



KAHER's  
Shri.B.M.Kankanawadi Ayurveda Mahavidyalaya,  
Shahapur, Belagavi-590003 Karnataka



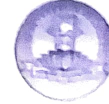
## Department of Swasthavritta

### Post Graduate Diploma in Ayurveda Nutrition (PGDAN) Course 2025-26 Batch

### CALENDAR OF EVENTS

Calendar of events for Post Graduate Diploma in Ayurveda Nutrition (PGDAN) Course 2025-26 batch students for the academic session 2025-26 is hereby notified as follows:

SL.NO	NAME OF THE EVENT	TARGET DATE / WEEK
1	Date of Commencement of the Programme	26 <sup>th</sup> December 2025
2	PG DAN Course Orientation Programme (Online)	1 <sup>st</sup> January 2026
3	Commencement of first semester	1 <sup>st</sup> Week of January 2026
4	First Semester University Examination	4 <sup>th</sup> Week of June 2026
5	Commencement of second Semester	1 <sup>st</sup> Week of July 2026
6	Second Semester University Examination	3 <sup>rd</sup> Week of December 2026



**Department of Swasthavritta & Yoga**

**1<sup>st</sup> Semester PGDAN Course - Unitized Syllabus  
Offline Class Schedule**

**Paper-I & II: Fundamentals Principles of Ayurveda Dietetics & Integrative Dietetics**

Duration: Theory - 1 hr ; Practical – 2 hrs

Classes conduction mode: Offline

Date	Day	Time	Name of the topics	Theory / Practical	Teaching-Learning methods	Teaching faculty		
07-04-2026	Tues	9 – 10 am	Nutrition in relation to Health & Disease	Theory	Didactic	Dr Sanjeev Tonni		
		10 – 11 am	Classification of nutrients – Carbohydrates; its sources, functions & symptoms in deficiency	Theory	Discussion based Learning	Dr Sudhi Prabhudesai		
		11 – 1 pm	<b>Advise of Ahara as per "Prakruti" (Body constitution) of an individual</b> – Exercises to workout & discussion	Practical	Hands-on-training	Dr Sanjeev Tonni		
		1 – 2 pm	<b>Lunch Break</b>					
		2 – 3 pm	Proteins; its sources, functions & symptoms in deficiency	Theory	Discussion based Learning	Dr Prathamesh Shetye		
		3 – 5 pm	<b>Advise of Ahara as per "Ritu" (Season)</b> – Exercises to workout & discussion	Practical		Dr Sanjeev Tonni		
		5.30 pm	<b>Recreational activity – visit to "Yellur Fort" (Raj-hamrants)</b>					
08-04-2026	Wed	9 – 10 am	Fats; its sources, functions & symptoms in deficiency	Theory	Discussion based Learning	Dr Prathamesh Shetye		
		10 – 11 am	Minerals; its sources, functions & symptoms in deficiency	Theory	Discussion based Learning	Dr Sanjeev Tonni		
		11 – 1 pm	<b>Advise of Ahara as per various "Profession" (occupation based)</b> – Exercises to workout & discussion	Practical	Hands-on-training	Dr Sudhi Prabhudesai		
		1 – 2 pm	<b>Lunch Break</b>					
		2 – 3 pm	Factors affecting nutritional status	Theory	Didactic	Dr Sandeep Sagari		
		3 – 5 pm	<b>Assessment of Nutritional status of an individual as per Ayurveda science</b>	Practical	Hands-on-training	Dr Smita Wajapure		



