

Ref. No. KAHER/26-27/D- 22042624

Date: 21st April 2026

NOTIFICATION-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 EVENT	TARGET DATE / WEEK
1	Date of Commencement of the Programme	26 th December 2025
2	PG DAN Course Orientation Programme (Online)	1 st January 2026
3	Commencement of first semester	1 st week of January 2026
4	First Semester University Examination	4 th Week of June 2026
5	Commencement of second semester	1 st week of July 2026
6	Second Semester University Examination	3 rd week of December 2026

Note: Last day of third summative assessment (theory or practical or clinical as the case may be treated as last working day of the program.

Dr. Ranjiv Zambhi
23/4/2026



(Prof. (Dr.) V. M. Pattanshetti)

(Prof. (Dr.) V. M. Pattanshetti
Registrar

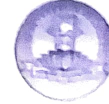
To,
The principal,
Shri BMK Ayurveda Mahavidyalaya,
Belagavi

With a request to kindly circulate the same amongst the HODs, faculty members and students

CC to:

1. The PA to Chancellor, KAHER, Belagavi for infn.
2. The S.O to Vice-Chancellor, KAHER, Belagavi for infn
3. The Registrar, KAHER, Belagavi.
4. The Controller of Examinations, KAHER, Belagavi.
5. The Principal, SOAHS, KAHER, Belagavi.
6. The Director, Academic Affairs, KAHER, Belagavi.
7. The Finance Officer, KAHER, Belagavi

OFFICE OF THE PRINCIPAL SHRI B. M. KANKARWADI
AYURVED MAHAVIDYALAYA A CONSTITUENT UNIT OF KAHER
SHAHAPUR, BELGAUM-03.
DATE: 23/4/26
BR/ARD NO.: 233
SIGN.



Department of Swasthavritta & Yoga

**1st 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	Advise of Ahara as per "Prakruti" (Body constitution) of an individual – Exercises to workout & discussion	Practical	Hands-on-training	Dr Sanjeev Tonni		
		1 – 2 pm	Lunch Break					
		2 – 3 pm	Proteins; its sources, functions & symptoms in deficiency	Theory	Discussion based Learning	Dr Prathamesh Shetye		
		3 – 5 pm	Advise of Ahara as per "Ritu" (Season) – Exercises to workout & discussion	Practical		Dr Sanjeev Tonni		
		5.30 pm	Recreational activity – visit to "Yellur Fort" (Raj-hamravar)					
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	Advise of Ahara as per various "Profession" (occupation based) – Exercises to workout & discussion	Practical	Hands-on-training	Dr Sudhi Prabhudesai		
		1 – 2 pm	Lunch Break					
		2 – 3 pm	Factors affecting nutritional status	Theory	Didactic	Dr Sandeep Sagar		
		3 – 5 pm	Assessment of Nutritional status of an individual as per Ayurveda science	Practical	Hands-on-training	Dr Soma Wajapoti		



Department of Swasthavritta & Yoga

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

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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	Lunch Break				
		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		
	Total	16	09	01	02


Coordinator,
PG DAN Course


HoD, Dept of
Swasthavritta


Principal

Department of Swasthavritta & Yoga

1st 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 th April to 11 th April 2026			5 days Offline classes at BMK AMV			
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



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



Post Graduate Diploma in Ayurveda Nutrition (PGDAN)
(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
	Total	15	3


Coordinator,
PG DAN Course


HoD, Dept of
Swasthavritta


Principal

Department of Swasthavritta & Yoga

1st 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
	Total	16	4


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

Department of Swasthavritta & Yoga

1st 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

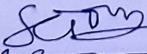
Department of Swasthavritta & Yoga

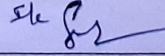
16-01-2026	Fri	4-6 pm	Amla (Sour) & Lavana rasa (salty taste) - examples, functions, signs & symptoms of overuse	Theory	PPT Online mode	Dr.Suma Rajput
17-01-2026	Sat	4-6 pm	Katu rasa (Pungent taste) - examples, functions, signs & symptoms of overuse	Theory	PPT Online mode	Dr.Sidhi Prabhu Desai
20-01-2026	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

Department of Swasthavritta & Yoga

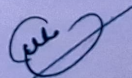
Faculty class distribution:

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
	Total	16	4


Dr. S. Tonni
Coordinator,
PG DAN Course


HoD, Dept of
Swasthavritta

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


Principal
PRINCIPAL
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Ayurved Mahavidyalaya
A Constituent Unit of KAHER
Belgaum-590003



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



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

Department of Swasthavritta & Yoga

1st 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	Theory	PPT Online mode	Dr.Sandeep Sagare
23-03-2026	Mon	4 – 5 pm	Advise of ahara in various occupations; - Bus conductors - Traffic Police	Practical	PPT Online mode	Dr.Prathamesh Shetye
24-03-2026	Tues	4 – 5 pm	Kruttanna ahara varga – Manda (ganji) & Peya kalpana (rice gruel)	Theory	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)	Theory	PPT Online mode	Dr.Suma Rajput
26-03-2026	Thur	4 – 5 pm	Kruttanna ahara varga – Odana (rice) & Krushara kalpana (kichadi)	Theory	PPT Online mode	Dr.Prathamesh Shetye
27-03-2026	Fri	4 – 5 pm	Kruttanna ahara varga – Yoosha kalpana (soup preparations)	Theory	PPT Online mode	Dr.Sandeep Sagare
28-03-2026	Sat	4 – 5 pm	• Anthropometric assessment in (OPD / IPD) - Sthoulya	Practical	PPT Online mode	Dr Sidhi Prabhu Desai
30-03-2026	Mon	4 – 5 pm	In Visarga kaalina ritus	Theory	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	Theory	PPT Online mode	Dr.Sanjeev S Tonni

Date: 27-02-2026

Department of Swasthavritta & Yoga

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
	Total	17	3



Coordinator,
PG DAN Course



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



Principal