

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 SEPTEMBER-2024

SL. No	DATE	DAY	Time	TOPIC	TL method	Alignment with		Mille rs pyra mid D/SH/ KH/K	Blooms level	STAFF
						CO	PO			
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	KH	Level 2	Dr.SSS
T ₈	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	KH	Level 2	Dr.SST
T ₉	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 vatakala - 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, contraindications and herbs used as per rasa for dantadhavana and modern-day brushing techniques and dentifrices.	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 1	Dr SUMA
T ₁₁	9/9/2024	MON	11-12PM	NON LECTURE Describe jihwanirlekhana, explain the tools used in today's era and their benefits. Explain the Anjanadravyas for Swastha and their benefits Describe the occupation /activity in which Anjana can be used as a health promotive measure	SDL & L	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	K,KH	Level 1, Level 2	Dr. SSS
T ₁₂	10/9/2024	TUE	10-11AM	Explain the dravyas used with their doses for PratimarshaNasya and their benefits. Describe the various kaal for administering PratimarshaNasya as per day and season (ritu), Describe the occupation /activity in which PratimarshaNasya can be used as a health promotive measure.	L&PP T & G D	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 1, Level 2	Dr. SST
T ₁₃	11/9/2024	WED	11-12PM	Describe the ingredients, procedure and benefits of kavala and gandusha for oral hygiene including mouthwashes available in the market, Justify the importance of the classical tambula by comparing it with the present-day betel chewing.	L&PP T TBL	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 2	Dr.AMP
T ₁₄	13/9/2024	FRI	9-10AM	NON LECTURE HOUR Mention different snehas/oils to be used for daily abhyanga as per seasons and geographical variations. Describe the applied aspects of SarvangaAbhyanga, Padabhyanga, Shiroabhyanga and Explain the application of Abhyanga according to different age groups and occupation/activity.	L & Discussio n	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 1, Level 2	Dr SIDHI

T ₁₅	17/9/2024	TUE	10-11AM	Explain the practical application of PrayogikaDhoomapana (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	BL ECE	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	SH, KH	Level 2	Dr. SST
T ₁₆	18/9/2024	WED	11-12PM	Explain the indications, contraindications and benefits of Vyayama, Describe the types & benefits of vyayama and present-day practices such as aerobic exercises, muscle strengthening exercises etc.to be practiced as per prakriti, age and occupation	L&PP T DIS	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 2	Dr.AMP
T ₁₇	20/9/2024	FRI	9-10AM	Describe the assessment of ardashaktiklakshanas of vyayama and the consequences of ativyayama., Describe and compare the dravyas, benefits, and application of Udvartana, Udgharshana and Utsadana.	L&PP T DIS	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 1, Level 2	Dr SUMA
T ₁₈	23/9/2024	MON	11-12PM	Explain the physiological effects of snana on body and mind and explain the reasons for contraindications of Snana., Explain the importance and benefits of Anulepana.	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 2	Dr. SSS
T ₁₉	24/9/2024	TUE	10-11AM	NON LECTURE HOUR Describe the merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes.	Pr BL	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 2	Dr. SST
T ₂₀	25/9/2024	WED	11-12PM	Explain the importance of proper clothing (vastradharana) in social life.	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 2	Dr.AMP
T ₂₁	27/9/2024	FRI	9-10AM	Describe ratribhojanavidhi and its relation to health, Describe ratrishayanavidhi in relation to the proper time of sleep.	L&PP T	CO1,CO2	PO1,PO2,P O3,PO4,PO 6	KH	Level 2	Dr SIDHI

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
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PRACTICAL TOPICS

BATCH D

SL. No	DATE	DAY		TOPIC	TL method	Alignment with		Mile rs pyra mid D/SH/ KH/K	Blosso m level	STAFF
						CO	PO			
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)	CO1	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(PRN)	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)	CO1	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)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SST

P15	10/9/2024	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,P O4,PO6	D	Level 3	Dr SUMA
P16	11/9/2024	WED	2-4pm	Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha..	PrBL, PT, D(DOPS)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SSS
BATCH C										
P17	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.	Pr BL(PRN)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr AMP
P18	13/9/2024	FRI	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 SIDHI
P19	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	Pr BL(PRN)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SUMA
P20	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(PRN N)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SSS
P21	19/9/2024	THU	2-4pm	Demonstrate PratimarshaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratimarshaNasya for swastha.	PrBL, PT, D (DOPS)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr AMP
P22	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
BATCH B										
P23	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)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SST

P24	24/9/2024	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
P25	25/9/2024	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)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SSS
P26	26/9/2024	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(PRN)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr AMP
P27	27/9/2024	FRI	2-4pm	Demonstrate PratimarshaNasya with Anutaila/ Sesame oil and prescribe the appropriate taila for PratimarshaNasya for swastha.	PrBL, PT, D(DOPS)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SIDHI
P28	30/9/2024	MON	2-4pm	Demonstrate PrayogikaDhoomapana and advise prayogikadhoomapanadravya for swastha.	PrBL, PT, D(DOPS)	CO1	PO1,PO2,P O4,PO6	D	Level 3	Dr SST

Class Distribution

NAME OF FACULTY	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
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UG Dean


Principal