**Department of Swasthavritta & Yoga**

09-04-2026	Thur	9 – 10 am	Nutritional values of foods: Cereals	<b>Theory</b>	Didactic	Dr.Suma Rajaput	
		10 – 11 am	Nutritional values of Millets – Demonstration & Identification. Listing out the possible recipe preparations from the students (Assignment)	<b>Theory</b>	Discussion based Learning	Dr.Sidhi PrabhuDesai	
		11 – 1 pm	<ul style="list-style-type: none"> <li>• Food serving size as per Ayurveda &amp; contemporary;</li> <li>• Nutritional calculation part (BMI, IBW, RDA, BMR, TEE)</li> <li>• Karad scan</li> </ul>	<b>Practical</b>	Hands-on-training	Dr.Prathamesh Shetye	
		1 – 2 pm	<b>Lunch Break</b>				
		2 – 3 pm	Krutanna ahara varga – Manda (ganji) & Peya kalpana (rice gruel)	<b>Theory</b>	Discussion based Learning	Dr.Suma Rajaput	
		3 – 5 pm	Preparation of Krutanna ahara (class of instant food preparations)– Manda (ganji) & Peya preparation (rice gruel) – Nutritional value assessment of the prepared food	<b>Practical</b>	Hands-on-training	Dr.Sidhi PrabhuDesai	
10-04-2026	Fri	9 – 10 am	Nutritional values of Pulses	<b>Theory</b>	Discussion based Learning	Dr.Sandeep Sagare	
		10 – 11 am	Nutritional values of Nuts & Oil seeds	<b>Theory</b>	Discussion based Learning	Dr.Prathamesh Shetye	
		11 – 1 pm	Preparation of Krutanna ahara (class of instant food preparations)...Cont – Vilepi (lickable) & Yavagu preparation (rice gruel); Assessment of Nutritional value the prepared food	<b>Practical</b>	Hands-on-training	Dr.Sandeep Sagare	
		1 – 2 pm	<b>Lunch Break</b>				
		2 – 3 pm	Nutritional values of Vegetables	<b>Theory</b>	Discussion based Learning	Dr Sanjeev Tonni	
		3 – 5 pm	Visit to Nutritional Laboratory of KAHER's JNMC	<b>Academic Visit</b>		Dr Suma Rajaput	

**Department of Swasthavritta & Yoga**


11-04-2026	Sat	9 – 10 am	Nutritional values of fruits	Theory	Discussion based Learning	Dr.Sidhi PrabhuDesai	
		10 – 11 am	Nutritional values of various sources of Milk	Theory	Discussion based Learning	Dr. Sandeep Sagare	
		11 – 1 pm	• Food-adulteration tests on few food samples	Practical	Hands-on-training	Dr.Sanjeev Tonni	
		1 – 2 pm	<b>Lunch Break</b>				
		2 – 3 pm	Nutritional values of Condiments & Spices	Theory	Discussion based Learning	Dr.Prathamesh Shetye	
		3 – 5 pm	Preparation of Krutanna ahara (class of instant food preparations)...Cont - Yoosha (soups) & Ksheerapak preparation (medicated milk)	Practical	Hands-on-training	Dr.Suma Rajaput	
		5.30 pm	Recreational activity – Visit to Swami Vivekananda Ashrama, Belagavi				

Date: 11-03-2026

**Faculty class distribution:**

Sl.no	Name of the Faculty	Theory	Practical	Academic visit	Recreational activity
1	Dr.Sanjeev S Tonni	03	03	01	02
2	Dr.Sandeep Sagare	03	01		
3	Dr.Sidhi Prabhu Desai	03	02		
4	Dr.Suma Rajput	03	02		
5	Dr.Prathamesh Shetye	04	01		
	<b>Total</b>	<b>16</b>	<b>09</b>	<b>01</b>	<b>02</b>

  
Coordinator,  
PG DAN Course

  
HoD, Dept of  
Swasthavritta

  
Principal

**Department of Swasthavritta & Yoga**

**1<sup>st</sup> Semester PGDAN - Unitized Syllabus for the month of April-2026**

**Paper-I: Fundamentals Principles of Ayurveda Dietetics**

**Duration:** Theory - 1 hr ; Practical – 2 hrs

**Classes conduction mode:** Online & Offline

Date	Day	Time	Name of the topics	Theory / Practical	Teaching-Learning methods	Teaching faculty
01-04-2026	Wed	4 – 5 pm	Nutrition in relation to Health & Disease	Theory	PPT Online mode	Dr.Sandeep Sagare
02-04-2026	Thur	4 – 5 pm	Classification of nutrients – Carbohydrates; its sources, functions & symptoms in deficiency state	Theory	PPT Online mode	Dr. Prathamesh Shetye
04-04-2026	Sat	4 – 5 pm	Proteins; its sources, functions & symptoms in deficiency state	Theory	PPT Online mode	Dr. Sanjeev Tonni
7 <sup>th</sup> April to 11 <sup>th</sup> April 2026			<b>5 days Offline classes at BMK AMV</b>			
13-04-2026	Mon	4 – 5 pm	Fats; its sources, functions & symptoms in deficiency state	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
15-04-2026	Tues	4 – 5 pm	Minerals; its sources, functions & symptoms in deficiency state	Theory	PPT Online mode	Dr.Suma Rajput
16-04-2026	Tues	4 – 5 pm	Factors affecting nutritional status	Theory	PPT Online mode	Dr.Prathamesh Shetye
17-04-2026	Wed	4 – 5 pm	Nutritional values of foods: Cereals	Theory	PPT Online mode	Dr.Sandeep Sagare
18-04-2026	Sat	4 – 5 pm	Nutritional values of Millets	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
21-04-2026	Tue	4 – 5 pm	Nutritional calculation aspects (based on case scenario / IPD Cases)	Practical	PPT Online mode	Dr.Prathamesh Shetye
22-04-2026	Wed	4 – 5 pm	Nutritional values of Pulses	Theory	PPT Online mode	Dr.Sanjeev S Tonni
24-04-2026	Fri	4 – 5 pm	Nutritional values of Nuts & Oil seeds	Theory	PPT Online mode	Dr.Suma Rajput



