



**BANARAS HINDU UNIVERSITY**

काशी हिन्दू विश्वविद्यालय

**Department of Kriya Sharir**

क्रियाशारीर विभाग

**Faculty of Ayurveda, Institute of Medical Sciences**

आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान

No. K.S./13/579

Dated: 19.07.2013

To,  
Deputy Registrar  
IQAC, BHU

**Subject:** Inputs/Information for Self Study Report (SSR) for Cycle II assessment by NAAC

Dear Sir,

With reference to your letter No. IQAC/13-145/SSR/33, dated 03.06.2013. I am enclosing here with the Inputs/Information for Self Study Report (SSR) for Cycle II assessment by NAAC desired by you.

Thanking you

*Sangeeta Gehlot*

Head

HEAD  
Department of Kriya Sharir  
Faculty of Ayurveda  
IMS, BHU.  
VARANASI

*DLR*  
/

1. Name of the Department –Kriya Sharir
2. Year of establishment- November, 2006
3. Is the Department part of a School/Faculty of the university?- Faculty of the University.
4. Names of programmes offered- (UG, PG, M.Phil., Ph.D., Integrated Masters; Integrated Ph.D., D.Sc., D.Litt., etc).- BAMS, MD, Ph.D
5. Interdisciplinary programmes and departments involved-
6. Courses in collaboration with other universities, industries, foreign institutions, etc.-NA
7. Details of programmes discontinued, if any, with reasons-NA
8. Examination System: Annual/Semester/Trimester/Choice Based Credit System- Annual with two sessional examinations
9. Participation of the department in the courses offered by other departments- PGDNC, PG diploma in Panchakarma, , PG diploma in maternal and child health care
10. Number of teaching posts sanctioned, filled and actual (Professors/AssociateProfessors/Asst. Professors/others)

	Sanctioned	Filled	Actual (including CAS & MPS)
Professor			
Associate Professors	01(Reader)	Vacant(Reader)	02
Asst. Professors	03	filled	
Distinguished Professor			01

11. Faculty profile with name, qualification, designation, area of specialization, experience and research under guidance

Name	Qualification	Designation	Specialization	No. of Years of Experience	No. of Ph.D./M.Phil. students guided for the last 4 years
1.Prof. G P Dubey	Ph.D, D.Sc.(Hon)	Distinguished Professor	Kriya Sharir	45	35 Ph.D, 28 MD
2.Dr.Sangeeta Gehlot	BAMS, MD(Ay), PhD.	Associate Professor	Kriya Sharir	19	6 MD(Ay), 5Ph.D, awarded
3.Dr. Aruna Agarwal	M.A., Ph.D.	Associate Professor	Psychosomatic medicine	16	3Ph.D awarded
4..Dr.Kishor Patwardhan	BAMS, MD(Ay), PhD	Assistant Professor(Stage-2)	Kriya Sharir	11	4 MD(Ay)
5.Dr.N.S.Tripa thi	BAMS, MD(Ay), PhD	Assistant Professor	Kriya Sharir	18	2MD(Ay)

14. Programme-wise Student Teacher Ratio-MD-3:2

15. Number of academic support staff (technical) and administrative staff: sanctioned, filled and actual- 1 Lab Attendent

16. Research thrust areas as recognized by major funding agencies

17. Number of faculty with ongoing projects from a) national b) international funding agencies and c) Total grants received. Give the names of the funding agencies, project title and grants received project-wise.

S.N	Title	Funding Agency	Duration	Grant Amount (Rs.)
1.	Establishment of National Facility for Identification, chemical characterization, standardization and quality control of medicinal plants found in tribal area in Central India (CO-P.I.)	Dept. of Science & Technology	2008- till date	Rs. 7.56 Crore
2.	Effect of malnutrition on cognitive development of Tribal children of Eastern Uttar Pradesh with special reference to psychosomatic constitution (P.I.)	State S&T program, Dept. of Science & Technology,	Recommended	Total budget submitted Rs. 3.10 Crore

18. Inter-institutional collaborative projects and associated grants received

- a. **National Collaboration:** Inter-institutional collaboration with Industrial partner, initial sanction received – Rs. 20.00 Lacs and proposed budget – Rs. 12 Crore; Funding agency – Dept. of Science & Technology, Govt. of India, New Delhi
- b. **International Collaboration:** Proposed budget - 3 million US dollars.

