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School of Ayurveda

Kunwar Shekhar Vijendra Ayurved Medical College & Research Centre

Student-Centric Methods-(2024-25)

Introduction: The School of Ayurveda has actively adopted student-centric pedagogical approaches to foster medical education, research, and healthcare, producing competent and compassionate Ayurvedic practitioners who promote holistic well-being and integrate traditional wisdom with modern healthcare practices."

Or, more specifically:"Empowering students with knowledge, skills, and values to become exemplary Ayurvedic practitioners, researchers, and healthcare leaders, committed to delivering patient-centric care and advancing the field of Ayurveda for the betterment of society."

The following student-centric methods are practicing in School:

Example:

Experiential learning:

"School of ayurveda implementing of experiential learning under student-centric methods as part of experiential learning to enhance engagement and deepen understanding through hands-on activities and real-world experiences." Experiential learning is a teaching approach that emphasizes learning through experience and reflection. In this approach, **student-centric methods** are actively practiced in schools to make education more meaningful and engaging.

Rather than relying solely on lectures or rote memorization, student-centric methods place students at the center of the learning process. These methods encourage **active participation**, **collaboration**, and **critical thinking**.

Examples include project-based learning, role-plays, case studies, experiments, field visits, and group discussions. Students learn by doing, observing, and reflecting on their experiences.

This approach supports **personalized learning**, allowing students to explore topics based on their interests and pace. It also promotes **problem-solving skills**, **creativity**, and **real-world application** of knowledge.

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Teachers act as facilitators or guides rather than traditional instructors. This shift fosters a **supportive learning environment** where students feel more responsible and motivated to learn.

Experiential learning aligns with the goals of 21st-century education by preparing students not just academically but also emotionally and socially.

Overall, student-centric experiential methods help bridge the gap between theory and practice, making learning more relevant, enjoyable, and effective.

Integrated/Inter-Disciplinary Learning

At Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, integrated/interdisciplinary learning involves combining Ayurveda with other disciplines like modern medicine, research methodologies, and health sciences. This approach fosters a holistic understanding of health and disease, enabling students to develop comprehensive treatment plans.

Importance

1. Holistic Patient Care: Integrates Ayurvedic principles with modern medical practices for more effective treatment.
2. Enhanced Research: Encourages evidence-based research, validating Ayurvedic practices and improving healthcare outcomes.
3. Comprehensive Education: Prepares students for diverse clinical scenarios, enhancing their problem-solving skills.
4. Interdisciplinary Collaboration: Fosters teamwork among healthcare professionals from different backgrounds.
5. Improved Healthcare Delivery: Integrates traditional knowledge with modern healthcare, benefiting patients and the community.

By adopting an integrated approach, the institution promotes innovative learning, research, and patient care, ultimately advancing Ayurvedic education and healthcare practices.

Benefits of Interdisciplinary Learning

1. Holistic Understanding: Integrates knowledge from multiple disciplines, providing a more comprehensive understanding of complex issues.
2. Enhanced Critical Thinking: Encourages critical thinking, analysis, and problem-solving across different subjects.
3. Improved Creativity: Fosters innovative solutions by combining diverse perspectives and approaches.

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4. Better Retention: Learning across disciplines can improve retention and recall of information.
5. Preparation for Real-World Challenges: Equips students with the ability to tackle complex, real-world problems that often require interdisciplinary approaches.
6. Enhanced Collaboration: Promotes teamwork and communication skills among students from different backgrounds.
7. Increased Adaptability: Helps students adapt to new situations and challenges by applying knowledge from various disciplines.
8. More Effective Problem-Solving: Encourages students to approach problems from multiple angles, leading to more effective solutions.

By incorporating interdisciplinary learning, educational institutions can provide students with a richer, more versatile educational experience.

PARTICIPATORY LEARNING:-

At Kunwar Shēkhar Vijendra Ayurveda Medical College and Research Centre, participatory learning involves active engagement of students in the learning process through discussions, case studies, hands-on training, and group activities. This approach encourages students to take ownership of their learning, develop critical thinking skills, and apply theoretical knowledge in practical settings.

Importance

1. Enhanced Engagement: Encourages active participation, increasing student motivation and interest in learning.

2. Improved Retention: Hands-on experiences and discussions help reinforce learning, leading to better retention of information.

3. Development of Critical Thinking: Participatory learning fosters critical thinking, problem-solving, and decision-making skills.

4. Collaboration and Teamwork: Group activities promote teamwork, communication, and interpersonal skills.

5. Practical Application: Prepares students for real-world scenarios by applying theoretical knowledge in practical settings.

6. Personalized Learning: Allows students to learn at their own pace and explore topics of interest.

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7. Better Preparation for Clinical Practice: Participatory learning helps students develop the skills and confidence needed for effective clinical practice.

By incorporating participatory learning, the institution creates an engaging and interactive learning environment that prepares students for successful careers in Ayurveda.

Benefits of Participatory Learning

1. Increased Engagement: Encourages active participation, motivating students to learn.

2. Improved Retention: Hands-on experiences and discussions enhance retention of information.

3. Critical Thinking Development: Fosters critical thinking, problem-solving, and decision-making skills.

4. Enhanced Collaboration: Promotes teamwork, communication, and interpersonal skills.

5. Practical Application: Applies theoretical knowledge to real-world scenarios.

6. Personalized Learning: Allows students to learn at their own pace and explore interests.

7. Boosts Confidence: Encourages students to express opinions and ideas.

8. Develops Communication Skills: Improves verbal and non-verbal communication skills.

Participatory learning creates an interactive and engaging learning environment, preparing students for success in their chosen fields.

PROBLEM SOLVING LEARNING

At Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, problem-solving learning involves presenting students with real-world clinical scenarios or case studies, encouraging them to analyze, critically think, and develop solutions. This approach helps students apply theoretical knowledge to practical problems.

Importance

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1. Critical Thinking Development: Enhances critical thinking, analysis, and problem-solving skills.

2. Practical Application: Prepares students for real-world clinical practice by applying theoretical knowledge.

3. Improved Clinical Decision-Making: Develops students' ability to make informed, evidence-based decisions.

4. Enhanced Collaboration: Fosters teamwork and communication skills through group problem-solving activities.

5. Increased Confidence: Builds students' confidence in tackling complex clinical scenarios.

6. Better Retention: Improves retention of information through active engagement and application.

7. Preparation for Clinical Practice: Equips students with the skills and competencies required for effective clinical practice.

By incorporating problem-solving learning, the institution helps students develop the critical thinking, analytical, and decision-making skills necessary for success in Ayurvedic medicine.

SELF-DIRECTED LEARNING:-

At Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, self-directed learning empowers students to take ownership of their learning process. This approach encourages students to set goals, identify resources, and assess their own progress, fostering independence, critical thinking, and lifelong learning skills.

Importance

1. Promotes Autonomy: Encourages students to take responsibility for their learning.

2. Develops Critical Thinking: Enhances critical thinking, analysis, and problem-solving skills.

3. Fosters Lifelong Learning: Prepares students for continuous learning and professional development.

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4. Improves Time Management: Helps students manage time effectively and prioritize tasks.

5. Enhances Self-Assessment: Develops students' ability to evaluate their own knowledge and skills.

6. Personalized Learning: Allows students to focus on areas of interest and need.

7. Prepares for Professional Practice: Equips students with the skills and mindset required for independent practice.

By incorporating self-directed learning, the institution helps students develop the skills, confidence, and motivation necessary for success in their academic and professional pursuits

PATIENT-CENTRIC & EVIDENCE BASED LEARNING:-

At Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, patient-centric and evidence-based learning focuses on integrating clinical practice with research evidence and patient needs. This approach emphasizes understanding patient perspectives, tailoring treatments accordingly, and grounding clinical decisions in scientific research.

Importance

1. Improved Patient Outcomes: Evidence-based practices lead to more effective treatments and better patient care.

2. Personalized Medicine: Patient-centric approach allows for tailored treatment plans, enhancing patient satisfaction and outcomes.

3. Critical Thinking: Evidence-based learning promotes critical evaluation of research, enhancing clinical decision-making.

4. Professional Development: Prepares students for clinical practice, emphasizing the importance of staying updated with the latest research.

5. Enhanced Credibility: Integrates traditional Ayurvedic practices with modern research, increasing credibility and trust in Ayurvedic medicine.

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6. Holistic Care: Combines patient needs with evidence-based practices, promoting comprehensive care.

By adopting a patient-centric and evidence-based approach, the institution fosters competent, compassionate, and research-informed healthcare professionals.

Patient-Centric Approach in Ayurveda

A patient-centric approach in Ayurveda focuses on tailoring treatments to individual patient needs, preferences, and circumstances. This approach considers:

1. Prakriti (Individual Constitution): Understanding a patient's unique constitutional makeup.

2. Vikriti (Current Imbalance): Identifying the current imbalance or disease state.

3. Patient History: Considering medical, lifestyle, and environmental factors.

4. Lifestyle and Preferences: Incorporating patient lifestyle, dietary habits, and personal preferences.

5. Holistic Care: Addressing physical, mental, and spiritual well-being.

Key Aspects

1. Personalized Treatment: Customized treatment plans based on individual characteristics.

2. Empathy and Communication: Building trust and understanding between practitioner and patient.

3. Patient Education: Educating patients about their condition, treatment, and self-care.

4. Collaborative Decision-Making: Involving patients in decision-making processes.

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By adopting a patient-centric approach, Ayurvedic practitioners can provide more effective, compassionate, and personalized care.

PROJECT BASED LEARNING:-

At Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, project-based learning involves assigning students real-world projects that require research, critical thinking, and problem-solving skills. Students work on projects that integrate theoretical knowledge with practical applications, often presenting their findings and recommendations.

Importance

1. Deeper Learning: Encourages deeper understanding and application of theoretical knowledge.

2. Develops Research Skills: Enhances research, analysis, and critical thinking skills.

3. Improves Problem-Solving: Fosters creative problem-solving and innovative thinking.

4. Enhances Collaboration: Promotes teamwork, communication, and interpersonal skills.

5. Real-World Application: Prepares students for real-world challenges and scenarios.

6. Develops Presentation Skills: Improves students' ability to present complex information effectively.

7. Builds Confidence: Encourages students to take ownership of their work and develop confidence in their abilities.

By incorporating project-based learning, the institution helps students develop a range of skills, from research and critical thinking to collaboration and presentation, preparing them for success in their chosen field.

ROLE PLAY LEARNING:-

At Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, role-play learning involves students acting out scenarios related to Ayurvedic medicine, such as patient consultations,

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case presentations, or healthcare team interactions. This approach helps students develop communication, empathy, and clinical skills in a simulated environment.

