

**HALFYEAR REPORT**  
**JANUARY- JUNE**  
**2023**

**Community services, Extension Activity and Consultancy services:**

1. Dept. of Kaumarabhrithya organized a health camp at Glowinstar Integrated School, Ambalapadi, Udupi on 24/01/2023.
2. Free health camp organized by Shreeram Souhardh Credit Co-operative Society Ltd, Baindoor, Golihole branch in association with SDM Hospital, Udupi on 02/01/2023.
3. Youth Red Cross Unit and NSS Unit of our Institution in association with Udupi District AIDS Prevention and Control Unit, District Health and Family Welfare Department, Udupi have organized National Youth Day and Blood Donation Camp on 31/01/2023. About 75 units of blood was collected from the donors including staff, students and the public.



4. Dept. of Prasootitantra and Streeroga had organized one week free cervical and breast cancer screening and awareness camp from 1st to 7th February 2023 at SDM Ayurveda Hospital, Udupi.



5. PRESCRIP-TEC Cervical Cancer Screening camp was conducted by Dept. of Prasootitantra and Streeroga at Mullangudde on 10/02/2023
6. Dept. of Kaumarabhrithya had conducted an Awareness talk on women & child health at Hindu Higher Primary School, Udyavara, organized by SDM Gramabhivruddhi B.C Trust Udyavara, Udupi on 26/02/2023
7. Free health camp organised by SDM Ayurveda Hospital in association with Padubidri Co- operative Agricultural Society,

Sri Narayana Guru Mahila Mandali & Yuvavahini®, Padubidri on 09/03/2023.

8. Dept. of Kaumarabrithya had conducted free health checkup camp held at Shri Durgaparameshwari Temple Puttur, in association with KMC Manipal and Brahmana Mahasabha , to general public. Nearly 150 were the beneficiaries.
9. Dept. of Kaumarabrithya had conducted a health checkup camp at Asha Nilaya Special School, Shanti Nagar Udupi on the occasion of World Down Syndrome Awareness Day on 29/03/2023. Total 33 Down syndrome patients were the beneficiaries.
10. I B.A.M.S Students from Muniyal Institute of Ayurveda medical sciences, Manipal visited our garden. Dr.Suma.V. Mallya & Dr.Poornima.A addressed the students.



11. **Study tour:** 1st BAMS students visited JSS Medical college Mysuru & SDM College of Ayurveda, Hassan from 19-03-23 to 21-03-23 as a part of their study tour.

#### **Extracurricular activities:**

1. Celebration of 74th Republic day, Chief Guest for the program was Dr. V. K. Shreedhar Holla Retd. Professor and H.O.D., Dept. of Shareera Rachana.



2. Introduction and Welcome program for 1st Professional BAMS students 2022-23 was held on 06/03/2023.



### 3. Samskrita Sambhasha Shibira

A short term course for 1st BAMS in association with Samskrita Bharati Udupi was organized between 10:00 am to 12:00pm for 10 days (8/3/2023 to 18/3/2023).



### 4. Parent teacher meeting

Parent- teacher meeting of 1<sup>st</sup> and 4<sup>th</sup> BAMS 2022-23 was conducted on 25/03/2023. A guest lecture was arranged for the parents on the topic 'positive parenting' which was delivered by Mrs.Padma, Counselor, Dr. AV Baliga Memorial hospital, Doddanagudde, Udupi.



5. Youth Red Cross Unit and Women Cell jointly organized a training program on **‘Women Self Defence’** to all the female students of I BAMS (new batch), I PG scholars and newly appointed female teaching and non -teaching staff of our college on 29-04-2023. Ms. Roshni R.K. and Ms. Shifali Rao, Instructor, Black belt 2nd Dan Budokan Karate and Self Defence Association of India were the resource persons.
6. The National Service Scheme Unit of our college in association with Deans- Office Community service is organizing **‘Parade Training Program’** to all the male students of I BAMS (New Batch) on 29/04/2023. Mr. Adarsh Shetty, Physical Director, SDM College of Ayurveda, Udupi was the resource person for the program.
7. HRD Internal Affairs committee conducted **labours day** for all Non-teaching staffs of college with a guest lecture on the topic ‘Challenges and pragmatic solutions for Employees’ on 03/05/2023. Dr.Vanishree Aithal, Chief consultant, Tapovana lifespace Pvt, Ltd. was the resource person.
8. HRM Committee of hospital conducted **“International Nurses day”** on 12/05/2023 at our hospital with a guest lecture by Mrs Meenakshi Sridhar, Former Nursing Superintendent, KMC, Manipal.



