

Kaheer Bork/SW/100

26/9/24

SHRI. B.M. KANKANAWADI AYURVEDA MAHAVIDYALAYA
 A Constituent Unit of KAHEER (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: -26-09-2024

Unitized syllabus for II BAMS 2022 batch for the Month of OCTOBER 2024

THEORY TOPICS OCTOBER-2024

Sl. No	DATE	DAY	Time	TOPIC	TL method	Alignment with		Millers pyramid D/SH/K H/K	Blooms level	Pedagogical approaches	STAFF
						CO	PO				
T ₂₃	1/10/2024	TUE	10-11AM	Explain the Primordial, Primary, Secondary, and Tertiary Preventive measures in the context of Ayurveda with examples	L&PP T, SDL	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Lecture based	Dr.SST
T ₂₄	4/10/2024	FRI	9-10AM	NLH Explore and analyse the concept of waking up at 'Brahma muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory	IBL	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Inquiry based learning	Dr.SUM A
T ₂₅	7/10/2024	MON	11-12PM	Describe the time, quantity and benefits of 'Ushajalapana' (Drinking water in early morning), Explain the Importance of Malayaga in vatakala - early morning (Good Bowel Habits), Explain the procedure, dravyas and benefits of Mukhaprakashalana and face washes used currently.	L&PP T	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	K, KH	Level 1	Lecture based	Dr.SSS
T ₂₆	8/10/2024	TUE	10-11AM	Describe the ingredients, procedure and benefits of Kavala and gandusha for oral hygiene including mouthwashes available in the market, Justify the importance of the	L&PP T TBL	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Lecture based	Dr.SST

T ₂₇	9/10/2024	WED	11-12PM	classical tambula by comparing it with the present-day betel chewing.	BL ECE	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	SH, KH	Level 2	Lecture based	Dr. AMP
T ₂₈	14/10/2024	MON	11-12PM	Explain the practical application of PrayogikalDhoomapana (inhalation of herbal fumes/ herbal inhalers) with their benefits and contraindications. Explain the ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health First Periodic assessment							Dr.SSS
T ₂₉	15/10/2024	TUE	10-11AM	Describe and compare the dravyas, benefits, and application of Udvartana, Udggharshana and Utsadana, Explain the importance of proper clothing (vastradharana) in social life.	L&PPT	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Lecture based	Dr.SST
T ₃₀	16/10/2024	WED	11-12PM	NLH Identify Ahara and Vihara Causing sound sleep as well as disturbed sleep. Formulate the duration of sleep according to age, Sleep in healthy and ailing persons.	SDL	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Self- learning	Dr. AMP
T ₃₁	18/10/2024	FRI	9-10AM	NLH Describe the merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes.	PrBI	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Problem based learning	Dr.SIDH I
T ₃₂	21/10/2024	MON	11-12PM	Explain various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle	L&PPT	CO1,CO 2,CO8	PO1,PO2, PO3,PO4, PO6,PO9	KH	Level 2	Lecture based	Dr.SSS
T ₃₃	22/10/2024	TUE	10-11AM	Describe rattribhojanvidhi and its relation to health, Describe ratrishyanavidhi in relation to the proper time of sleep.	L&PPT	CO1,CO 2	PO1,PO2, PO3,PO4, PO6	KH	Level 2	Lecture based	Dr.SST
T ₃₄	23/10/2024	WED	11-12PM	Explain Sleep apnoea, insomnia, narcolepsy and restless leg syndrome. Explain solutions to Asatmya jagarana (sleep disorders.)	L&PPT	CO1,CO 2,CO8	PO1,PO2, PO3,PO4, PO6,PO9	KH	Level 2	Lecture based	Dr. AMP

Sl. No	DATE	DAY	TIME	TOPIC	TL method	Alignment with	Millers pyramid D/SH/K H/K	Blossom level	Problem solving	STAFF	
T ₃₅	25/10/2024	FRI	9-10AM	Explain the importance of observing brahmacharya and abrahmacharya in relation to health, Describe Brahmacharya with special reference to lifestyle guidelines according to Ayurveda	L&GD	CO1	PO1,PO2, PO4,PO6	KH	Level 2	Lecture based	Dr.SUM A
T ₃₆	28/10/2024	MON	11-12PM	Describe reproductive and sexual health according to Ayurveda	L&GD	CO1	PO1,PO2, PO4,PO6	KH	Level 2	Lecture based	Dr.SSS
T ₃₇	29/10/2024	TUE	10-11AM	Explain classification of kaala , distinguish Adana kala and visarga kala , identification of seasons based on the ritu lakshans in different geographical areas.	L &PPT	CO1	PO1,PO2, PO4,PO6	K	Level 2	Lecture based	Dr.SST
T ₃₈	30/10/2024	WED	11-12PM	Analyse the Sanchaya - Prakopa- Prashamana of Dosha with their gunas in each ritu.	L&PPT	CO1	PO1,PO2, PO4,PO6	K	Level 3	Lecture based	Dr. AMP