Importance

1. Improved Communication Skills: Enhances verbal and non-verbal communication skills.

2. Empathy Development: Fosters empathy and understanding of patient perspectives.

3. Clinical Skill Development: Develops clinical skills, such as history-taking and patient assessment.

4. Confidence Building: Builds confidence in interacting with patients and healthcare teams.

5. Safe Learning Environment: Provides a safe space for students to practice and learn without risking patient safety.

6. Enhanced Teamwork: Promotes teamwork and collaboration among healthcare professionals.

7. Better Patient Care: Prepares students to provide more effective and compassionate patient care.

By incorporating role-play learning, the institution helps students develop essential clinical and communication skills, preparing them for successful careers in Ayurvedic medicine.

Role-Play Learning and Patient Care

Role-play learning improves patient care by:

1. Enhancing Communication Skills: Students learn to communicate effectively, empathetically, and clearly with patients.

2. Developing Empathy: Role-play helps students understand patient perspectives, concerns, and emotions.

3. Practicing Clinical Scenarios: Students practice handling various clinical scenarios, preparing them for real-world patient interactions.

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4. Improving History-Taking and Assessment: Role-play helps students develop skills in taking patient histories and assessing patient needs.

5. Building Confidence: Students become more confident in interacting with patients, leading to better care.

6. Reducing Errors: Role-play helps students learn from mistakes in a safe environment, reducing errors in real patient care.

7. Fostering Patient-Centered Care: Students learn to prioritize patient needs, preferences, and values.

By improving these skills, role-play learning ultimately leads to more effective, compassionate, and patient-centered care.

(Signature with Stamp)

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School of Ayurveda

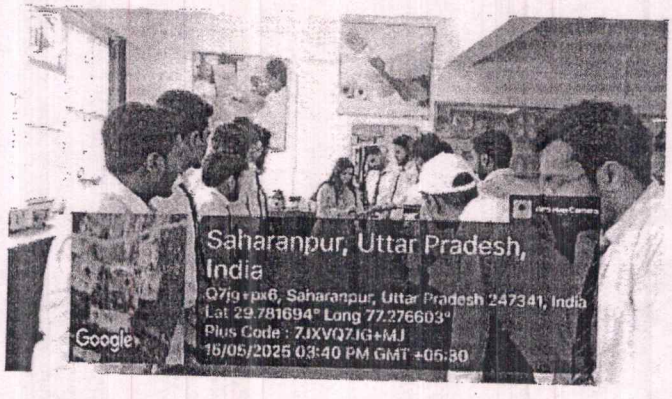
(Kunwar Shekhar Vijendra Ayurved Medical College & Research Centre)

2024-25

PHOTOS WITH CAPTION

EXPERIENTIAL LEARNING-- LABORATORY WORK

EXPERIENTIAL LEARNING--LABORATORY WORK



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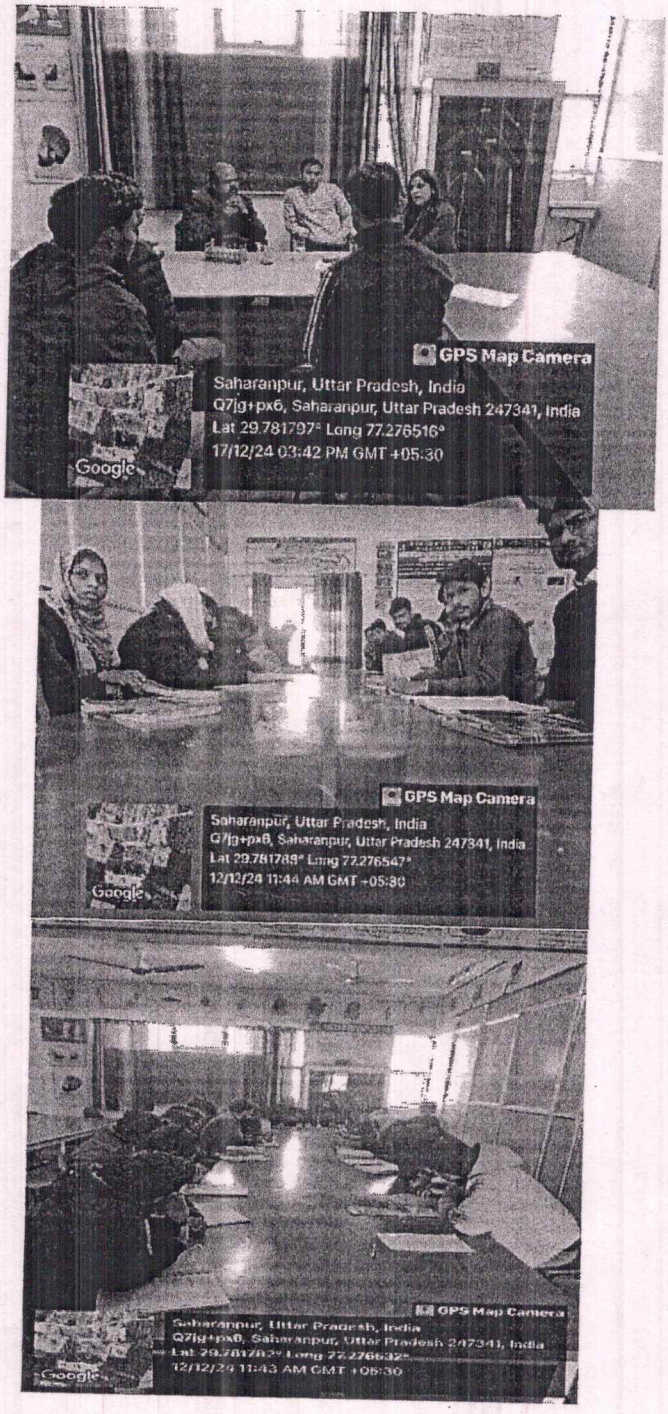
EXPERIENTIAL LEARNING-ASSIGNMENT



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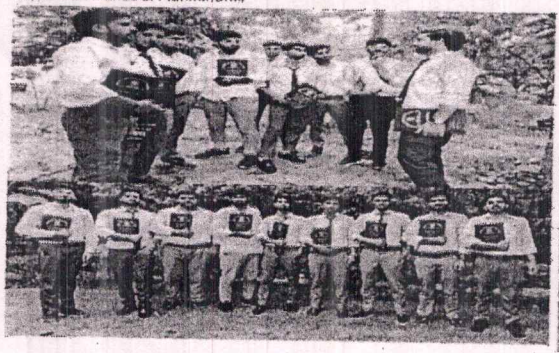
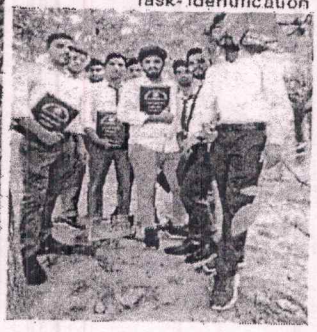
EXPERIENTIAL LEARNING-FIELD VISIT

Date- 04/07/2024 *"Department of Ayurveda samhita, sidhant and sanskrit "*

Topic- Dominance of Mahabhutas

Padarth Vigyan
NLA Theory
Task- Identification





EXPERIENTIAL LEARNING

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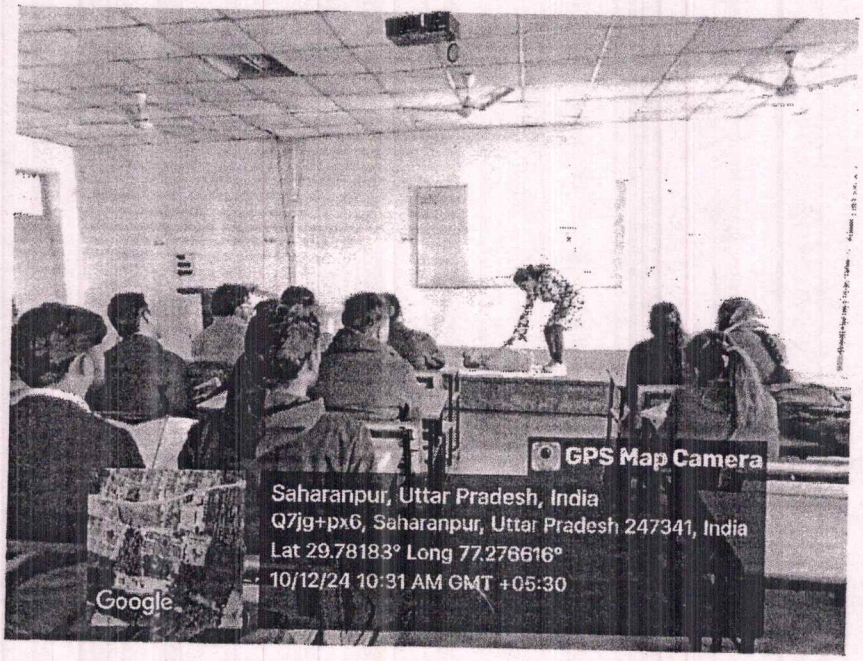
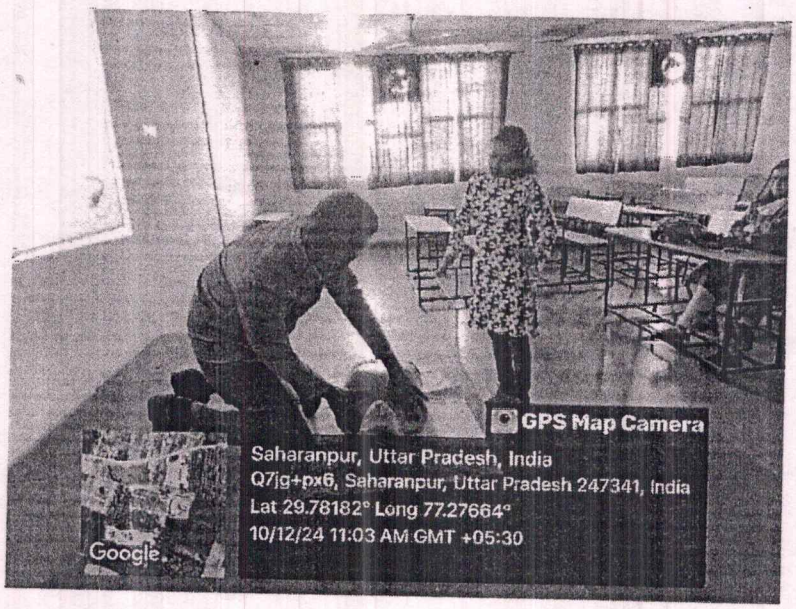
INTEGRATED LEARNING