19. Departmental projects funded by DST-FIST; UGC-SAP/CAS, DPE; DBT, ICSSR, AICTE, etc.; total grants received.-DST Purse -8Lakh

20. Research facility / centre with Patents and publications in the area of drug development

21. Special research laboratories sponsored by / created by industry or corporate Bodies

National facility laboratory; Metabolic ward for pharmaco-dynamic, pharmacokinetic studies has been established and following Industry has offered for funding –

1. Arvind Remedies Ltd., Chennai
2. Baijnath Pharmaceuticals, Paprola, Himachal Pradesh
3. Venkatesh Food Industries, Chhindwara, M.P.

## 22. Publications:

Number of papers published in peer reviewed journals (national /international)

National-30

International-40

- Monographs-
  - Chapters in Books-20
  - Edited Books-01
  - Books with ISBN with details of publishers- 06
1. Human Physiology in Ayurveda by Dr. Kishor Patwardhan 2005, Chaukhambha Orientalia Varanasi, ISBN No. 978-81-7637-098-1
  2. Effect of exercise (walking) on physiological variations as per Prakriti in healthy and diseased conditions. By Dr. Sushma Tiwari, Dr Sangeeta Gehlot, Dr. S.k.Tiwari, Lap Lambert Publications ISBN 978-3-659-10804-4
  3. Effect of Season on Prakriti by Dr. Pramod Kumar Singh, Dr. N.S.Tripathi, Dr. P.S.Byadagi, 2013 Lap Lambert Publications ISBN 978-3-659-10698-6
  4. Effect of exercise on T2DM patients of different body personalities by Dr. Kavita Patel, Prof. K.K,Tripathi, Dr. Sangeeta Gehlot, 2013, Lap Lambert Publications ISSN No. 978-3-659-18649-3
  5. Brain Ageing and Ayurveda Page. No. 001- 307, **ISSN/ISBN No.** CCRAS, Ministry of Health, Govt. of India, New Delhi (2008) by Dr. Aruna Agarwal
  6. Ayurveda for Diabetes mellitus, Page No. 001-533, **ISSN/ISBN No.** Dept. of Science & Technology. ISBN:978-81-90837-8-5 (2010)by Dr. Aruna Agarwal
- Number listed in International Database (For e.g. Web of Science, Scopus, Humanities International Complete, Dare Database - International Social Sciences Directory, EBSCO host, etc.) PubMed indexed articles: 15
  - Citation Index – range / average: 1 to 4
  - SNIP: 2.238
  - SJR: 0.598
  - Impact Factor – range / average-1.2 to 4.77
  - h-index-4

23. Details of patents and income generated-(Dr. Aruna Agarwal)

<b>Title of Patent</b>	<b>Publication with No. &amp; Date</b>
A novel herbal drug and a process for preparation thereof for the prevention and management of endothelial dysfunction among type-2 diabetes mellitus cases. <b>(Joint patent)</b>	International Publication No. WO2008/099423 A2, 21 <sup>st</sup> Aug. 2008
A Novel herbal formulation advocated and to a process thereof. <b>(Joint patent)</b>	National Publication No. 851/DEL/2007A, 13/02/2009
Herbal formulation for the prevention and management of diabetes mellitus and diabetic micro-vascular complications. <b>(Joint patent)</b>	International Publication No. US 2009/0214678 A1, 27 <sup>th</sup> Aug. 2009
A Novel herbal formulation for the prevention and management of type-2 diabetes mellitus and vascular complications associated with diabetes. <b>(Joint patent)</b>	National Publication No.: 1708/CHE/2010 A
Role of an herbal formulation in the prevention and management of age related neurodegenerative disorders with special reference to senile dementia. <b>(Joint patent)</b>	National Publication No.: 2271/CHE/2010 A
Novel herbal formulation advocated for the prevention and management of coronary heart disease. <b>(Joint patent)</b>	National Publication No.: 2270/CHE/2010 A
A Novel herbal formulation for the prevention and management of type-2 diabetes mellitus and vascular complications associated with diabetes. <b>(Joint patent)</b>	International Publication No. WO2011/158247 A1, 22-Dec. 2011
Role of an herbal formulation in the prevention and management of age related neurodegenerative disorders with special reference to senile dementia. <b>(Joint patent)</b>	International Publication No. US 2012/0034324 A1, Feb. 9, 2012
Novel herbal formulation advocated for the prevention and management of coronary heart disease. <b>(Joint patent)</b>	International Publication No., US2012/0034326 A1, Feb. 9, 2012

24. Areas of consultancy and income generated

25. Faculty selected nationally / internationally to visit other laboratories / institutions / industries in India and abroad

