style-type: none">➤ 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.➤ Interaction with Teaching Faculty members of the 1st Profession	2-3
2	Pre-Test, Post-Test & Feedback: <ul style="list-style-type: none">➤ Pre-Test & Post-Test shall be from the same questionnaire.➤ The test shall comprise questions on awareness of Sowa-Rigpa, B.S.R.M.S. programme details like full form of B.S.R.M.S, duration etc., about the institution, Bhoti language, computer skills, regulatory bodies, opportunities after B.S.R.M.S etc. as mentioned in the objectives and the outcomes.➤ 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: <ul style="list-style-type: none">➤ A guided tour of the entire campus, infrastructure and facilities➤ Organogram of the institute/college/university➤ Officials from the respective department/units are introduced➤ Functionalities and achievements of department/units and	5-6

	<p>faculties</p> <ul style="list-style-type: none"> ➤ Students are to be made into batches of suitable size and guided by faculty members 	
4	<p>Orientation Lectures:</p> <ul style="list-style-type: none"> ➤ Institutional officials and their roles in the hierarchy ➤ Rules and regulations of the campus, code of conduct, and dresscodes, if any. ➤ An Introduction to various medical systems ➤ Sowa-Rigpa's national and international reach, higher education in Sowa-Rigpa, job opportunities, entrepreneurship, etc. ➤ An Overview of the B.S.R.M.S. curriculum and the subjects, including highlights of the Minimum Standards of Education (MSE Sowa-Rigpa, 2022). ➤ An Introduction to Secular Ethics, mindfulness training and Sowa-Rigpa Medical Astrology. ➤ Role of students in Nation building process and contribution to global health and wellness. ➤ Orientation of Regulatory/Governing Bodies (Ministry of Ayush, NCISM, affiliated universities, State Commissionerate/ Directorate, etc.) and introduction of their heads. ➤ Gender sensitization ➤ ASUS (Ayurveda, Siddha, Unani, and Sowa-Rigpa) medical systems and their roles in primary health care, public health, and disease prevention. ➤ Orientation to learning methods: self-learning, collaborative learning, lifelong learning strategies, time management, examination strategies, etc. ➤ National Health Status, Goals and Policies ➤ Personal health and hygiene 	20-22
5	<p>Demonstration of Procedures:</p> <ul style="list-style-type: none"> ➤ Office related, library related, internet related, leave related, campus behaviour, availing health care facilities, etc. 	2-3
6	<p>Motivational Lectures:</p> <ul style="list-style-type: none"> ➤ By eminent personalities. ➤ Two to five talks may be organised. ➤ One to two international speakers are desirable. 	5-6
7	Bhoti Language orientation & Spoken Bhoti	5-8
8	Meditation and Mindfulness training	10-12

9	<p>Computer Skill & Apps Installation:</p> <ul style="list-style-type: none"> ➤ 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; CitizenCOP; Himmat; Shake2safety; Raksha; Smart24x7 	12-15
10	<p>Basic Life Support:</p> <ul style="list-style-type: none"> ➤ Theoretical explanation and technique demonstration ➤ Hands-on training for all students ➤ Sufficient mannequins (one for each 15 students) or models are to be arranged for enough exposure and practice. 	5-7
11	<p>Personality Development & Recreation:</p> <ul style="list-style-type: none"> ➤ 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) 	10-12
12	<p>Goal Setting:</p> <ul style="list-style-type: none"> ➤ 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 B.S.R.M.S program, the set goals are to be assessed in terms of achievement. 	2-3