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PARTICIPATORY LEARNING-GROUP DISCUSSIONS & DEBATE

Date- 03/05/2024 *Department of Ayurveda samhita, sidhant and sanskrit*

Padarth Vigyan
NLA Theaory
Task- Identification

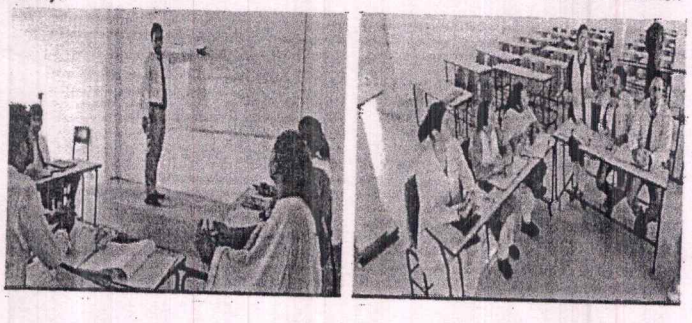
Topic
Penta-element nature of dravya

PARTICIPATORY LEARNING-GROUP DISCUSSIONS & DEBATE

Date- 04/04/2024 *"Department of Ayurveda samhita, sidhant and sanskrit"*

Padarth Vigyan
NLA Theaory
Task- Identification

Topic,
Dravya



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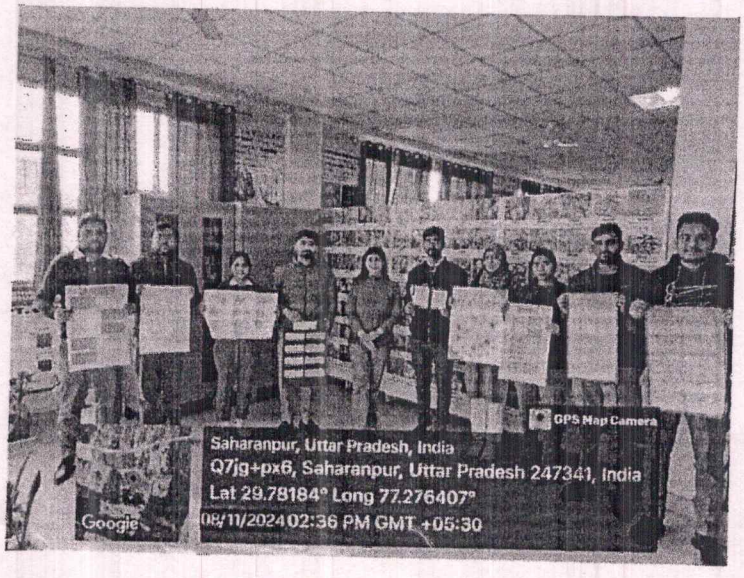

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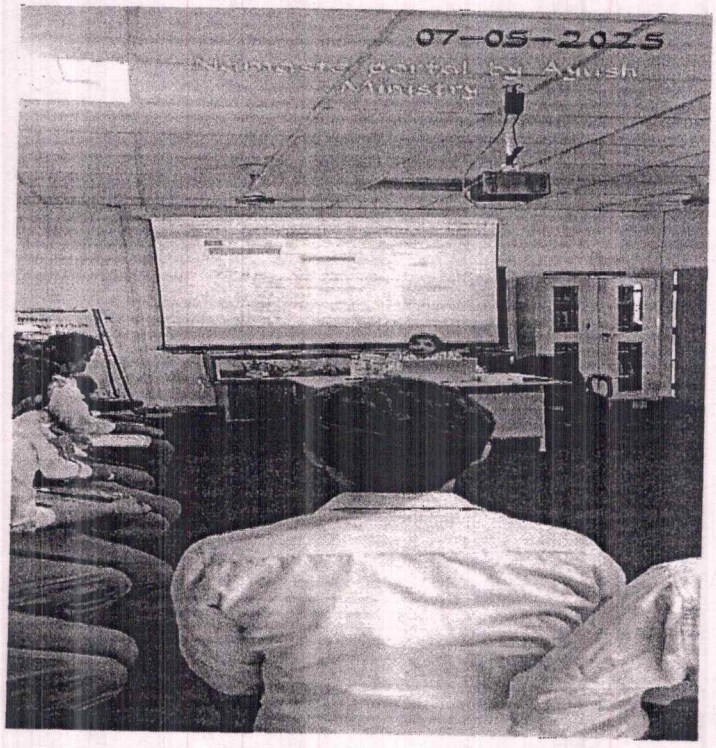

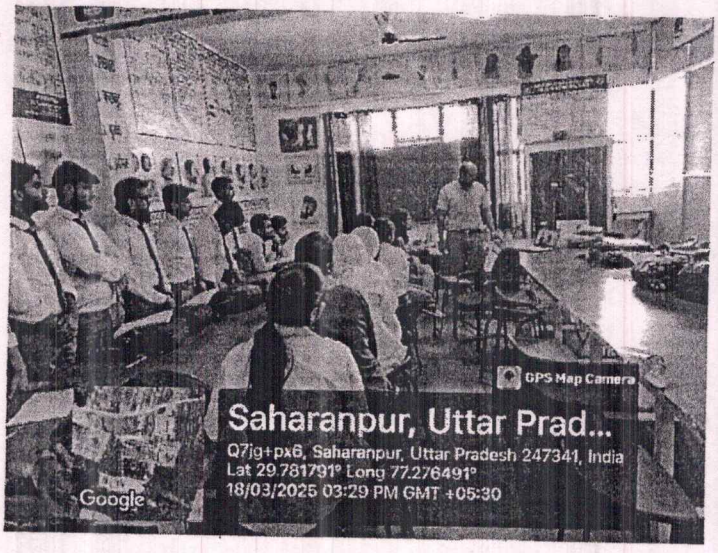

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PATIENT BASED LEARNING--BEDSIDE TEACHING & CLINICAL ROUNDS

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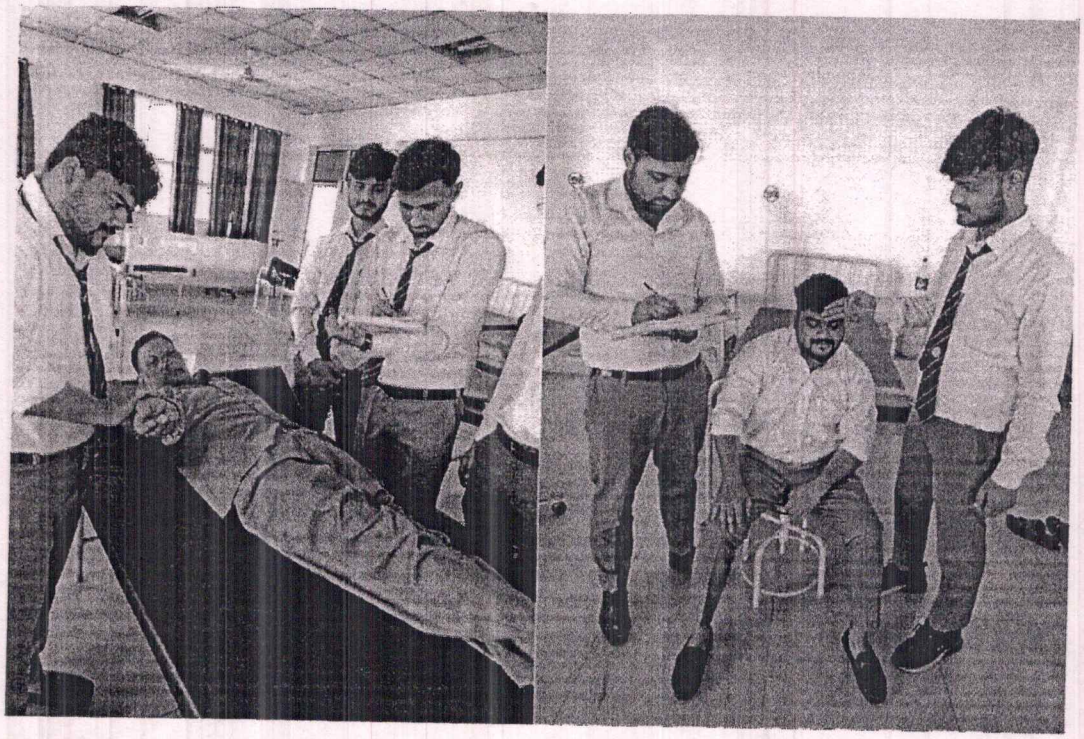

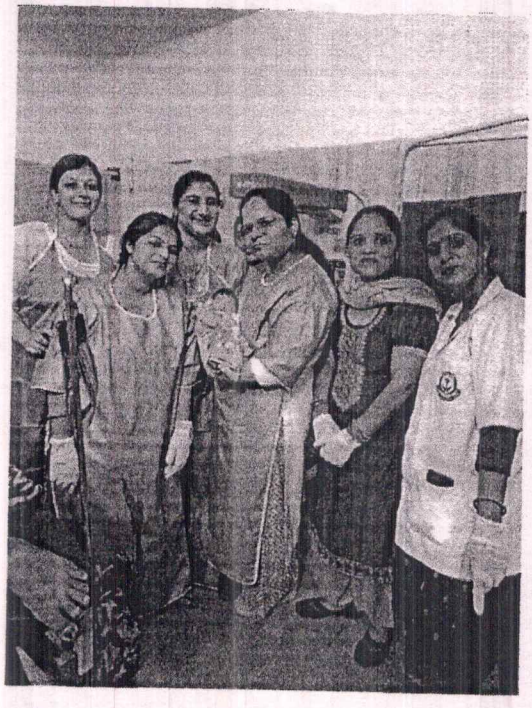

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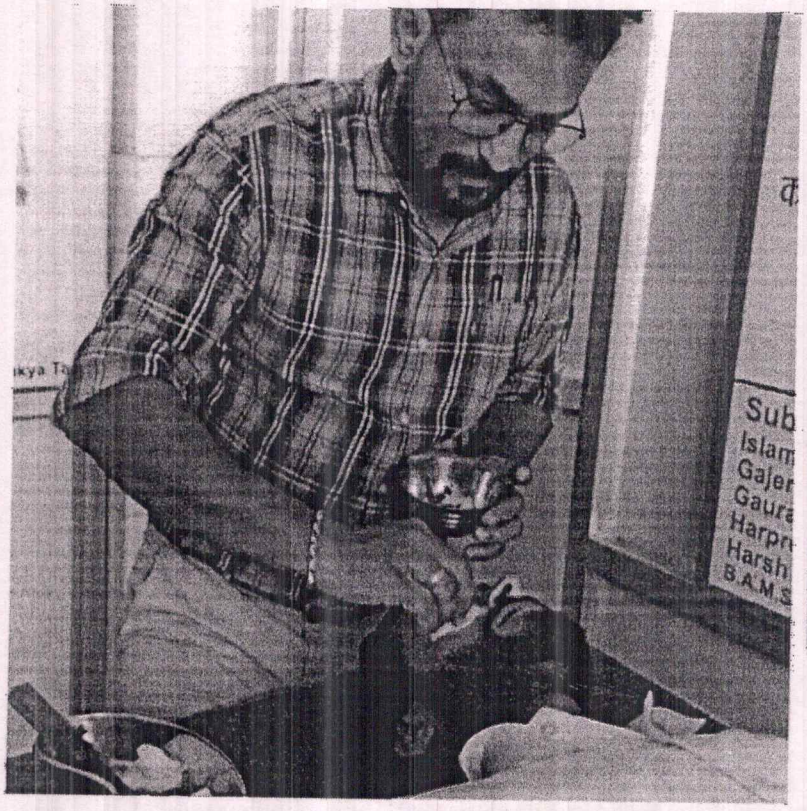

