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/2024-25/95

Date: 26-8-2024

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

				THEORY TOPICS SEPT	EMBER-2	2024		4		
SL. No	DATE	DAY	Time	TOPIC .	TL method	Alignn	nent with	Mille rs	Blooms level	STAFF
						СО	PO.	pyra mid D/SH/ KH/K		
T ₇	2/9/2024	MON	11-12PM	Explain the Primordial, Primary, Secondary, and Tertiary Preventive measures in the context of Ayurveda with examples	L&PP T, SDL	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	КН	Level 2	Dr.SSS
Т8	3/9/2024	TUE	10-11AM	NON LECTURE HOUR 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.CO2	PO1,PO2,P O3,PO4,PO 6	КН	Level 2	Dr.SST
Т9	4/9/2024	WED	11-12PM	Describe the time, quantity and benefits of 'UshaJalapana' (Drinking water in early morning)., Explain the Importance of Malatyaga in vatakaala - early morning (Good Bowel Habits), Explain the procedure, dravyas and benefits of Mukhaprakshalana and face washes used currently.	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	K, KH	Level 1	Dr.AMP

T ₁₀	6/9/2024	FRI	9-10AM	Describe the time, procedure, benefits,	L&PPT	CO1,CO2	PO1,PO2,P	KH	Level 1	Dr
	1			contraindications and	120	001,002	03,P04,P0	KII	Leveri	SUMA
				herbs used as per rasa for dantadhavana and			6			301111
				modern-day			0			
				brushing techniques and dentifrices.						
TII	9/9/2024	MON	11-12PM	NON LECTURE	SDL & L	CO1,CO2	PO1,PO2,P	K,KH	Level 1,	Dr. SSS
				Describe jihwanirlekhana, explain the tools			O3,PO4,PO		Level 2	
				used in today's era			6			
				and their benefits. Explain the Anjanadravyas						
				for Swastha and their benefits Describe the						
				occupation /activity in which Anjana can be						
				used as						
T	10/0/2024	TLID	10.11	a health promotive measure						
T ₁₂	10/9/2024	TUE	10-11AM	Explain the dravyas used with their doses for	L&PP T&	CO1,CO2	PO1,PO2,P	KH	Level 1,	Dr. SST
				PratimarshaNasya	GD		O3,PO4,PO		Level 2	
1				and their benefits. Describe the various kaal			6		,	
				for administering PratimarshaNasya as						
				per day and season (ritu), Describe the occupation /activity in which						
				PratimarshaNasya						
				can be used as a health promotive measure.						
T ₁₃	11/9/2024	WED	11-12PM	Describe the ingredients, procedure and	L&PP T	CO1,CO2	004 003 0	VII		
				benefits of kayala and	TBL	CO1,CO2	PO1,PO2,P	KH	Level 2	Dr.AMP
				gandusha for oral hygiene including	IBC		O3,PO4,PO			
				mouthwashes available in			6			
				the market, Justify the importance of the						
				classical tambula by comparing it						
				with the present-day betel chewing.						
T ₁₄	13/9/2024	FRI	9-10AM	NON LECTURE HOUR	L&	CO1,CO2	PO1,PO2,P	KH	Level 1.	Dr SIDHI
				Mention different snehas/oils to be used for	Discussio	,	03,P04,P0	1	Level 2	Di Sibili
				daily abhyanga as	n		6		Bever	
				per seasons and geographical variations.		19				
				Describe the applied aspects of						
				SarvangaAbhyanga,						
				Padabhyanga, Shiroabhyanga and Explain the						
				application of Abhyanga according to different						
1				age						
				groups and occupation/activity.						

