Gyanmanjari Innovative University

Course Syllabus
Gyanmanjari Science College
Semester-4 (B.Sc.)

Subject: Ayurveda and Nutrition- BSCXX14212

Type of course: Value Added course

Prerequisite: Students will develop an integrated understanding of how Ayurvedic principles can inform nutritional practices, promoting overall health and well-being. They will apply this knowledge to create balanced dietary plans aligned with Ayurvedic traditions and application of Ayurveda in disease and health management.

Rationale: Integrating Ayurveda and Nutrition enriches students of science and technology, linking traditional knowledge with modern science to enhance holistic health understanding as a part of Indian knowledge system and value addition.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks			Total Marks
CL	T	P	C	SEE	CCE		
					MSE	ALA	
2	0	0	2	50	20	30	100

Legends: CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE - End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.

2 Credits * 25 Marks = 50 Marks (each credit carries 25 Marks) Theory
SEE 100 Marks will be converted in to 50 Marks
CCE 100 Marks will be converted in to 50 Marks
It is compulsory to pass in each individual component.

GYANMANJARI INNOVATIVE UNIVERSITY BHAVNAGAR

Course Content:

Unit No	Course content	Hrs	% Weightage
1	**Introduction to Ayurveda Nutrition** • Introduction to food and ancient food culture • Role of food in nutrition and health • Examples of ideal nutritious food for healthy lifestyle • Ayurvedic nutritious food and its role in health • Food tradition in regional area of India	12	34%
2	**Basic principle of Nutrition and Ayurveda** • Rich sources of nutrition and concept of nutrients • Introduction of Doshas • Ayurvedic principles of food habit (Aahar Vidhi) • FSSAI regulation of ayurvedic Aahar	08	33%
3	**Ayurvedic Diets** • Aharvidhi Vidhan: Sattvic,Tamsic and Rajasi food • Incompatible food (Viruddha Aahara): Pathya; Apathya; Viprita Ahaar • Dincharya and Ritucharya • Examples of Ayurvedic medicine and its role in disease management	10	33%

Continuous Assessment:

Sr. No	Active Learning Activities	Marks
1	**Survey (Aaharvidhi Vidhaan)** Students in a group of two collect local food and classify them to Sattvic, Rajasi, Tamasic foods and prepare a report on it upload on GMIU web portal.	**10**
2	**Satvik Food preparation** Students need to prepare a food which is healthy and made fusion with junk food. Photo need to upload on GMIU web portal.	**10**
3	**Review writing** Students have to prepare review of projects/research from AYUSH research portal and submit report on GMIU web portal.	**10**
Total		**30**

Suggested Specification table with Marks (Theory):50

Distribution of Theory Marks **(Revised Bloom's Taxonomy)**						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	30%	30%	30%	10%	-	-

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course, the students should be able to:	
CO1	Provide in-depth concept of Ayurveda and it role in nutrition
CO2	Gain knowledge of different Doshas and food habit in terms of Ayurvedic nutrition
CO3	Apply the concept of Ayurvedic nutrition in diets and health management

Instructional Method:

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, e-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.

Reference Books:

[1] Charaka Samhita by Charaka A foundational text of Ayurveda, detailing principles of medicine and nutrition.
[2] Ayurvedic Nutrition: A Nutritional Approach to the Ayurvedic System of Healing by Dr. David Frawley
[3] The Complete Book of Ayurvedic Home Remedies" by Vasant Lad
[4] Principles of Ayurvedic Medicine by Dr. Vasant Lad.
[5] Ayurveda: The Science of Self-Healing by Dr. Vasant Lad