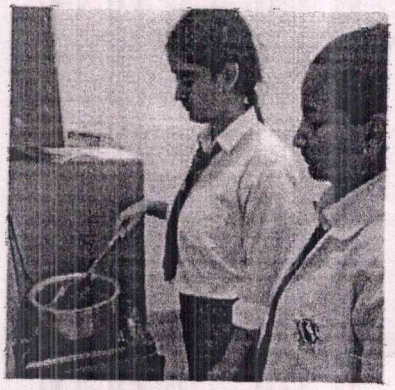

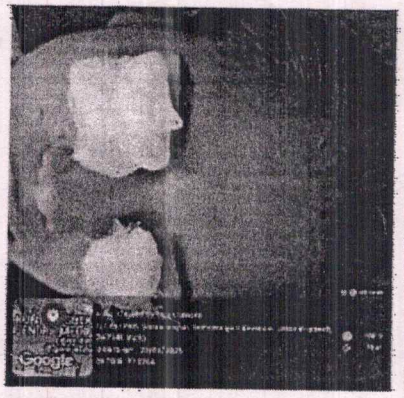

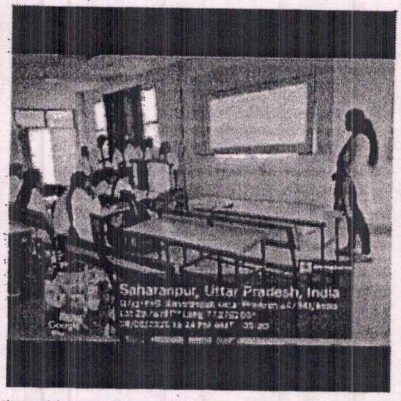

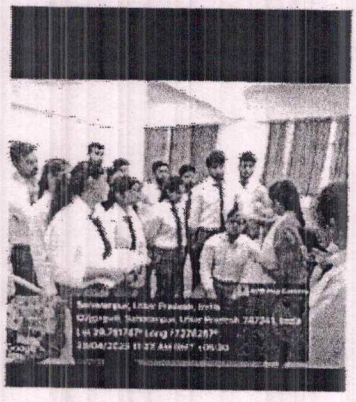

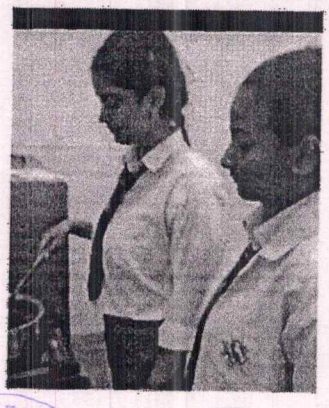

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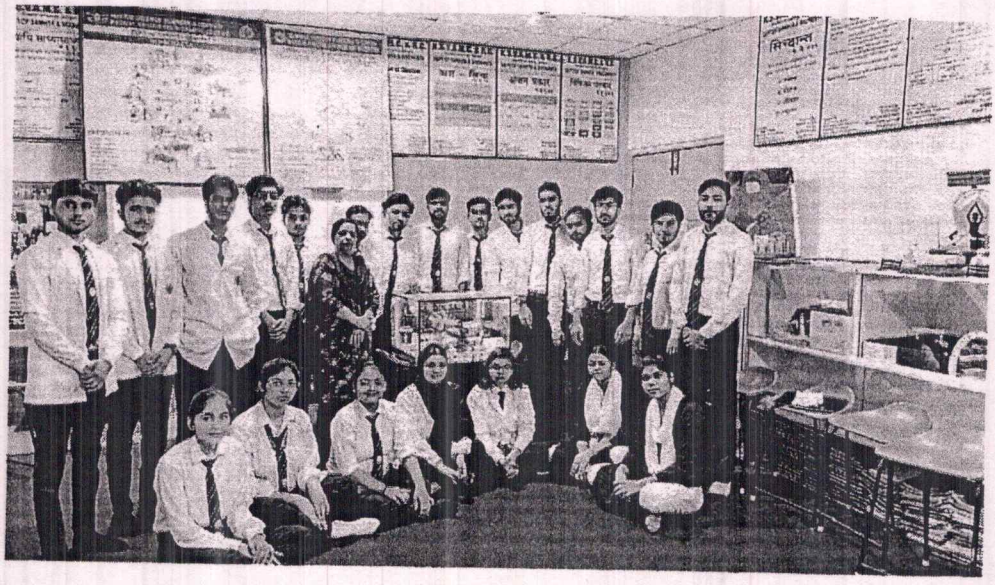
2024-25

PHOTOS WITH CAPTION



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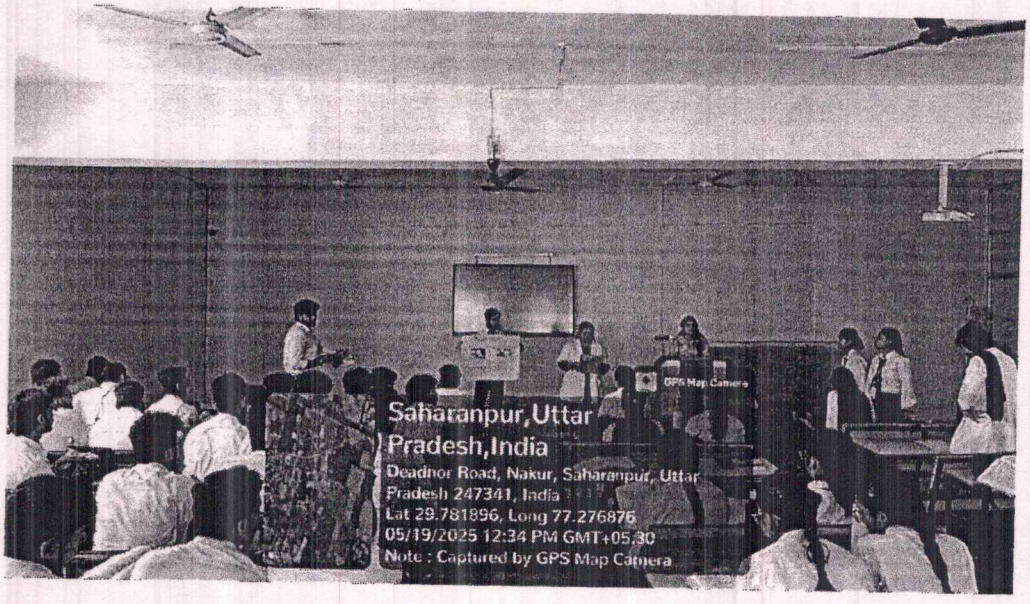

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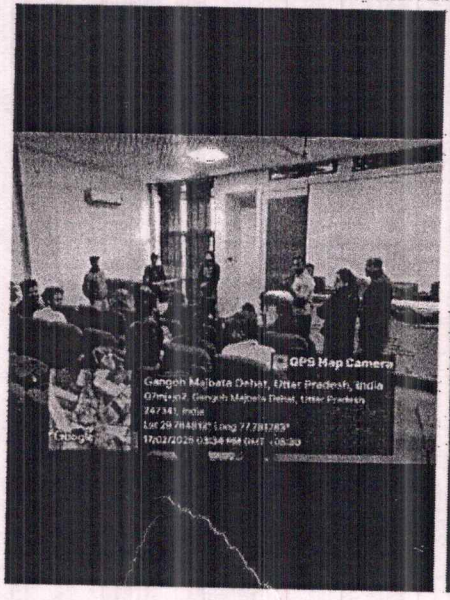
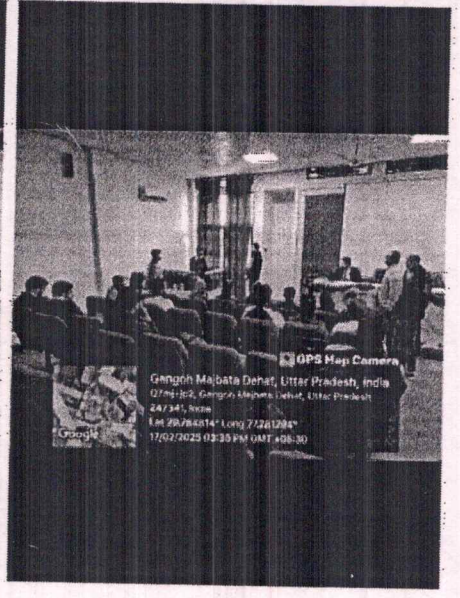
ROLE PLAY LEARNING-