T ₁₅	17/9/2024	TUE	10-11AM	- Pidili the practical application of	BL	CO1,CO2	PO1,PO2,P	SH,	Lauria	D- CCT
				PrayogikaDhoomapana (inhalation of herbal fumes/ herbal inhalers) with their benefits	ECE	001,002	03,P04,P0 6	KH	Level 2	Dr. SST
				and contraindications, Explain the ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health						
T ₁₆	18/9/2024	WED	11-12PM	Explain the indications, contraindications and	L&PP T	601.602				
			bone fits of	DIS	CO1,CO2	PO1,PO2,P	KH	Level 2	Dr.AMP	
				Vyayama, Describe the types & benefits of	טוט		O3,PO4,PO			
			2	vyayama and present-day			6			
				practices such as aerobic exercises, muscle						
				strengthening						
				exercises etc.to be practiced as per prakriti, age				1		
T ₁₇	20/9/2024	EDI	0.10.17	and occupation						
1 17	20/9/2024	FRI	9-10AM	Describe the assessment of	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 1, Level 2	
		F		ardhashaktilakshanas of vyayama	DIS					
			-	and the consequences of ativyayama., Describe					20,012	
			1	and compare the dravyas, benefits, and					-	
	1			application of	,		NF			
T ₁₈	23/9/2024	MON	11-12PM	Udvartana, Udgharshana and Utsadana.						
		1.1011	11-121101	Explain the physiological effects of snana on body and mind and		CO1,CO2	PO1,PO2,P	KH	Level 2	Dr. SSS
				explain the reasons for contraindications of			O3,PO4,PO 6			
				Snana., Explain the importance and benefits of						
				Anulepana.						1
T19	24/9/2024	TUE	10-11AM		Pr BL	CO1 CO2				
				Describe the merits and demerits of present-	Pr BL	CO1,CO2	PO1,PO2,P		Level 2	Dr. SST
				day applications like			O3,PO4,PO			
				face powder, face pack, balm, lotions,			6			
				lipsticks, deodorants and						
m				perfumes.						
Γ_{20}	25/9/2024	WED	11-12PM	Explain the importance of proper clothing	L&PP T	CO1,CO2	PO1,PO2,P	KH	Level 2	D. ALAD
				(vastradharana) in		331,032	03,P04,P0	KII.	Level 2	Dr.AMP
				social life.		2	6			
Γ_{21}	27/9/2024	FRI	9-10AM	Describe ratribhojanvidhi and its relation to	L&PP T	CO1,CO2	PO1,PO2,P	KH	112	D. CIDIII
				health, Describe ratrishayanavidhi in relation		001,002		VН	Level 2	Dr SIDHI
				to the proper time of			03,PO4,PO 6			
				sleep.			0			

T ₂₂	30/9/2024	MON	11-12PM	Explain the relation between Nidra and health, Describe effects of Yukta&Ayuktanidra, Explain the effects of RatriJagarana, Diwaswapna, Anidra, Atinidra and AkalaNidra	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	K, KH	Level 2	Dr. SSS
				PRACTICAL TO	PICS					
			0.0	BATCH D						
SL. No	DATE	DAY		TOPIC	TL Alignment with method		Alignment with		Blosso m level	STAFF
						СО	PO	pyra mid D/SH/ KH/K		
P9	2/9/2024	MON	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,P O4,PO6	D	Level 3	Dr SST
P10	3/9/2024	TUE	2-4pm	Collect and Compare different JiwhaNirlekhanaYantra(Tongue cleaners) available in the local area/ market and choose/advise the appropriate one for swastha	Pr BL(PRN)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SUMA
P11	4/9/2024	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	Pr BL(PRN)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SSS
P12	5/9/2024	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(PR N)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr AMP
P13	6/9/2024	FRI	2-4pm	Demonstrate PratimarshaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratimarshaNasya for swastha.	PrBL, PT, D (DOPS)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SIDHI
P14	9/9/2024	MON	2-4pm	Demonstrate PrayogikaDhoomapana and advise prayogikadhoomapanadravya for swastha.	PrBL, PT, D (DOPS)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SST