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(Academic Year 2025-26)


**Department of Swasthavritta & Yoga**


27-04-2026	Mon	4 – 5 pm	Nutritional values of Vegetables	Theory	PPT Online mode	Dr.Sandeep Sagare
28-04-2026	Tue	4 – 5 pm	Nutritional calculation aspects (based on case scenario / IPD Cases)	Practical	PPT Online mode	Dr.Sidhi Prabhu Desai
29-04-2026	Wed	4 – 5 pm	Nutritional values of fruits	Theory	PPT Online mode	Dr.Sanjeev S Tonni
30-04-2026	Thu	4 – 5 pm	Nutritional values of various sources of Milk	Theory	PPT Online mode	Dr.Suma Rajaput

Date: 31-03-2026

**Faculty class distribution:**

Sl.no	Name of the Faculty	Theory	Practical
1.	Dr.Sanjeev S Tonni	03	1
2.	Dr.Sandeep Sagare	03	-
3.	Dr.Prathamesh Shetye	03	1
4.	Dr.Suma Rajput	03	-
5.	Dr.Sidhi Prabhu Desai	03	1
	<b>Total</b>	<b>15</b>	<b>3</b>

  
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Principal



**Department of Swasthavritta & Yoga**

**1<sup>st</sup> Semester PGDAN - Unitized Syllabus for the month of Feb-2026**

Paper-I: Fundamentals Principles of Ayurveda Dietetics

Duration: Theory - 1 hr ; Practical - 2 hrs

Classes conduction mode: Online & Offline

Date	Day	Time	Name of the topics	Theory / Practical	Teaching-Learning methods	Teaching faculty
02-02-2026	Mon	4 - 5 pm	Phala varga (Class of Fruits) – Nutritional consideration in Ayurveda & Contemporary Nutrition science	Theory	PPT Online mode	Dr.Sanjeev S Tonni
03-02-2026	Tues	4 - 5 pm	Aushadhi varga (class of foods possessing medicinal values) - Nutritional consideration in Ayurveda & Contemporary Nutrition science	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
05-02-2026	Thur	4 - 5 pm	Lavana varga ( class of Salts) - Nutritional consideration in Ayurveda & Contemporary Nutrition science	Theory	PPT Online mode	Dr.Sandeep Sagare
06-02-2026	Fri	4 - 5 pm	Madhu varga ( class of Honey) - Nutritional consideration in Ayurveda & Contemporary Nutrition science	Theory	PPT Online mode	Dr.Suma Rajput
07-02-2026	Sat	4 - 5 pm	Assessment of Nutritional status of an individual (Oration regarding practical)	Practical	PPT Online mode	Dr.Sanjeev S Tonni
09-02-2026	Mon	4 - 5 pm	Ikshu varga ( class of sugar) - Nutritional consideration in Ayurveda & Contemporary Nutrition science	Theory	PPT Online mode	Dr.Prathamesh Shetye
10-02-2026	Tues	4 - 5 pm	Mootra varga (class of Animal urines & its medicinal values)	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
12-02-2026	Thur	4 - 5 pm	Concept of Virudda ahara (Incompatible food)	Theory	PPT Online mode	Dr.Sandeep Sagare
13-02-2026	Fri	4 - 5 pm	Yogic concept of diet (food)	Theory	PPT Online mode	Dr.Suma Rajput
16-02-2026	Mon	4 - 5 pm	Assessment of Nutritional status of an individual - Hands on Training (3 case scenarios)	Practical	PPT Online mode	Dr.Sanjeev S Tonni

