

Evaluation Of Shloka Recitation In First-Year BAMS Students: Enhancing Learning In Kriya Sharira

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Abstract

Sanskrit, one of the oldest languages in India, forms the foundation of classical Ayurvedic texts. Ayurveda, the "science of life," is a holistic Indian medical system in which knowledge is primarily transmitted through Sanskrit shlokas. Among Ayurvedic subjects, Kriya Sharira is fundamental, focusing on the physiological functions of the body, mind, and senses. First-year BAMS students often struggle with understanding and memorizing Sanskrit shlokas. This study aimed to promote daily shloka recitation and assess its impact on student learning, confidence, and academic performance through a structured Shloka Recitation Competition (SRC). The competition improved students' pronunciation, confidence, reduced fear of Sanskrit, and enhanced performance in examinations.

Keywords

Kriya Sharira, Sanskrit, Shloka Recitation, Ayurveda, BAMS Education, Learning Methods, Confidence Building

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I. Introduction

Ayurveda is a time-honored Indian system of medicine with Sanskrit as its medium of instruction and scripture. *Kriya Sharira*, a core subject in the first phase of BAMS (Bachelor of Ayurvedic Medicine and Surgery), addresses normal and abnormal physiological functions based on concepts such as *Dosha*, *Dhatu*, and *Mala*.

Traditionally, the recitation of *shlokas* has been an essential mode of learning in Ayurveda. However, modern students often face difficulties with the Sanskrit language, limiting their ability to engage deeply with the subject. This study explores the role of daily *shloka* recitation and competition in helping students grasp the foundational aspects of *Kriya Sharira*, improve retention, and gain confidence.

II. Aim

To evaluate the impact of Sanskrit *shloka* recitation on the academic performance and confidence of first-year BAMS students studying *Kriya Sharira*.

III. Objectives

1. To increase students' confidence in *shloka* recitation.
2. To reduce fear and anxiety regarding the Sanskrit language.
3. To enhance pronunciation and understanding of Ayurvedic terminology.
4. To improve memory retention and performance in examinations.

IV. Materials And Methods

Study Setting and Participants

The study was conducted in the Department of Kriya Sharira, BLDEA's AVS Ayurveda Mahavidyalaya Hospital and Research Centre, Vijayapur. Approval was obtained from the Principal and Head of the Department.

- **Participants:** 87 first-phase BAMS students
- **Study Duration:** 1 month

Procedure

1. Initially, 87 students were selected for daily *shloka* recitation under faculty guidance.
2. Students practiced all *Kriya Sharirashlokas* daily for a month.
3. A structured *Shloka Recitation Competition* (SRC) was conducted in four rounds:

Round 1: Vridhi-Kshaya of Dosha, Dhatu, Mala

- Students randomly selected two topic cards and recited relevant *shlokas* within 3 minutes.
- Evaluation criteria: pronunciation, tone, rhythm, accuracy, and time management.

Round 2: Word Identification

- A keyword was given; students identified the corresponding *shloka* and recited it with reference.

Round 3: Fill in the Blanks

- Students completed partially displayed *shlokas* from a PowerPoint presentation and explained the meaning.

Round 4: Rapid Recitation

- Students recited as many *shlokas* as possible within 5 minutes on a specified topic.

Evaluation and Scoring

Each round was worth 10 marks, total 40 marks. The top 3 scorers were awarded. Feedback was collected from students and faculty using a structured questionnaire.

V. Results

Quantitative Feedback Analysis

The analysis of student responses revealed overwhelmingly positive outcomes:

S.No	Question	Excellent / Strongly Agree	Good / Finely Agree	Average	Poor	Very Poor
1	Overall SRC experience	75	9	1	1	1
2	Satisfaction with SRC	80	7	0	0	0
3	SRC helps in subject learning	81	5	1	0	0
4	Improved pronunciation	83	3	1	0	0
5	Boosted confidence	79	7	1	0	0
6	Reduced fear of Sanskrit	79	6	2	0	0
7	Fairness and uniformity	75	10	2	0	0
8	Repetition of such events	78	8	1	0	0
9	Absence of bias	87	0	0	0	0

VI. Discussion

In ancient India, oral transmission of knowledge was sustained through the recitation of *shlokas*. This method fosters memory, conceptual clarity, and linguistic fluency. The *Shloka Recitation Competition* (SRC) replicated this traditional learning method in a structured and engaging way.

Students developed:

- Greater confidence in public speaking and academic performance.
- Improved Sanskrit comprehension.
- Better recall of *Kriya Sharira* concepts during exams.

Among 87 participants, 80 students expressed satisfaction, while 81 agreed that such activities improve subject understanding. This suggests that *shloka* recitation is an effective pedagogical tool for Ayurveda education.

VII. Conclusion

Shloka recitation significantly enhances understanding and memorization of key Ayurvedic concepts. The structured SRC improved pronunciation, reduced fear of Sanskrit, and increase student confidence. These outcomes suggest that such initiatives should be integrated regularly into BAMS curricula for foundational subjects like *Kriya Sharira*.

References

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