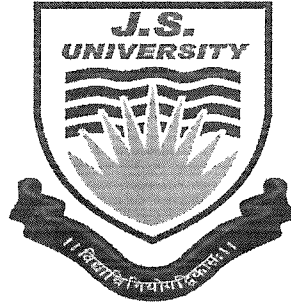


J.S. University, Shikohabad

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Value Added Course
AYURVEDA AND NUTRITION
Department of Physical Education

Ayurveda and Nutrition

Learning Outcome:

This Course will provide knowledge of Ayurveda and Nutrition

Duration: 30 Hours. (Theory and Practical)

Course Outcomes: -

Maximum Exposure has to be given on Practical Oriented

After completion of the course the student shall be able to:-

1. Awareness of traditional food cultures of India
2. Evaluate changing food patterns and lifestyle over the years
3. Understand Indian Knowledge Systems (IKS) and key Vedic principles with respect to Food and Nutrition
4. Apply basic tenets of traditional diets for health and disease
5. Prepare selected healthy recipes based on Ayurvedic principles

Syllabus Outline

Module-1

Introduction to Ayurvedic Nutrition Concept

1. Ayurveda and Indian food cultures
2. Nutrition and lifestyle transition over the years
3. Regional Food Traditions of India

Module-2

Basic principles of Food and Nutrition and Ayurveda

1. Understanding rich sources of nutrients
2. Concept of *Doshas* & assessment
3. Ayurvedic Principles of food habits and factors determining quality of food (*Ahara vidhi visheshaayatana*)
4. FSSAI regulations on Ayurvedic Aahar

Module-3

Ayurvedic Diets

1. Principles of Diet: Aharavidhi vidhan, Sattvic, Rajasi, Tamasic foods
2. Incompatible food (Viruddha Ahara), Pathya; Apathya; Viprita Ahaar
3. Lifestyle Management with Dinacharya and Ritucharya
4. Application of Ayurvedic diets to stress linked food behaviour

Module-4

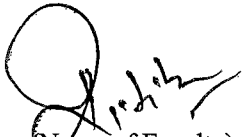
Practical/ Practice

1. Visit your local market and classify the available food items according to Sattvic, Rajasi, Tamasic foods to study food behaviour and analyse them in light of
2. Ayurvedic dietary principles of Sattvic, Rajasi, Tamasic to study the food consumption patterns and intake of incompatible food: Viruddha Ahara, Pathya; Apathya; Viprita Ahaar
3. To know about their adopted lifestyle Dinacharya and Ritucharya


REFERENCE

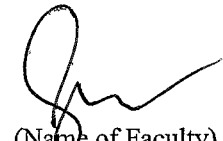
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(Name of Faculty)
Course Coordinator

Mr. Krishna
Singh


(Name of Faculty)
Dean Academics
Dr. Akhilesh
Director/Principle/Dean of Faculty/Department


(Name of Faculty)

Mr. Nilesh
Singh