PRACTICAL TOPICS

BATCH B

Sl. No	DATE	DAY	TIME	TOPIC	TL method	Alignment with	Millers pyramid D/SH/K H/K	Blossom level	Problem solving	STAFF	
P29	1/10/2024	TUE	2-4pm	Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha.	PrBL, PT, D(DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SUMA
P30	3/10/2024	THU	2-4pm	Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha..	PrBL, PT, D(DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr AMP

BATCH B

BATCH A

P31	4/10/2024	FRI	2-4pm	Collect and Compare different DantadhawanaChurnas/ Tooth pastes available in the market and choose/ advise the appropriate one based on the need.	Pr BL (PRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SIDHI
P32	7/10/2024	MON	2-4pm	Collect and Compare different JivhaNirlekhana Yantra(Tongue cleaners) available in the local area/ market and	Pr BL(PRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr.SSF

P33	8/10/2024	TUE	2-4pm	choose/advise the appropriate one for swastha	Pr BL(PRRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SUMA
P34	9/10/2024	WED	2-4pm	Collect different dravya/kashaya/mouthwashes available in the market for kavala and gandusha; demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha	PrBL(PPRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SSS
P35	10/10/2024	THU	2-4pm	Collect different types of Anjana (Collyriums) available in the market, Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha.	PrBL, PT, D (DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr AMP
P36	14/10/2024	MON	2-4pm	Demonstrate Prayogikadhoomapana and advise prayogikadhoomapana for swastha.	PrBL, PT, D (DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SST
BATCH C											
P37	15/10/2024	TUE	2-4pm	Collect and Compare different DantadhawanaChurnas/ Tooth pastes available in the market and choose/ advise the appropriate one based on the need.	Pr BL (PRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SUMA
P38	16/10/2024	WED	2-4pm	Collect and Compare different JiwahNirlekhana Yantra(Tongue cleaners) available in the local area/ market and choose/advise the appropriate one for swastha	Pr BL(PRRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SSS
P39	17/10/2024	THU	2-4pm	Collect different dravya/kashaya/mouthwashes available in the market for kavala and gandusha; demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha	Pr BL(PRRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr ANIP
P40	18/10/2024	FRI	2-4pm	Collect different types of Anjana (Collyriums) available in the market, Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha.	PrBL(PRN)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SIDHI

	21/10/2024	MON	2-4pm															
P42	22/10/2024	TUE	2-4pm	Demonstrate PratiharsaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratiharsaNasya for swastha.	PrBl, PT, D (DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SST							
P43	23/10/2024	WED	2-4pm	Demonstrate PrayogikaDhoonapana and advise prayogikadhoonapana dravya for swastha.	PrBl, PT, D (DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SUMA							
P44	24/10/2024	THU	2-4pm	Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyanga for Swastha.	PrBl, PT, D(DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr SSS							
P45	25/10/2024	FRI	2-4pm	Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swastha..	PrBl, PT, D(DOPS)	CO1	PO1,PO2, PO4,PO6	D	Level 3	Problem solving	Dr AMP							
P46	28/10/2024	MON	2-4pm	Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation/activity.	PrBl (P-CASE)	CO2	PO3	SH	Level 3	Problem solving	Dr SST							
P47	29/10/2024	TUE	2-4pm	Advice /counsel people regarding healthy lifestyle based on the Ayurvedic principles (one student should counsel at least five person and should be documented).	PrBl (P-CASE)	CO2	PO3	SH	Level 3	Problem solving	Dr SUMA							
P48	30/10/2024	WED	2-4pm	Collect and compile different regional staple food articles.	SDL (COM)	CO8	PO9	D	Level 3	Problem solving	Dr SSS							

BATCHE

Class Distribution

NAME OF FACULTY		NUMBER OF CLASSES	
	LH - Theory	NLH	Practical
Dr. Ashok Pail	3	1	4
Dr. Sanjeev Tonni	4	0	4

Dr. Sandeep Sagare	4	0	4
Dr. Sidhi	0	1	3
Dr. Suma	1	1	5
Mrs. Rashmi	0	0	0
Total	12	3	20


HOD


UG Dean


Principal
PRINCIPAL
Shri B. M. Kankanawadi
Ayurved Mahavidyalaya
A Constituent Unit of KAHER
Shahapur, BELAGAVI-03.