

SHRI. B.M. KANKANAWADI AYURVEDA MAHAVIDYALAYA
A Constituent Unit of KAHER (Deemed-to-be-University)
Re-Accredited 'A+' Grade by NAAC (3rd Cycle) III, Placed in Category 'A' by MHRD (GoI)
Shahapur, BELAGAVI-590003 KARNATAKA

DEPT OF SWASTHAVRITTA

KLE-BMK/SWAST/2024-25/

Date: 30-06-2024

Unitized syllabus for II BAMS 2021 batch for the Month of JULY 2024

THEORY TOPICS JULY-2024										
SL. No	DATE	DAY	Time	TOPIC	TL method	Alignment with		Millers pyramid D/SH/K H/K	Blooms level	STAFF
						CO	PO			
T134	1/07/2024	MON	10am-11am	Describe the procedure, benefits, indications and contraindications of Sitting Yoga postures such as Swasthikasana, Gomukhasana, Padmasana and Vajrasana	L_VC	CO3	PO1, PO4	KH	Level2	Dr. Sidhi
T135	2/07/2024	TUE	9am-10am	Describe the procedure, benefits, indications and contraindications of Sitting Yoga postures such as Bhadrasana, Shashankasana, Ushtrasana and Pashchimottanasana	L_VC	CO3	PO1, PO4	KH	Level2	Dr AMP
T136	3/07/2024	WED	2pm-3pm	Non-lecture hour Describe the procedure, benefits, indications and contraindications of Sitting Yoga postures such as Suptavajrasana, Ardhamatsyendrasana, and Siddhasana.	L_VC, Video clips	CO3	PO1, PO4	KH	Level2	Dr Suma
T137	6/07/2024	SAT	10am-11am	Describe the procedure, benefits, indications and contraindications of Supine Yoga postures such as Pavanamuktasana, Sarvangasana and Matsyasana	L_VC	CO3	PO1, PO4	KH	Level2	Dr SSS
T138	8/07/2024	MON	10am-11am	Describe the procedure, benefits, indications and contraindications of Supine Yoga postures such as Halasana, Chakrasana, Shavasana and Setubandhasana.	L_VC	CO3	PO1, PO4	KH	Level2	Dr SST

T139	9/07/2024	TUE	9am-10am	Describe the procedure, benefits, indications, and contraindications of Prone Yoga postures such as Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana.	L_VC	CO3	PO1, PO4	KH	Level2	Dr AMP		
T140	10/07/2024	WED	2pm-3pm	Non-lecture hour Describe the procedure, benefits and contraindications of Suryanamaskara.	L_VC, Demonstration	CO3	PO1, PO4	KH	Level2	Dr SST		
T141	13/07/2024	SAT	10am-11am	Define pranayama and explain its types, benefits, time of practice, and avara-pravara-madhyamalakshanas. Describe the procedure of Nadishudhi Pranayama, its benefits, and Nadishudhilakshana.	L&PP T, L_VC	CO3	PO1, PO4	KH	Level1 and Level2	Dr SSS		
T142	15/07/2024	MON	10am-11am	Enumerate the Kumbhakabhedas. Describe the procedure and benefits of Suryabhedana, Ujjayi, Sheetali, Sitkari, Bhastrika, Bhramari, Murcha, and Plavini.	L&PP T, L_VC	CO3	PO1, PO4	K, KH	Level2 and Level3	Dr SST		
T143	16/07/2024	TUE	9am-10am	Non-lecture hour Enlist Shatkarmas of Yoga, indications and their importance. Describe the procedure, benefits, indications, contraindications, and precautions of Dhauti	L&PP T, L_VC, Video clips	CO3	PO1, PO4	K, KH	Level 2	Dr AMP		
T144	17/07/2024	WED	2pm-3pm	Describe the procedure, benefits, indications, contraindications, and precautions of Basti, Neti, Trataka, Nauli, and Kapalabhati.	L_VC	CO3	PO1, PO4	KH	Level 2	Dr.Suma		
T145	20/07/2024	SAT	10am-11am	5th Periodic Assessment								Dr Sidhi
T146	22/07/2024	MON	10am-11am	Explain the term bandha & Describe the procedure and benefits of Mulabandha, Jalandharabandha, and Uddiyanabandha.	L_VC	CO3	PO1, PO4	KH	Level 2	Dr SST		
T147	23/07/2024	TUE	9am-10am	Non-lecture hour Describe Mudras and explain the benefits of Shanmukhi mudra And Jnana mudra.	L_VC, Demonstration	CO3	PO1, PO4	KH	Level 2	Dr AMP		