## **1. Dr. Aruna Agarwal**

- Nominated by Govt. of India under NIH sponsored Indo-US Collaborative programme, 2003, 2008, 2010
- Nominated by Govt. of India as the official participant in the International Workshop Cum Training Course on “Natural Products – Drugs, Pharmaceuticals and Nutraceuticals – for the benefit of Mankind” at **Karachi, Pakistan**, scheduled to be held from 10<sup>th</sup> –19<sup>th</sup> Feb 2006.
- Participated and presented one paper on the Topic “AGE RELATED NEURODEGENERATION WITH REFERENCE TO SENILE DEMENTIA OF ALZHEIMER’S TYPE-ROLE OF AN AYURVEDIC FORMULATION” in the 3<sup>rd</sup> ISN Special Neurochemistry Conference – 8<sup>th</sup> International Meeting on Brain Energy Metabolism – Degeneration and regeneration at **Beijing, China** from 27<sup>th</sup> June-1<sup>st</sup> July 2008”
- Indo-US symposium on Indian System of Medicine and Botanicals, held at New Delhi on October 15-16<sup>th</sup> 2008 in collaboration with National Centre for Natural Products Research, School of Pharmacy, University of Mississippi, USA, 2008
- Invited Speaker in New drug developments in discovery from natural products and traditional medicines (DDNPTM-2010) held at NIPER, SAS Nagar, Punjab, 20<sup>th</sup> -24<sup>th</sup> November 2010.
- Invited Speaker in Indo-US Symposium on Methodology of Research in Indian Systems of Medicine, Bangalore, 8-9<sup>th</sup> December 2010.
- Invited Expert Lecture in National Workshop & Industry-Academia Interaction Meet on Drug and Pharmaceuticals- Research & Development, 12-13<sup>th</sup> April 2013, Dept. of Biotechnology, School of Life Sciences, Pondicherry University, Pondicherry

## **2. Kishor Patwardhan**

- Visited NPO Japan Ayurveda Institute, Tokyo in 2012 to deliver a series of invited lectures.

### 26. Faculty serving in

- a) National committees – Dr. Kishor Patwardhan worked as a member in the subcommittee of planning commission to propose programs and schemes in AYUSH education sector to be implemented during 12<sup>th</sup> five year plan.
- b) International committees
- c) Editorial Boards:
  1. Dr. Sangeeta Gehlot Member, Editorial Board
  2. Kishor Patwardhan, Assistant editor, Journal of Ayurveda and Integrative Medicine
  3. Dr. N.S.Tripathi Member, Editorial Board
- d) Any other (please specify)-

1. Faculty members are serving in national level committees, reviewers in many journals.

2. Dr. Kishor Patwardhan is working as an expert in planning the exhibition on Indian Medical Heritage (I-AIM, Bangalore)

27. Faculty recharging strategies (UGC, ASC, Refresher / orientation programs, workshops, training programs and similar programs).- Refresher and orientation Programme attended. Faculty members also delivered invited lectures in these programmes

28. Student projects

- percentage of students who have done in-house projects including interdepartmental projects-75%
- percentage of students doing projects in collaboration with other universities /industry / institute- NA

29. Awards / recognitions received at the national and international level by

**Dr. Sangeeta Gehlot, Dr. N.S.Tripathi**

Best Ph.D thesis and best model teacher award by All India Sharir Research Institute Lucknow

**Dr. Aruna Agarwal**

- Paper entitled " Role of an Ayurvedic drug Brahmi (Bacopa monnieri) in the management of senile dementia published in Pharmacopsychocologia, 1990, was elected as a model paper to be presented before **LORD WALTON'S COMMITTEE appointed by upper house of British Parliament at LONDON, 11<sup>th</sup> March,2001.**
- Best paper award in the National Seminar on Quality control & standardization of metal-based Siddha & Ayurveda medicine held on 3-4<sup>th</sup> August 2007 at SASTRA University, Thanjavur
- Best Paper Award (Co-Author) in the International-OCC 2008 World Congress on Oxidants and Antioxidants in Biology, Santa Barbara, California, USA.
- Received best paper read award in Seminar on Brain and Spinal Cord, Sandila, Lucknow,1998.
- Received Late Smt. Sushila Agrawal award for second best Ph.D. thesis in Ayurveda Sharira. 1998, by National Sharira Research Institute (recognized by CCIM).