**Department of Swasthavritta & Yoga**

17-02-2026	Tues	4 – 5 pm	Naturopathy diet	Theory	PPT Online mode	Dr.Suma Rajput
18-02-2026	Wed	4 – 5 pm	Vegetarian diets - their nutritional values & health benefits;	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
19-02-2026	Thurs	4 – 5 pm	Non-vegetarian diets - their nutritional values & health benefits;	Theory	PPT Online mode	Dr.Sanjeev S Tonni
20-02-2026	Fri	4 – 5 pm	Concept of Upawasa (fasting) in relation to ahara	Theory	PPT Online mode	Dr.Sandeep Sagare
23-02-2026	Mon	4 – 5 pm	Advise of ahara based on vaya, desha, kaal, vrutti...in various occupations; - Bus drivers - Police	Practical	PPT Online mode	Dr.Prathamesh Shetye
24-02-2026	Tues	4 – 5 pm	KETO diet	Theory	PPT Online mode	Dr.Sanjeev S Tonni
25-02-2026	Wed	4 – 5 pm	MIND diet	Theory	PPT Online mode	Dr.Suma Rajput
26-02-2026	Thur	4 – 5 pm	DASH diet	Theory	PPT Online mode	Dr.Prathamesh Shetye
27-02-2026	Fri	4 – 5 pm	Overview on fast food / junk food	Theory	PPT Online mode	Dr.Prathamesh Shetye
28-02-2026	Sat	4 – 5 pm	Advise of ahara based on vaya, desha, kaal, vrutti...in various occupations; - Bank Employee (Cashier) - Teachers	Practical	PPT Online mode	Dr.Sidhi Prabhu Desai



Post Graduate Diploma in Ayurveda Nutrition (PGDAN)  
(Academic Year 2025-26)

**Department of Swasthavritta & Yoga**


Date: 30-01-2026

**Faculty class distribution:**

Sl.no	Name of the Faculty	Theory	Practical
1.	Dr.Sanjeev S Tonni	03	2
2.	Dr.Sandeep Sagare	03	-
3.	Dr.Sidhi Prabhu Desai	03	1
4.	Dr.Suma Rajput	04	-
5.	Dr.Prathamesh Shetye	03	1
	<b>Total</b>	<b>16</b>	<b>4</b>

  
Coordinator,  
PG DAN Course

Dr. S. S. Tonni

  
HoD, Dept of  
Swasthavritta

Head of the Department  
Dept. of Swasthavritta & Yoga  
KAHER's Shri BMK Ayurveda  
Mahavidyalaya & Hospital  
Belagavi, Karnataka

  
Principal  
**PRINCIPAL**

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

**Department of Swasthavritta & Yoga**

**1<sup>st</sup> Semester PGDAN - Unitized Syllabus for the month of January-2026**

Paper-I: Fundamentals Principles of Ayurveda Dietetics

Duration: Theory - 1 hr ; Practical - 2 hrs

Classes conduction mode: Online & Offline

Date	Day	Time	Name of the topics	Theory / Practical	Teaching-Learning methods	Teaching faculty
01-01-2026	Thu	4-5 pm	Definition of Swastha (Healthy Person) according to various samhita & its assessment parameters	Theory	PPT Online mode	Dr.Sanjeev S Tonni
02-01-2026	Fri	4-5 pm	Kashyapokta Arogya linga & its assessment parameters	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
03-01-2026	Sat	4-5 pm	Definition of Health as per WHO & Various dimensions of Health	Theory	PPT Online mode	Dr.Sandeep Sagare
05-01-2026	Mon	4-5 pm	Digestion & metabolism as per contemporary medical science	Theory	PPT Online mode	Dr.Suma Rajput
06-01-2026	Tue	4-6 pm	Assessment of Swastha purusha lakshana (4 case scenarios)	Practical	PPT Online mode	Dr.Prathamesh Shetye
07-01-2026	Wed	4-5 pm	Importance of Ahara among Trayopasthmbha	Theory	Online mode	Dr.Prabhakar Hegade
09-01-2026	Fri	4-5 pm	Consideration & importance of Ahara in Dinacharya, Madhyahnacharya & Ratricharya	Theory	Guest lecture; Online mode	Dr.Shruti Seth
12-01-2026	Mon	4-5 pm	Ahara-dravya guna vijnana (Pharmacokinetics of Food & Nutrition); Definition & characteristics of - Ahara dravya & Guna	Theory	PPT Online mode	Dr.Soundarya Jiddimani
13-01-2026	Tues		Shadrasa (Six food tastes); their attributes, Madhura rasa (Sweet) - examples, functions, signs & symptoms of overuse	Theory	PPT Online mode	Dr.Sanjeev S Tonni
15-01-2026	Thu	4-6 pm	Assessment of Swastha purusha lakshana (4 case scenarios)	Practical	PPT Online mode	Dr.Sandeep Sagare