T148	24/07/2024	WED	2pm-3pm	Describe Shatchakras and explain their importance in Yoga practice.	L&PP T	CO3	PO1, PO4	KH	Level 2	Dr.Sidhi
T149	27/07/2024	SAT	10am-11am	Describe Ida-pingala-sushumna nadis and their importance in yoga practice. Define Pratyahara and explain its importance in Yoga practice.	L&PP T	CO3	PO1, PO4	K,KH	Level 2	Dr SSS
T150	29/07/2024	MON	10am-11am	Define Dharana and explain its importance in Yoga practice. Define Dhyana and explain its importance in Yoga practice.	L&PP T	CO3	PO1, PO4	KH	Level 1 & Level 2	Dr SST
T151	30/07/2024	TUE	9am-10am	Describe Cyclic Meditation and Mindfulness meditation and their benefits. Define Samadhi and explain its types and importance.	L&PP T, L_VC	CO3	PO1, PO4	K,KH	Level 1 & Level 2	Dr AMP
T152	31/07/2024	WED	2pm-3pm	Define Moksha according to Charaka and explain Muktatmalakshana and Moksha upayas.	L&G D	CO3	PO1, PO4	K	Level1 & Level 2	Dr Suma

PRACTICALS TOPICS – JULY 2024

SL. No	DATE	DAY	Time	TOPIC	TL method	Alignment with		Millers pyramid D/SH/K H/K	Blossom level	STAFF
						CO	PO			
Batch D										
P170	1/07/2024	MON	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Yavagu	PT	CO8	PO9	D	Level 2 & Level 3	Dr. Suma
P171	2/07/2024	TUE	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Odana	PT	CO8	PO9	D	Level 2 & Level 3	Dr.Sidhi
P172	3/07/2024	WED	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Krishara	PT	CO8	PO9	D	Level 2 & Level 3	Dr.SSS

P173	4/07/2024	THU	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Yusha	PT	CO8	PO9	D	Level 2 & Level 3	Dr.Sidhi
P174	5/07/2024	FRI	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Takra & Paanaka	PT	CO8	PO9	D	Level 2 & Level 3	Dr. Suma
P175	6/07/2024	SAT	11-1pm	Plan a dietary Menu according to different Prakriti (preparation of diet chart considering all ahara vargas for eka doshaja, dvidoshaja prakriti)	TBL	CO8	PO9	SH	Level 3	Dr.Shreekala Monitored by Dr.AMP
P176	8/07/2024	MON	11-1pm	Plan the dietary menu for different occupations / Activities, Age groups, and physiological conditions. (diet chart for 1-5 years child, 6-18 years, 18& above till 60 years, above 60 years, sedentary, sedentary intellectuals, night shifts, drivers, standing professionals. physiological conditions like Garbhini, Sutika, Kshirapa, Ksheerada, Ksheerannada, Annada etc,..)	CBL	CO8	PO9	D	Level 3	Dr.Suma
P177	9/07/2024	TUE	11-1pm	Plan Ahara-Vihara based on the different Ritus(preparation of diet and lifestyle charts for each ritu)	PrBL	CO8	PO9	D	Level 3	Dr.SST
P178	10/07/2024	WED	11-1pm	Plan a dietary menu for any one individual according to prakriti, agni, Sara, satva, age, sex, occupation/ activity, and season based on the regional food habits with serving sizes with different food exchange/options.	IBL	CO8	PO9	D	Level 3	Dr.SSS