9. **SDM Cup - Cricket tournament** was held in college campus organized by Internees Association from 20<sup>th</sup> to 22<sup>nd</sup> May 2023.

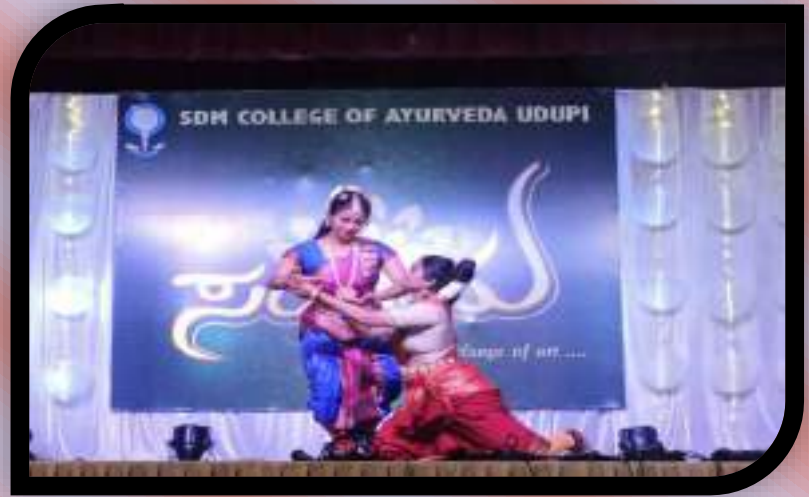




#### 10. Shishyopanayana & College day Celebration

Shishyopanayana Samskara to I BAMS/ I MD/MS (Ayu) students and College day for the year 2022-23 was conducted on 25th May 2023. Vedamoorthy Sri Balakrishna Bhat, Kuthpady performed homa followed with pooja. Prof. Prasanna N Rao, Principal, SDM College of Ayurveda, Hassan was the Chief Guest. Shailaja U, Vice-Principal, SDM College of Ayurveda, Hassan was the Guest of Honour and addressed the student gathering.





11. The foundation stone laying ceremony of New Academic Block of SDMCA, Udipi was carried out in solemn presence of Poojya Dr. D. Veerendra Heggade Hon'ble Rajya Sabha member & president of SDM Educational Society ®, Ujire accompanied by Sri D. Shreyas Kumar, Director Projects, S.D.M. Educational Society ®, Ujire and Dr. Satheeshchandra S, Secretary, S.D.M. Educational Society ®, Ujire on 05/05/2023.



12. World environment day was celebrated along with campus enrichment committee on 05-06-2023 with the theme Solutions to plastic pollution under the campaign Beat plastic pollution. Chief Guest of the programme was Mr.Vasudev Gadiyar, Proprietor of Upavana Nursery Indrali,&Mrs Poornima, Biology Lecturer& co founder of upavana nursery.



13. Visit to forest Dept nursery, Krishi Vigyan Kendra, Zonal Agriculture Research Station, Bramavara Dist,Udupi, Karnataka, by the Dept. of Dravya Guna, staff & PG students.





14. HRD committee – Internal Affairs, organized Doctors' Day on 30<sup>th</sup> June with the theme “Doctors' got Talent”.



## Innovative Activities:

### 1. Activities of Folklore Medicine Research Center

- Translation of one Malayalam manuscript.
- 2 folklore preparations for clinical trial.
- Preparation of Artifacts for Museum development and charts of the artifacts for display.
- The plant wise data collection and collection of few seeds for seed bank.