10/9/2024	TUE	2-4pm							
			Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and prescribe	PrBL, PT, D(DOPS)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SUMA
			suitable tails for Abbyana for Swatha						
11/9/2024	WED	2-4pm	Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha	PrBL, PT, D(DOPS)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SSS
			ВАТСН С						
12/9/2024	TIII	2.4							
		2-4pm	DantadhawanaChurnas/ Tooth pastes available in the market and choose/ advise the	Pr BL(PRN)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr AMP
	:	2-4pm	Collect and Compare different JiwhaNirlekhanaYantra(Tongue cleaners) available in the local area/ market and choose/advise the appropriate one for swastha	Pr BL, (PRN)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SIDHI
17/9/2024	TUE	2-4pm	available in the market for kavala and gandusha; demonstrate the procedure of kavala and gandusha with appropriate liquids	Pr BL(PRN)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SUMA
18/9/2024	WED	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(PR N)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SSS
	THU	2-4pm	Demonstrate PratimarshaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratimarshaNasya for swastha.	PrBL, PT, D (DOPS)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr AMP
20/9/2024	FRI	2-4pm	Demonstrate PrayogikaDhoomapana and advise prayogikadhoomapanadravya for swastha.	PrBL, PT, D (DOPS)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SIDHI
			ВАТСН В						1
23/9/2024	MON	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)	COI	PO1,PO2,P O4,PO6	D	Level 3	Dr SST
	19/9/2024	12/9/2024 THU 13/9/2024 FRI : 17/9/2024 TUE 18/9/2024 WED 19/9/2024 THU 20/9/2024 FRI	12/9/2024 THU 2-4pm 13/9/2024 FRI 2-4pm 17/9/2024 TUE 2-4pm 18/9/2024 WED 2-4pm 19/9/2024 THU 2-4pm 20/9/2024 FRI 2-4pm	padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha. BATCH C 12/9/2024 THU 2-4pm Collect and Compare different DantadhawanaChurnas/ Tooth pastes available in the market and choose/ advise the appropriate one based on the need. 13/9/2024 FRI 2-4pm Collect and Compare different JiwhaNirlekhanaY antra(Tongue cleaners) available in the local area/ market and choose/advise the appropriate one for swastha 17/9/2024 TUE 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 18/9/2024 WED 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. 19/9/2024 THU 2-4pm Demonstrate PratimarshaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratimarshaNasya for swastha. 20/9/2024 FRI 2-4pm Demonstrate PratimarshaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratimarshaNasya for swastha. BATCH B 23/9/2024 MON 2-4pm Collect and Compare different DantadhawanaChurnas/ Tooth pastes available in the market and choose/ advise the	Preserve Padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha.	Padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha. PrBL, PT, D(DOPS)	Padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha. PrBL, PT, D(DOPS) PO1,PO2,P O4,PO6	Padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha. PrBL, PT, D(DOPS) D4,PO6 D4,	Padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha. PrBL, PT, Od, PO6 Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha. PrBL, PT, Od, PO6 Demonstrate the procedure of Udwartana for Swatha. PrBL, PT, Od, PO6 Demonstrate the procedure of Udwartana for Swatha. PrBL, PT, Od, PO6 Devel 3

P24	24/9/2024	TUE	2-4pm	Collect and Compare different	Pr	COI	PO1,PO2,P	D	Level 3	Dr	
			· ·	JiwhaNirlekhanaYantra(Tongue cleaners)	BL(PRN)		O4,PO6			SUMA	
				available in the local area/ market and							
P25	25/9/2024	WED		choose/advise the appropriate one for swastha							
23	23/9/2024	WED	2-4pm	Collect different dravya/kashaya/mouthwashes	Pr	COI	PO1,PO2,P	D	Level 3	Dr SSS	
				available in the market for kavala and	BL(PRN)		O4,PO6				
				gandusha; demonstrate the procedure of							
				kavala and gandusha with appropriate liquids							
P26	26/0/2024	(T)		/dravyas for swastha							
120	26/9/2024	THU	2-4pm	Collect different types of Anjana (Collyriums)	PrBL(PR	COI	PO1,PO2,P	D	Level 3	Dr AMP	
					available in the market, Demonstrate Anjana	N)		O4,PO6			
				procedure as per local traditions and advise							
DOZ	27/0/2021			different types of Anjana for swastha.							
P27	27/9/2024	FRI	2-4pm	Demonstrate PratimarshaNasya with Anutaila/	PrBL, PT,	COI	PO1,PO2,P	D	Level 3	Dr SIDHI	
				Sesame oil and prescribe the appropriate taila	D(DOPS)		O4,PO6				
DAO	201012021			for PratimarshaNasya for swastha.						-	
P28	30/9/2024	MON	2-4pm	Demonstrate PrayogikaDhoomapana and	PřBL, PT,	COI	PO1,PO2,P	D	Level 3	Dr SST	
				advise prayogikadhoomapanadravya for	D(DOPS)		O4,PO6				
				swastha.							

Class Distribution

NAME OF FACULITY	NUMBER OF CLASSES							
	LH - Theory	NLH	Practical					
Dr. Ashok Patil	3	1	4					
Dr. Sanjeev Tonni	3	1	4					
Dr. Sandeep Sagare	3	1	4					
Dr. Sidhi	1	1	4					

Dr. Suma	2	0	4
Mrs. Rashmi	0	0	0
Total	12	4	20

HOD

Head of the Department
Department of Swasthavritta
KAHER's Shri B. M. Kankanawadi Ayurveda
Mahavidyalaya, Shahapur, Belagavi

UG Dean

Principal