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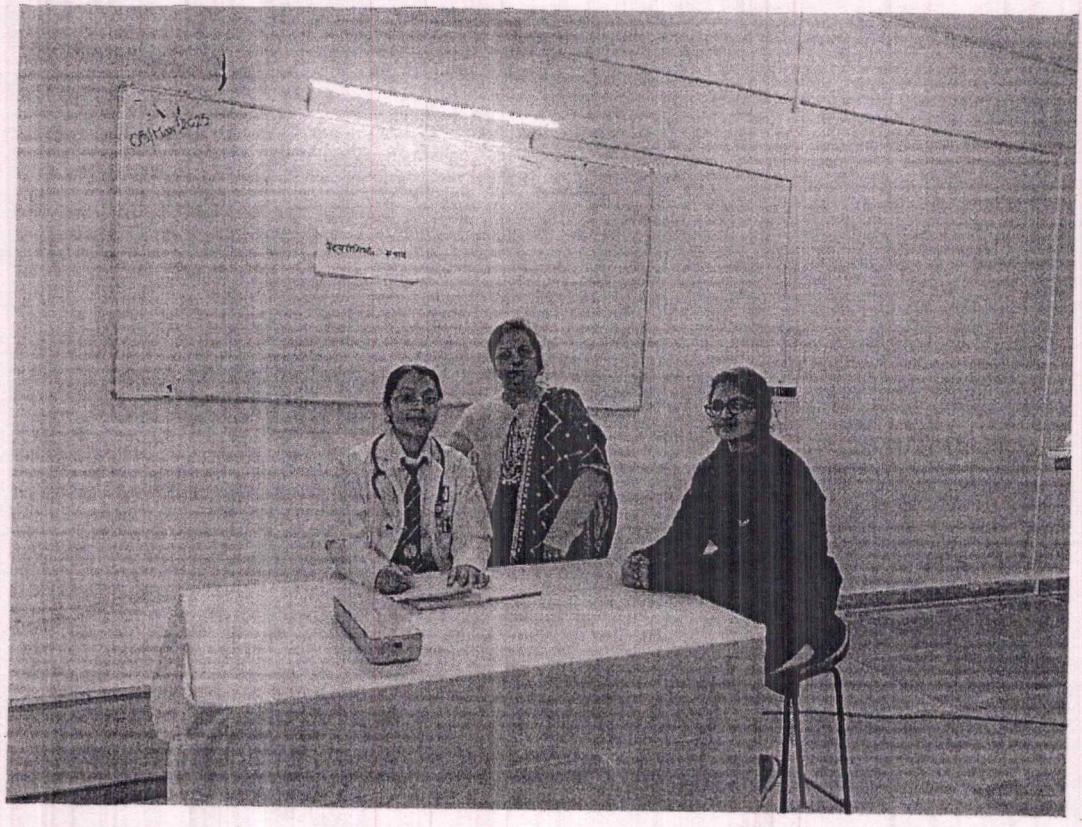

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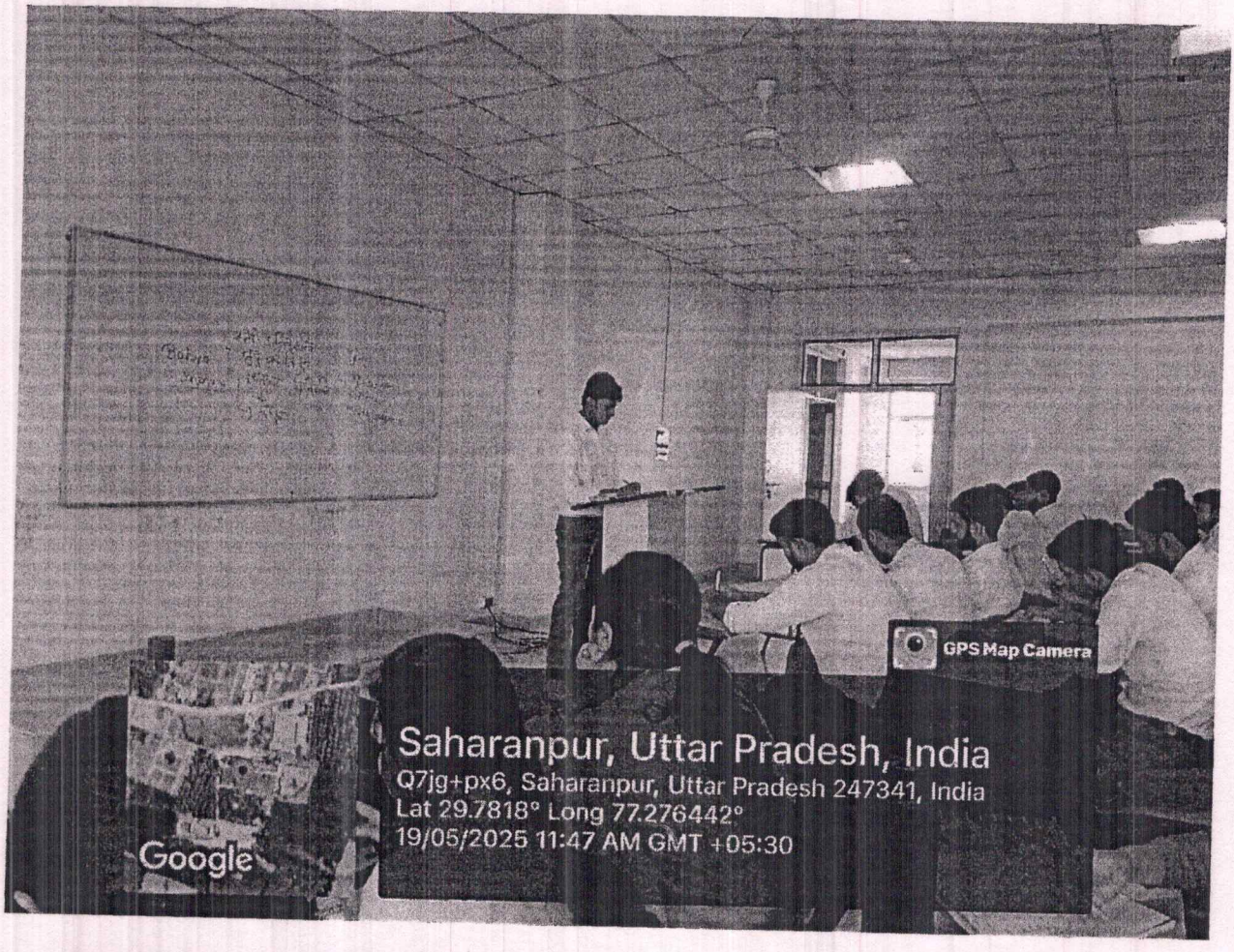

PARTICIPATORY LEARNING:-GROUP DISCUSSION

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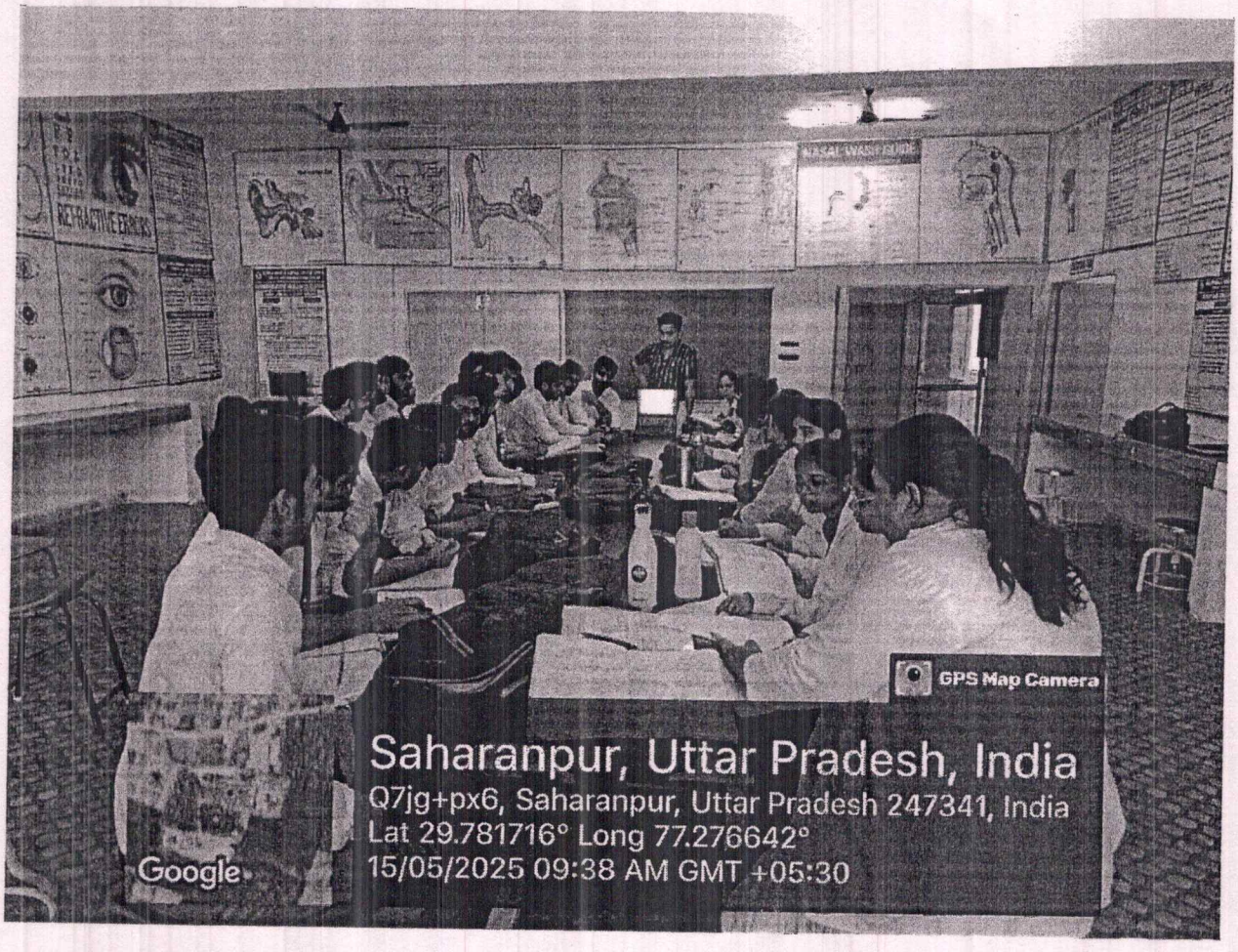