2. **Exhibition** by 1st BAMS Students on the topic “Contribution of Modern era scholars to Ayurveda” The Exhibition was conducted on 30/03/2023, wherein the students had prepared 7 model regarding 14 scholars of Ayurveda as per Ayurveda Ithihas.



## Academic Activities:

1. A Continued Medical Education program was organized on 10/01/2023 the topic “Basic Clinical Setup” and the resource persons for the program were:
  - Dr Gayathri Hegde, Nitte University, Kshema
  - Dr. Sripad Mehendale, Nitte University, Kshema
2. Guest lecture by Dr. Sreevatsa on the topic “Mastering the Art of Thesis writing” was conducted on 31/03/2023 by the Dept. of Samhita & Siddhanta.
3. Guest lecture by Dr Nataraj on the topic “Concept of genetics in Ayurveda Practise” was conducted on 03-04-2023 by Dept. of Agadatantra.

4. 'Achintya Ayurveda' organized by Jignasa team & ABVP in association with SDM College of Ayurveda, Kuthpady, Udupi on 20/05/2023.

Resource person:

- a. Dr. Sathanarayanan B, Principal, Research and Development, MIAMS, Manipal
  - b. Prof. B. Shivananda Nayak, Professor, Dept. of Biochemistry, Subbaiah Institute of Medical Sciences, Shivamogga
  - c. Dr. Rajneesh V. Giri, Professor & HOD, Dept. of Shalyatantra, SDMCA, Udupi
  - d. Dr. Gururaj Tantry, Professor, & HOD, Dept. of Shalyatantra, MIAMS, Manipal
  - e. Sri Praveen Saralaya, Agriculturist, Diploma in Electrical and Electronics, Karnataka Polytechnic Mangalore,  
No. of beneficiaries: 650
5. Dr. Poornima Hegde Memorial Guest Lecture was conducted on the topic "Panchakarma Vimarsha" by Dr. Krishnaprakash, Professor, KVG, Sullia is Organised by the Dept. of Roganidana, SDMCA, Udupi on 01/06/2023
6. Dr Nithin J Patil, Associate Professor  
Centre for Integrative medicine and research, MAHE

Was the resource person for International Day of Yoga 2023, on 21/06/2023.



**Workshops organised:**

**1. Updated IEC guidelines**

Resource persons were:

- a. Dr Veena Kamath, Professor, Department of community Medicine, KMC, Manipal
- b. Dr Rajesh Krishna Bhandary, Associate Professor, Department of Psychiatry KMC, Manipal
- c. Mr Naveenchandra N.H., Senior Research Officer, SDM Center for Research in Ayurveda and Allied Sciences, Udupi

No. of Beneficiaries: 40

Research, Innovation and Extension Committee, SDMCA, Udupi had organized University level one day workshop on “Updated IEC guidelines” for the member secretaries of Ayurveda P.G institutions sponsored by RGUHS, Bengaluru for affiliated Ayurveda colleges under Rajiv Gandhi university of Health Sciences, Bengaluru on 11/02/2023.



2. **Sri Dharmasthala Mathrushree Rathnamma Heggade Memorial** one day National level Teaching - Learning Methodology Workshop for Ayurveda Teachers - ‘Kovida – 2023’ was organized by Dept. of PG Studies in Samhita and Siddhanta

**Resource persons were:**

- a. Dr. Mohan Ramachandra Joshi, Professor, Department of Sanskrit Samhita and Siddhanta, Tilak Ayurveda Mahavidyalaya, Pune
- b. Dr. Jai Kiran Kini, Director Research and PG and PhD Coordinator, Professor in Roga Vikruti Vijnan, Dr. GD Pol Foundation YMT Ayurvedic Medical College, Navi Mumbai

No. of Beneficiaries: 151



3. Demonstration of ‘**Yoga: Relaxing Body and Mind for woman**’ in view of women’s day celebration on 08/03/2023
  - Resource Person : Dr. Arpana Radhesh, Yoga Physician, SDMAH, Udupi, No. of Beneficiaries: 50



#### 4. Secrets of Marma and Marma Chikitsa

- Resource Person :Dr. N.V.Sreevaths, RAV Guru, Swasthya Kshethram, Ayurvedic Health Care Center, Nallepily Post, Palakkad, Kerala.