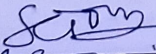
**Department of Swasthavritta & Yoga**

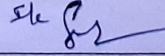
16-01-2026	Fri	4-6 pm	Amla (Sour) & Lavana rasa (salty taste) - examples, functions, signs & symptoms of overuse	Theory	PPT Online mode	Dr.Suma Rajput
17-01-2026	Sat	4-6 pm	Katu rasa (Pungent taste) - examples, functions, signs & symptoms of overuse	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
20-01-2026	Tue	4-5 pm	Tikta (Bitter taste) & Kashaya rasa (Astringent taste) - examples, functions, signs & symptoms of overuse	Theory	PPT Online mode	Dr.Sanjeev S Tonni
21-01-2026	Wed	4-5 pm	Food Groups in Ayurveda (Ahara varga) – Shooka dhanya varga (class of Cereals) & ku-dhaanya varga (class of Millets)	Theory	PPT Online mode	Dr.Sandeep Sagare
22-01-2026	Thu	4-6 pm	Assessment of Prakruti of an individual (3 case scenarios)	Practical	PPT Online mode	Dr.Prathamesh Shetye
23-01-2026	Fri	4-5 pm	Phala varga ( class of fruits).	Theory	PPT Online mode	Dr.Sanjeev S Tonni
27-01-2026	Tue	4-5 pm	Shimbi & Shami dhanya varga ( class of Pulses & legumes).	Theory	PPT Online mode	Dr.Suma Rajput
28-01-2026	Wed	4-5 pm	Taila varga ( class of cooking oils). Aharopayogi varga ( class of Spices & Condiments)	Theory	PPT Online mode	Dr.Sandeep Sagare
30-01-2026	Fri	4-5 pm	Mamsa varga (Non-vegetarian food category)	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
31-01-2026	Sat	4-6 pm	Assessment of Prakruti of an individual (3 case scenarios)	Practical	PPT Online mode	Dr.Kadambari Sagare

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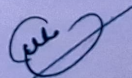
**Faculty class distribution:**

Sl.no	Name of the Faculty	Theory	Practical
1.	Dr.Sanjeev S Tonni	04	-
2.	Dr.Sandeep Sagare	03	01
3.	Dr.Sidhi Prabhu Desai	03	-
4.	Dr.Suma Rajput	03	-
5.	Dr.Prathamesh Shetye	-	2
6.	Dr.Prabhakar Hegade	1	-
7.	Dr.Shruti Seth	1	-
8.	Dr.Soundarya Jiddimani	1	-
9.	Dr.Kadambari Sagare	-	1
	<b>Total</b>	<b>16</b>	<b>4</b>

  
Dr. S. Tonni  
Coordinator,  
PG DAN Course

  
HoD, Dept of  
Swasthavritta

Head of the Department  
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KAHER's Shri BMK Ayurveda  
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**PRINCIPAL**  
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Post Graduate Diploma in Ayurveda Nutrition (PGDAN)  
(Academic Year 2025-26)