PARTICIPATORY LEARNING:-GROUP DISCUSSION

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SELF-DIRECTED LEARNING:-FLIPPED CLASSROOM

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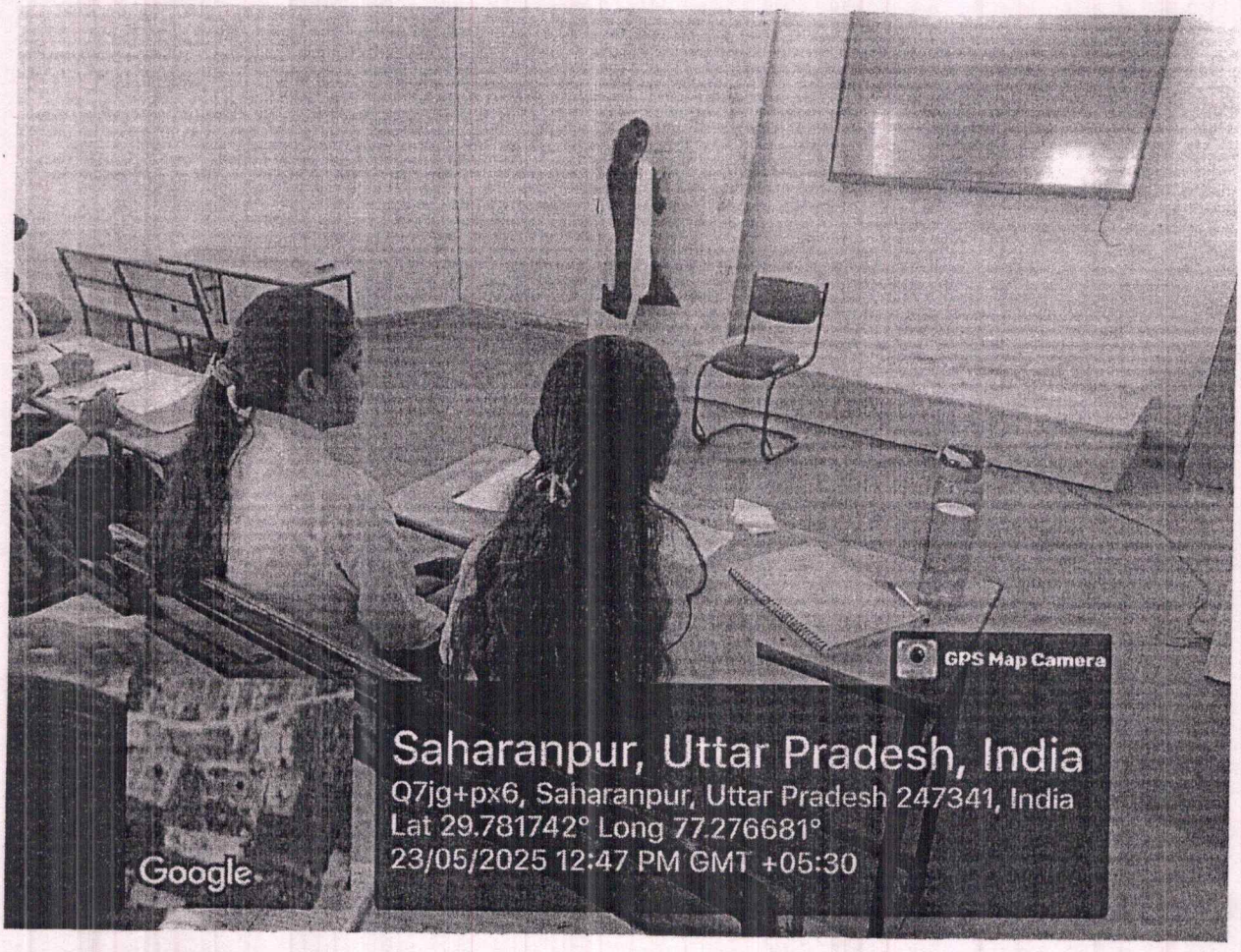

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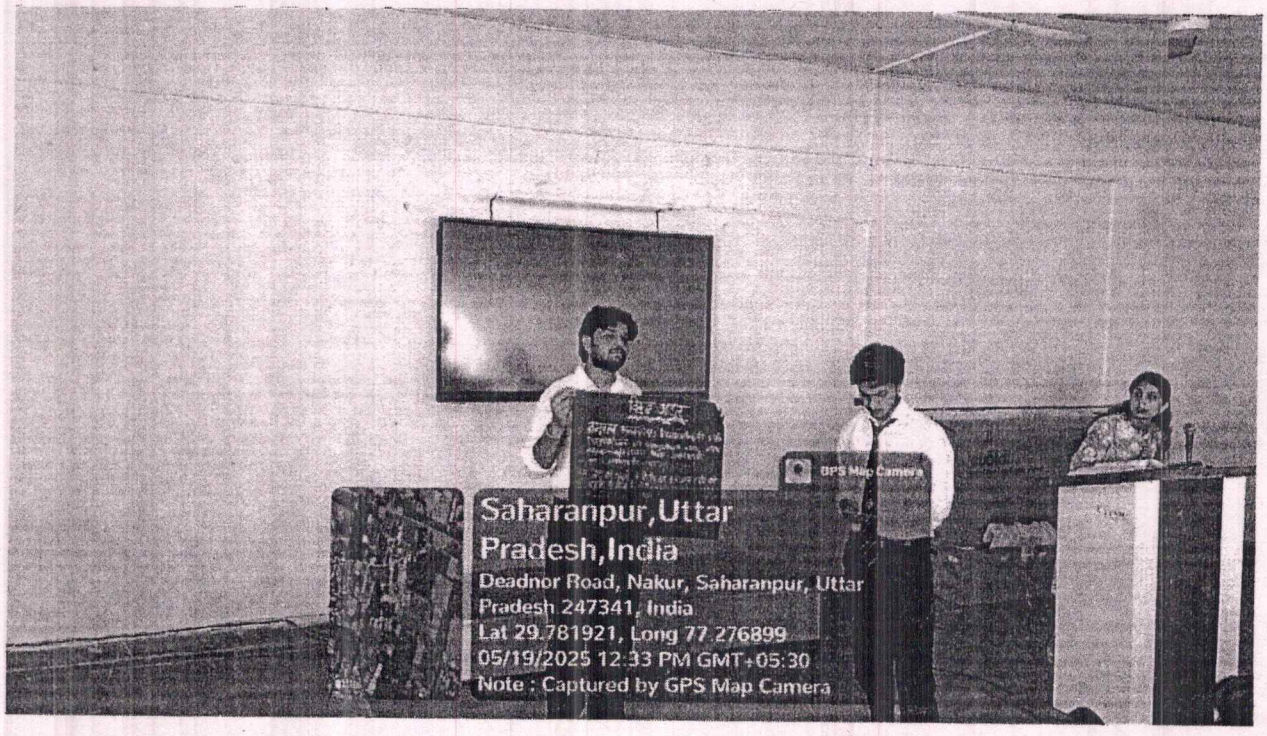

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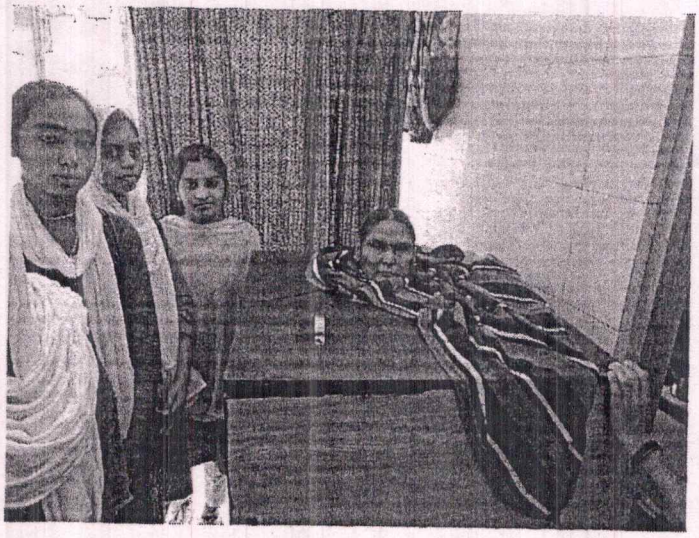
EXPERIENTIAL LEARNING



EXPERIENTIAL LEARNING:-LABORATORY WORK

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EXPERIENTIAL LEARNING:-LABORATORY WORK

Integrated/Inter-Disciplinary Learning: -- DATE – 12/07/24 & 13/07/24

SUBJECT – SAMHITA ADHAYANA 1

INTEGRATED CLASS BY DR. SAKSHI

IN PANCHKARMA DEPARTMENT

TOPIC- EXPLAIN THE BENEFITS OF POWDER MASSAGE (UDVARTAN) & ELBORATE THE CONCEPT OF ABHYANGA ALONG WITH CONTRAINDICATION

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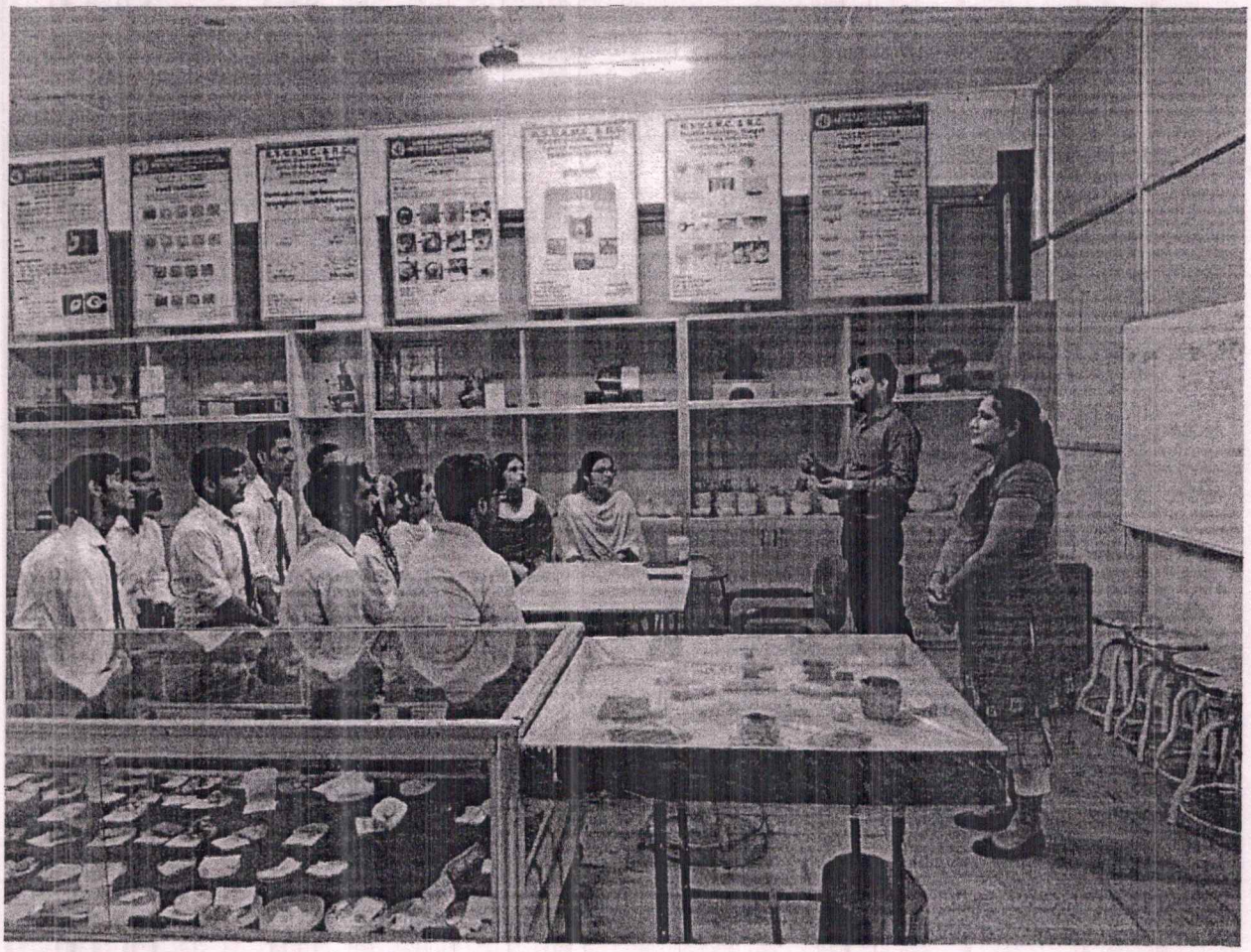