No. of Beneficiaries: 75

Date: 11/03/2023

#### 5. Diagnostics in Ayurveda - Mootra pariksha in Ayurveda

Resource Person: Dr. Prashanth Gokhale

No. of Beneficiaries: 75

Date: 29/03/2023

#### Students Achievement:

1. Dr. Kasturirangan B.S., PG Scholar, Dept. of RS & BK secured best paper presentation for the paper titled 'A Pragmatic approach to drug development using visha dravyas w.s.r. to kupilu at ICAPS, International Conference

on Ayurvedic Pharmaceutical Sciences, at NIA Jaipur from 23rd to 25th February 2023.

2. Dr Sreekutty P V- Best paper - Topic : Unveiling Traditional practices in Visha Chikitsa Nirvisha 2023-National Conference on Agadatantra Conducted by SHRI B.M.Kankanawadi Ayurveda Mahavidyalaya
3. Dr Tejaswini - Best paper- Topic : Haritaki vachadi yoga of vishavaidya jyotsnika at Nirvisha 2023-National Conference on Agadatantra, Conducted by SHRI B.M.Kankanawadi Ayurveda Mahavidyalaya
4. Dr Pannaga N Teragundi, III PG scholar secured first prize in oral presentation in State level conference - JIJNASA - ACHINTYA AYURVEDA' held at SDM College of Ayurveda, Udupi on 20/05/2023.
5. Dr Kasturirangan B.S., III PG scholar secured first prize in oral presentation in State level conference - JIJNASA - ACHINTYA AYURVEDA' held at SDM College of Ayurveda, Udupi on 20/05/2023.
6. Dr. Pratibha Mayakar, II PG scholar secured 3<sup>rd</sup> prize in paper presentation for the research paper entitled "Ayurvedic management of Rickets w.s.r to Kuposhanajanya Vyadhi - A case study" in State level conference - Jijnasa - Achintya

Ayurveda' held at S.D.M College of Ayurveda, Udupi on 20/05/2023.

**PG Final Year University Rank Holders:**



**Department-wise number of Ranks**

<u>Speciality</u>	<u>Total No. of Ranks</u>
Prasootitantra & Streeroga	4
Kaumarabhritya	4
Manasaroga	4
Kayachikitsa	3
Roga Nidana	3
Agadatantra	2
Rachana Shareera	2
Samhitha & Siddhanta	1
Shalya Tantra	1

Total Number of students appeared : 49

Total Number of Ranks: 24

**Staff achievement:**

1. The following faculty members are recognized as Ph.D. guides of RGUHS University, Bengaluru:
  - Dr. Prathviraj Puranik, Professor, Dept. of Kaumarabhrithya
  - Dr. Suchetha Kumari, Asso. Professor, Dept. of Prasootitantra and Streeroga
  - Dr. Anju Thomas, Asso. Professor, Dept. of Shareera Rachana
2. Dr. Veerakumara K – Resource person at Govt. Ayurveda Medical College Bellary on Topic “Ayurvedo Amrutanam” on 03/04/2023.
3. Dr.Nagaraj S as Guest speaker in Intellectual meet Tadvidya Sambhasha Parishat 2023 on the topic “Nidana Chintanam” on 29/04/2023 held at Ramateertha, Athani from 28/04/2023 to 02/05/2023.
4. Dr.Prasanna N Mogasale has given a talk on Concept of Dosha dushya samshraya in Alvasa Ayurveda Medical College on 01/04/2023.
5. Dr. Arun kumar has given a guest lecture for PG Scholars of JSS Ayurveda Medical College on 05.04.2023.