**Department of Swasthavritta & Yoga**

**1<sup>st</sup> Semester PGDAN - Unitized Syllabus for the month of March-2026**

**Paper-I: Fundamentals Principles of Ayurveda Dietetics**

**Duration:** Theory - 1 hr ; Practical – 2 hrs

**Classes conduction mode:** Online & Offline

Date	Day	Time	Name of the topics	Theory / Practical	Teaching-Learning methods	Teaching faculty
02-03-2026	Mon	4 – 5 pm	Knowledge of Jatharagni (Digestive fire) & its importance	Theory	PPT Online mode	Dr. Kadambari S
05-03-2026	Thur	4 – 5 pm	Definition & characteristics of – Rasa (food tastes) & Veerya (Potency)	Theory	PPT Online mode	Dr.Soundarya J
06-03-2026	Fri	4 – 5 pm	Definition & characteristics of - Vipaka (post-digestive effect) & Prabhava karma (specific action)	Theory	PPT Online mode	Dr.Soundarya J
07-03-2026	Sat	4 – 5 pm	Advise of ahara in various occupations; - Teachers - IT / BT employees	Practical	PPT Online mode	Dr.Sanjeev S Tonni
09-03-2026	Mon	4 – 5 pm	Importance of desha (Geographical entity), kaala (time factor) & maatra (quantity) in relation to ahara	Theory	PPT Online mode	Dr.Sandeep Sagare
10-03-2026	Tues	4 – 5 pm	Ahara sevana kaala (time for intake of food)	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
12-03-2026	Thur	4 – 5 pm	Ahara vidhi visheshayatana (Balanced diet)	Theory	PPT Online mode	Dr.Suma Rajput
13-03-2026	Fri	4 – 5 pm	Ahara sevana vidhi (procedure for food intake)	Theory	PPT Online mode	Dr.Prathamesh Shetye
16-03-2026	Mon	4 – 5 pm	Go-rasa varga (class of Milk products)	Theory	PPT Online mode	Dr Sidhi Prabhu Desai
17-03-2026	Tues	4 – 5 pm	Jala varga (class of water, its sources & qualities)	Theory	PPT Online mode	Dr.Suma Rajput
18-03-2026	Wed	4 – 5 pm	Ksheera varga (class of Milk)	Theory	PPT	

**Department of Swasthavritta & Yoga**

					Online mode	Dr.Sidhi Prabhu Desai
20-03-2026	Fri	4 – 5 pm	Anupaana varga (class of different vehicles) & its importance	<b>Theory</b>	PPT Online mode	Dr.Sandeep Sagare
23-03-2026	Mon	4 – 5 pm	Advise of ahara in various occupations; - Bus conductors - Traffic Police	<b>Practical</b>	PPT Online mode	Dr.Prathamesh Shetye
24-03-2026	Tues	4 – 5 pm	Kruttanna ahara varga – Manda (ganji) & Peya kalpana (rice gruel)	<b>Theory</b>	PPT Online mode	Dr.Sanjeev S Tonni
25-03-2026	Wed	4 – 5 pm	Kruttanna ahara varga (class of instant food preparations) –Vilepi (lickables)& Yavaagu kalpana (semi-solid rice preparation)	<b>Theory</b>	PPT Online mode	Dr.Suma Rajput
26-03-2026	Thur	4 – 5 pm	Kruttanna ahara varga – Odana (rice) & Krushara kalpana (kichadi)	<b>Theory</b>	PPT Online mode	Dr.Prathamesh Shetye
27-03-2026	Fri	4 – 5 pm	Kruttanna ahara varga – Yoosha kalpana (soup preparations)	<b>Theory</b>	PPT Online mode	Dr.Sandeep Sagare
28-03-2026	Sat	4 – 5 pm	• Anthropometric assessment in (OPD / IPD) - Sthoulya	<b>Practical</b>	PPT Online mode	Dr Sidhi Prabhu Desai
30-03-2026	Mon	4 – 5 pm	In Visarga kaalina ritus	<b>Theory</b>	PPT Online mode	Dr.Sanjeev S Tonni
31-03-2026	Tue	4 – 5 pm	Consideration of ahara in Rutucharya (seasonal dietetics) – in Aadana kaalina ritus	<b>Theory</b>	PPT Online mode	Dr.Sanjeev S Tonni

Date: 27-02-2026



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(Academic Year 2025-26)

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**Faculty class distribution:**

Sl.no	Name of the Faculty	Theory	Practical
1.	Dr.Sanjeev S Tonni	03	1
2.	Dr.Sandeep Sagare	03	-
3.	Dr.Sidhi Prabhu Desai	03	1
4.	Dr.Suma Rajput	03	-
5.	Dr.Prathamesh Shetye	02	1
6.	Dr.Kadambari S	01	0
7.	Dr.Soundarya Jiddimani	02	0
	<b>Total</b>	<b>17</b>	<b>3</b>

Coordinator,  
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HoD, Dept of  
Swasthavritta  
Head of the Department  
Dept. of Swasthavritta & Yoga  
KAHER's Shri BMK Ayurveda  
Mahavidyalaya & Hospital  
Belagavi, Karnataka

Principal