DATE – 28/06/24 & 29/06/24 SUBJECT – SAMHITA ADHAYANA 1

INTEGRATED CLASS BY DR. SHREEJITH

IN RAS SHASTRA DEPARTMENT

TOPIC- DISTINGUISH SAUVEERANJANA AND RASANJAN

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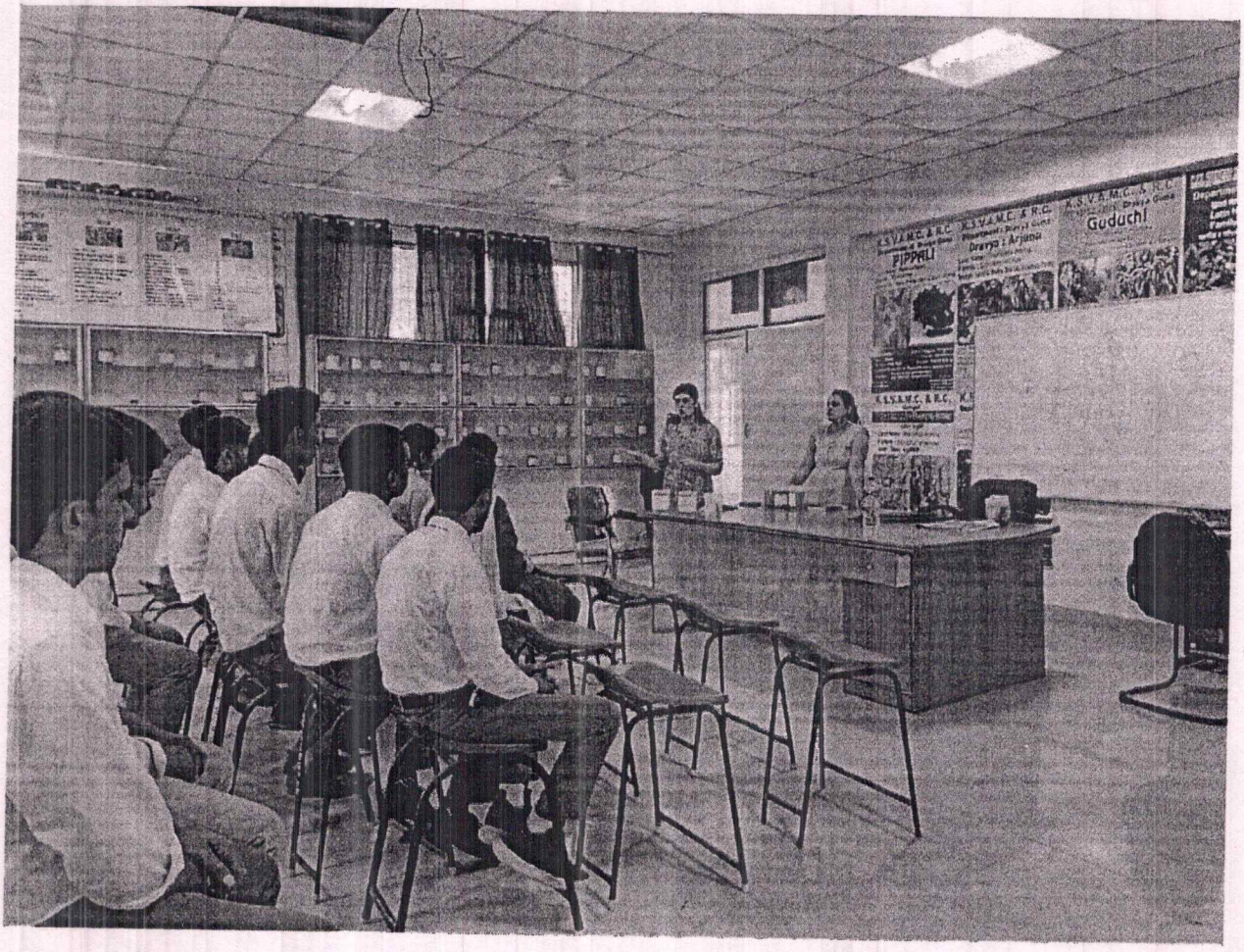

DATE – 05/07/24 & 06/07/24 SUBJECT – SAMHITA ADHAYAN 1

INTEGRATED CLASS BY DR. KIRAN

IN DRAVYAGUNA DEPARTMENT

TOPIC- IDENTIFY THE HERBS USED FOR DANTA DHAVAN

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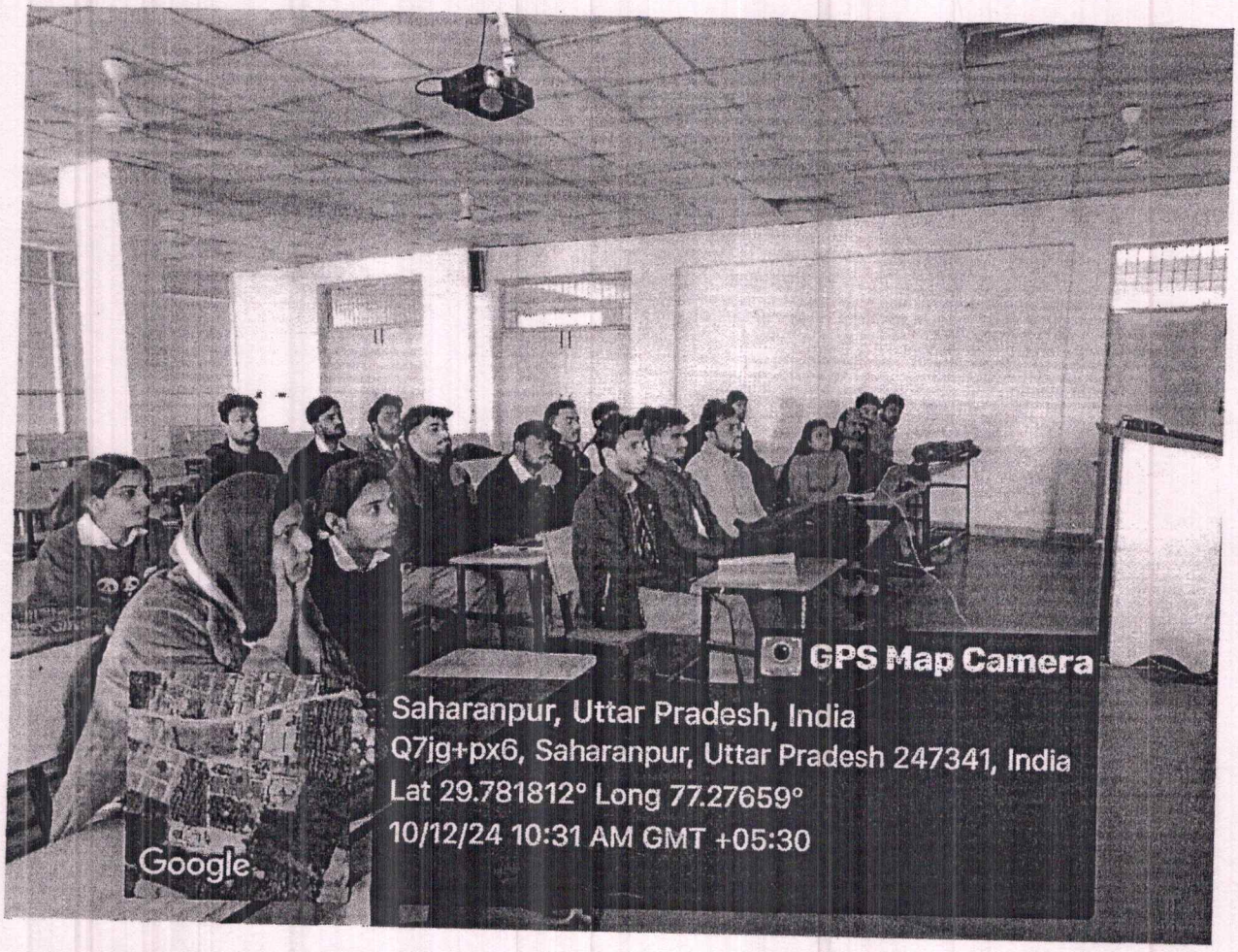

PARTICIPATORY LEARNING:-GROUP DISCUSSION& DEBATE

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PROBLEM SOLVING LEARNING: - MENTORSHIP