**Dr.Kishor Patwardhan** -Best MD thesis award by All India Sharir Research Institute Lucknow

Students-**Dr. Sushma Tiwari**, Best Ph.D thesis award by All India Sharir Institute Lucknow

30. Seminars/ Conferences/Workshops organized and the source of funding (national / international) with details of outstanding participants, if any.-

1. Organized CME in October, 2012

31. Code of ethics for research followed by the departments-Yes

32. Student profile programme-wise:

Name of the Programme (refer to question no. 4)	Applications received	Selected		Pass percentage	
		Male	Female	Male	Female
MD		5	1	100%	100%
Ph.D		2			

33. Diversity of Students

Name of the Programme (refer to question no. 4)	% of students from other universities within the State	% of students From universities outside the State	% of students From other countries
MD	50%	25%	-
Ph.D	-	-	-

34. How many students have cleared Civil Services and Defence Services examinations, NET, SET, GATE and other competitive examinations? Give details category-wise.-NA

35. Student progression

UG to PG	3
PG to M.Phil	-
PG to Ph.D.	02
Employed Other than campus recruitment	100%
Entrepreneurs	-

36. Diversity of staff

Percentage of faculty who are graduates of the same university	25
from other universities within the State	50
from universities from other States	25
from universities outside the country	-

37. Number of faculty who were awarded M.Phil., Ph.D., D.Sc. and D.Litt. during the assessment period-02

38. Present details of departmental infrastructural facilities with regard to

- a) Library-more than 300 Books
- b) Internet facilities for staff and students-Available
- c) Total number of class rooms-01
- d) Class rooms with ICT facility-01
- e) Students' laboratories-01
- f) Research laboratories-01

39. List of doctoral, post-doctoral students and Research Associates

a) from the host institution/university- Dr. Manoj Kumar Singh, Dr. Piyush Tripathi, Dr. Neeraj Shrivastava

b) from other institutions/universities

40. Number of post graduate students getting financial assistance from the university.  
NA

41. Was any need assessment exercise undertaken before the development of new programme(s)? If so, highlight the methodology.

42. Does the department obtain feedback from- No

a. faculty on curriculum as well as teaching-learning-evaluation? If yes, how does the department utilize the feedback?

b. students on staff, curriculum and teaching-learning-evaluation and how does the department utilize the feedback?

c. alumni and employers on the programmes offered and how does the department utilize the feedback?

43. List the distinguished alumni of the department (maximum 10)

1. Prof. G. P. Dubey
2. Prof. B. B. Kunthia
3. Prof. Ram Singh
4. Prof J.R.Yadav

44. Give details of student enrichment programmes (special lectures / workshops / seminar) involving external experts.-CME, Guest Lectures, Departmental weekly Seminar

45. List the teaching methods adopted by the faculty for different programmes.- Interactive and audiovisual

46. How does the department ensure that programme objectives are constantly met and learning outcomes are monitored?

47. Highlight the participation of students and faculty in extension activities.-students participate in paper presentation in seminars and workshops.- Actively engaged in publications.

48. Give details of “beyond syllabus scholarly activities” of the department.-organized guest lectures and CME

49. State whether the programme/ department is accredited/ graded by other agencies? If yes, give details.No

50. Briefly highlight the contributions of the department in generating new knowledge, basic or applied.

Research work on Challenges of Ayurveda Education, Response of Exercise as per Prakriti, Physiological Variation in different Seasons as per Prakriti was carried out in department. Work on Ayurveda education pointed out at many deficits of the existing system that in turn are responsible for rendering an Ayurveda graduate diffident. The results of this work have been published in reputed journals and have drawn the attention of educationists, scientists and policy makers alike.

In diabetic and hypertensive cases significant response of walking and breathing exercise was observed in different physiological parameters. This response was also significant as per Prakriti. Results of this work have been published in reputed journals.

Research work on seasonal variation and physiological parameters was carried out in healthy individuals as per prakriti. Significant variation was found in most of the physiological parameters. Findings of this work have been published in indexed journals.

51. Detail five major Strengths, Weaknesses, Opportunities and Challenges (SWOC) of the department.

1. Strengths-Good teaching, Publications in reputed journals,
2. Weaknesses-Lack of teaching staff, technical staff and ministerial staff
3. Opportunities and Challenges-

52. Future plans of the department.

- Establishing three well-equipped laboratories: hematology laboratory, human laboratory and experimental laboratory, to aid practical training to the under graduate and post graduate scholars.
- Evaluation of the physiological concepts of Ayurveda in terms of modern knowledge by incorporating laboratory equipments in doctoral level research.

- Preparation of a standard textbook on Ayurvedic Physiology.
- Starting some short term courses in 'Human Physiology in Ayurveda' for graduates of other streams of science.
- Developing a software to evaluate 'Prakriti' of an individual.
- Exploring the ancient textbooks and analyzing the material related to Human Physiology.

Sangeeta Gehlot

Head

Department of Kriya Sharir  
Faculty of Ayurveda, IMS, BHU

VARANASI