6. Dr Vidya ballal was the resource person for the CME on women’s health ,RITUBHEDA 23 from 18th to 20th April 2023 organized by Govt. Ayurveda College ,Trivandrum,
7. Dr. Niranjana Rao: Delivered a lecture on ‘Vajikarana Chikitsa Anubhav’ at College of Ayurveda and Research Centre, Pune organised by Pune District Education Association on 8/4/2023 for UG, PG students’ and faculties.
8. Dr Vijay B Negalur, Professor, Dept. of Swasthavritta gave a talk on preparation for examination in Govt. Post matric girls hostel, Kundapura on 25/05/2023.
9. Dr Saritha T, Asst. Professor, Dept. of Roganidana given 2 talks on the topics ‘Raktha Hinathe’ and ‘Thyroid Disorders’
10. in Jana Vikasa Programme at Shirva and Manipura on 28/05/2023
11. Dr. Ravindra Angadi, Professor and Dr Ashok Kumar BN, Associate Professor, Dept of RS & BK have been selected as experts for developing a web learning portal of Rasashastra and Bhaishajya Kalpana about principles of concept of quality control and quality assurance in the production of classical, patent and proprietary Ayurvedic formulations aimed to educate Ayurveda scholars and to introduce modern

techniques and recent advancements in pharmacy, sponsored by Rashtreeya Ayurveda Vidyapeeth, New Delhi

12. Dr. Shrilatha Kamath, Professor & HOD, Dept. of Kayachikitsa reviewed 2 articles in Journal of Ayurveda and Integral Medicine.
13. Dr Sahana Kamath delivered a Lecture on Medical plants and therapeutic uses on 24<sup>th</sup> June to SDMCNYS Ujire 3<sup>rd</sup> yr students
14. Dr. Manjunath Kanthi- Online Resource person at KARMA CHINTANA 2023,Exam orientation programme-Guest lecture series at JSS Ayurveda Medical College on 10/6/2023 on the topic “ Rakta mokshana and Physiotherapy”.
15. Dr.Nithinkumar was resource person in Rachana Avadhana-2023-a guest lecture series organized by JSS Ayurveda Medical College ,Mysuru, Karnataka on topic of an approach to MCQs on 12/06/23
16. Dr. Prathiraj Puranik and Dr. Kavya had participated as resource persons in Casualty training program to 1<sup>st</sup> PG scholars, conducted by Dept of Casualty training Program on 20/06/23 and 27/06/23 respectively.

17. Dr.Arun Kumar as Resource person for Interdepartmental Lecture on the topic “Superficial and Deep Reflexes” for First professional B.A.M.S.Students of SDMCA, Udupi on 02/06/2023.

18. Dr. Nithinkumar is appointed as a Editorial member of RGUHS Journal of AYUSH

#### **New course:**

##### **1. Short-term course on ayurveda for the international delegates**

SDM College of Ayurveda, Udupi initiated a short-term course on Ayurveda for the International delegates in the month of March 2023.The short term course was attended by 5 delegates and their Professor, Dr.Wolfgang Schoellhorn who served as Director of Institute of Sports science, University of Mainz , Germany. The duration of the course extended from 13/03/2023 to 31/03/2023, inclusive of both theory and practical sessions with interactive sessions between the delegates and our faculty members.





#### **Ph.D scholar Activities:**

Open defense of Dr Sathish and Dr Shashikala Bani was rendered on 11/4/2023.



#### **Faculty publications:**

1. Kumbhar Supriya, Mallya Suma V & Dr Thejaswi I Naik et al; “Scientific presentation of Nutritioanl component and antioxidant potential of Draksha (Vitis vinifera Linn.) and Kashmari (Gmelina arborea Roxb.)” IJRAW. 2023, 2(6), 4-10
2. Dr. Shrilatha Kamath; “Critical Analysis On Pathophysiology Of Rheumatoid Arthritis Vis-Vis Amavata - A Review Article- Issn :2455-2631- June- 2023.