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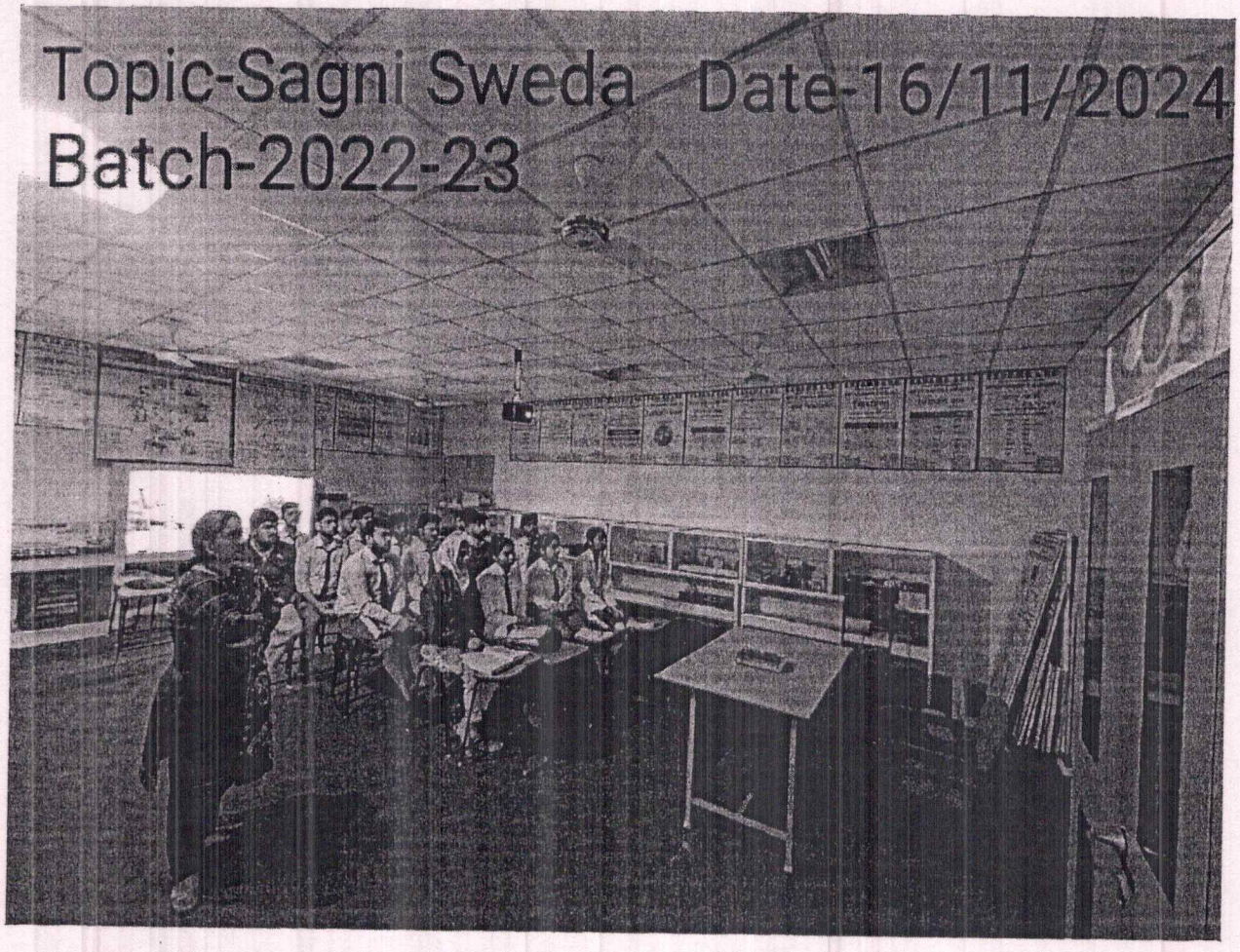

SELF-DIRECTED LEARNING:-FLIPPED CLASSROOM

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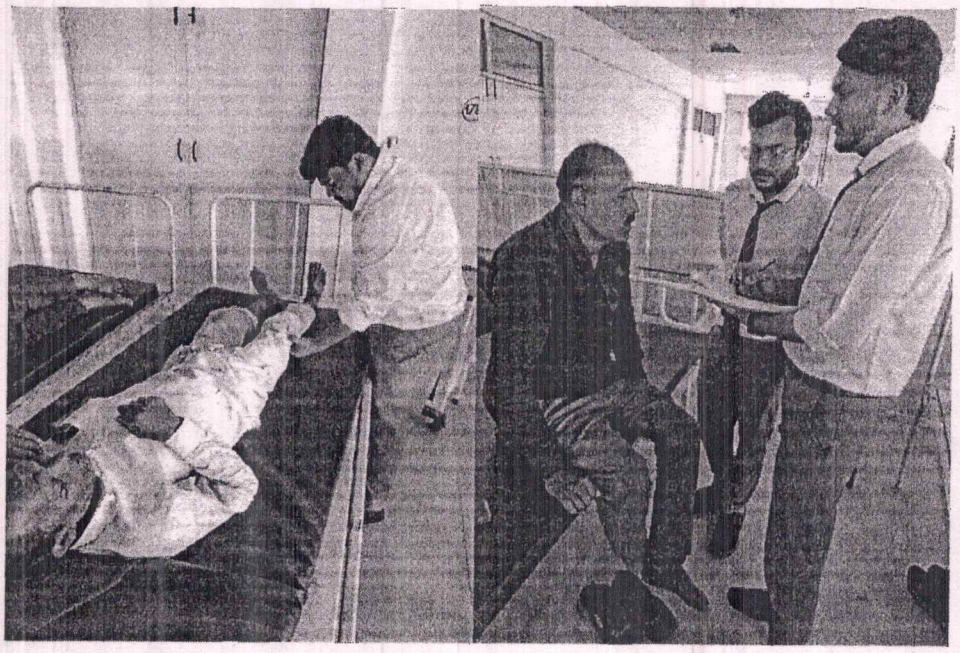

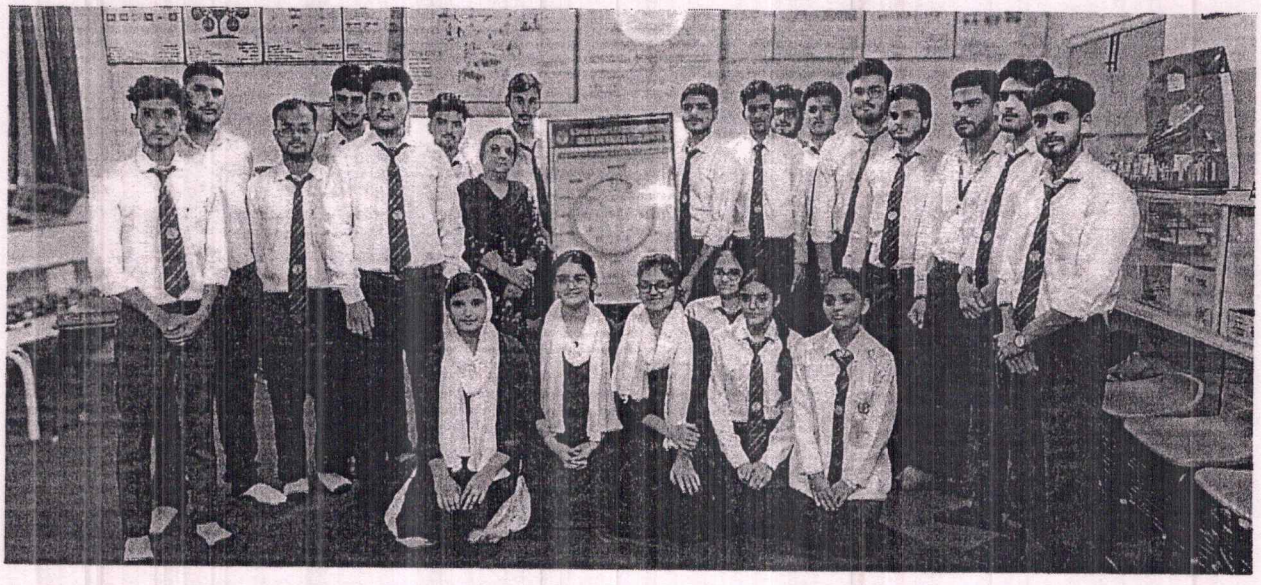

PROJECT BASED LEARNING:-

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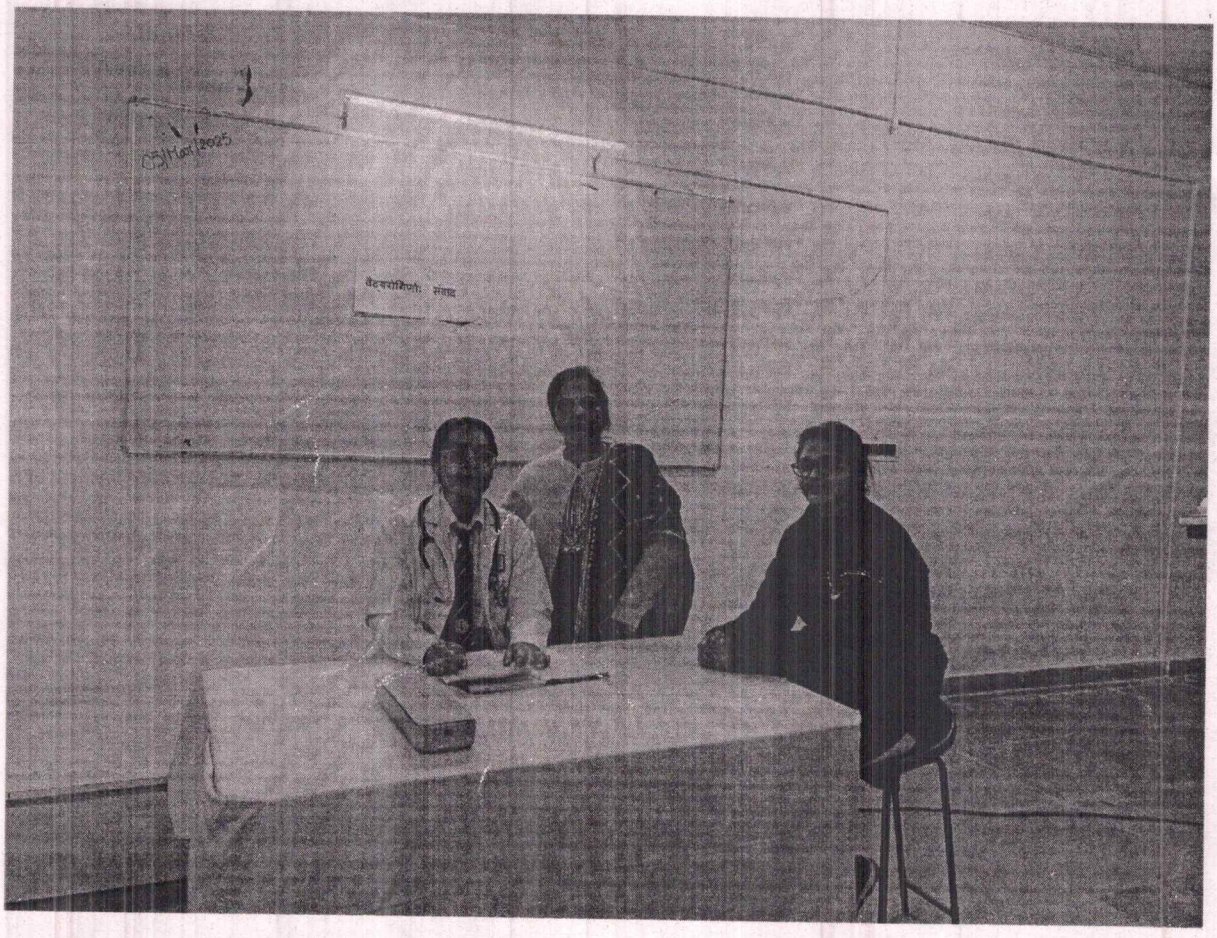

Signature and Verification

Prepared by: Dr Hrishikesh Y.K
Name:
Designation: Associate Professor
Date: 16/12/2024.

Verified by:
Name: Dr Vikas Kumar
Designation: Principal
Date: 16/12/2024.

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