Batch C

P178	11/07/2024	THU	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food	PT	CO8	PO9	D	Level 2 & Level 3	Dr.SST
P179	12/07/2024	FRI	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Odana	PT	CO8	PO9	D	Level 2 & Level 3	Dr.Sidhi
P180	13/07/2024	SAT	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Krishara	PT	CO8	PO9	D	Level 2 & Level 3	Dr.Akanshya Monitored by Dr.AMP
P181	15/07/2024	MON	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Yusha	PT	CO8	PO9	D	Level 2 & Level 3	Dr.Suma
P182	16/07/2024	TUE	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Takra & Paanaka	PT	CO8	PO9	D	Level 2 & Level 3	Dr.SST
P183	17/07/2024	WED	11-1pm	Plan a dietary Menu according to different Prakriti (preparation of diet chart considering all ahara vargas for eka doshaja ,dvidoshaja prakriti)	TBL	CO8	PO9	SH	Level 3	Dr.SSS
P184	18/07/2024	THU	11-1pm	Plan the dietary menu for different occupations / Activities, Age groups, and physiological conditions. (diet chart for 1-5 years child, 6-18 years,18& above till 60 years, above 60 years, sedentary, sedentary intellectuals, night shifts, drivers, standing professionals. physiological conditions like Garbhini,Sutika, Kshirapa, Ksheerada, Ksheerannada, Annada etc..)	CBL	CO8	PO9	D	Level 3	Dr.Sidhi
P185	19/07/2024	FRI	11-1pm	Plan Ahara-Vihara based on the different Ritus(preparation of diet and lifestyle charts for each ritu)	PrBL	CO8	PO9	D	Level 3	Dr.Suma

P186	20/07/2024	SAT	11-1pm	Plan a dietary menu for any one individual according to prakriti, agni, Sara, satva, age, sex, occupation/ activity, and season based on the regional food habits with serving sizes with different food exchange/options.	IBL	CO8	PO9	D	Level 3	Dr.Naveen Monitored by Dr.AMP
Batch B										
P187	22/07/2024	MON	11-1pm	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the Paanaka	PT	CO8	PO9	D	Level 2 & Level 3	Dr.Suma
P188	23/07/2024	TUE	11-1pm	Plan a dietary Menu according to different Prakriti (preparation of diet chart considering all ahara vargas for eka doshaja ,dvidoshaja prakriti)	TBL	CO8	PO9	SH	Level 3	Dr.SST
P189	24/07/2024	WED	11-1pm	Plan the dietary menu for different occupations / Activities, Age groups, and physiological conditions. (diet chart for 1-5 years child, 6-18 years,18& above till 60 years, above 60 years, sedentary, sedentary intellectuals, night shifts, drivers, standing professionals. physiological conditions like Garbhini,Sutika, Kshirapa, Ksheerada, Ksheerannada, Annada etc,..)	CBL	CO8	PO9	D	Level 3	Dr.SSS
P190	25/07/2024	THU	11-1pm	Plan Ahara-Vihara based on the different Ritus(preparation of diet and lifestyle charts for each ritu)	PrBL	CO8	PO9	D	Level 3	Dr.Sidhi
P191	26/07/2024	FRI	11-1pm	Plan a dietary menu for any one individual according to prakriti, agni, Sara, satva, age, sex, occupation/ activity, and season based on the regional food habits with serving sizes with different food exchange/options.	IBL	CO8	PO9	D	Level 3	Dr.Sidhi

P192	27/07/2024	SAT	11-1pm	Document the maintenance of various equipment and appliances used in the kitchen/ diet section of the hospital such as cooking gas, pressure cooker, mixer-grinder, microwave oven, refrigerator	PL	CO8	PO9	D	Level 3	Dr.Padmaveer Monitored by Dr.AMP
P193	29/07/2024	MON	11-1pm	Assess various Anthropometric variables like Weight, height, and BMI (including differentiation between Sara) and Mid-arm Circumference in order to assess the state of nutrition.	PSM	CO8	PO9	D	Level 2	Dr.Suma
P194	30/07/2024	TUE	11-1pm	Demonstrate communication methods for health education.	DIS, W	CO8	PO9	SH	Level 3	Dr.SST
P195	31/07/2024	WED	11-1pm	Demonstrate/present different health education materials (dinacharya practices, sadvritta practices, family planning methods, breast feeding techniques, environmental hygiene, preventive and control measures of communicable and non -communicable diseases etc.) to the target population in the community.	DIS, TPW, RP	CO8	PO9	SH	Level 3	Dr.SSS


Class Distribution

NAME OF FACULTY	NUMBER OF CLASSES		
	LH - Theory	NLH	Practical
Dr. Ashok Patil	3	2	4
Dr. Sanjeev Tonni	4	1	5
Dr. Sandeep Sagare	3	0	5
Dr. Sidhi	2	0	6
Dr. Suma	2	1	7

Mrs. Rashmi	0	0	0
Total	14	4	27



HOD



UG Dean



Principal