

VAC009	Ayurveda and Nutrition
Contact Hours	30 Hours
Prerequisite	Nil

Course Description

This comprehensive course offers participants an in-depth understanding of Ayurveda principles and their application in nutrition and wellness. Participants will explore the foundations of Ayurvedic philosophy, dietary practices, and lifestyle recommendations to promote holistic health and balance. The course integrates traditional wisdom with modern nutritional science, equipping learners with practical skills to make informed dietary choices and create personalized wellness plans.

Course Objectives

1. Explain the fundamental concepts of Ayurveda and its role in promoting holistic well-being.
2. Identify individual dosha (constitution) types and their implications for dietary and lifestyle choices.
3. Analyze various dietary components and their effects on different dosha types.
4. Design personalized nutrition plans based on Ayurvedic principles for improved health.
5. Apply Ayurvedic guidelines to address common health concerns and imbalances.

Course Content

Module I: Introduction to Ayurveda and Nutrition

5 hours

- Origins and principles of Ayurveda.
- Integration of Ayurvedic philosophy with modern nutrition science.
- Ayurvedic approach to holistic health and wellness.

Module II: Doshas and Prakriti (Constitution)

4 hours

- Understanding Vata, Pitta, and Kapha doshas.
- Assessing individual prakriti (constitution) and its significance.
- Balancing doshas through diet and lifestyle modifications.

Module III: Ayurvedic Nutrition Basics

4 hours

- Six tastes and their effects on dosha balance.
- Guidelines for balanced and mindful eating.
- Ayurvedic food classifications and their nutritional value.

Module IV: Dietary and Lifestyle Practices

4 hours

- Ayurvedic perspectives on meal planning and timing.
- Seasonal eating and its impact on well-being.
- Incorporating Ayurvedic practices into daily routines.

Module V: Ayurvedic Herbs and Spices

4 hours

- Role of herbs and spices in Ayurvedic cooking.
- Herbal remedies for digestion, immunity, and stress.
- Preparing Ayurvedic herbal infusions and teas.

Module VI: Addressing Common Health Concerns**5 hours**

- Ayurvedic approaches to digestion and metabolism.
- Managing weight, energy, and stress through Ayurvedic nutrition.
- Ayurveda for skin health, detoxification, and anti-aging.

Module VII: Ayurvedic Cooking and Culinary Techniques**4 hours**

- Cooking methods and their impact on dosha balance
- Creating balanced Ayurvedic meals and recipes
- Ayurvedic food presentation and mindful eating practices

Practicum

1. Perform dietary assessments for individuals, analyzing their current eating habits and comparing them to Ayurvedic principles.
2. Creating Ayurvedic-inspired meal plans for different body types or doshas.
3. Role-play scenarios where students act as Ayurvedic practitioners and conduct mock consultations with clients.

Textbooks

Halpern, M., & Frawley, D. (2004). *Healing Your Life: Lessons on the Path of Ayurveda*. Lotus Press.

Sharma, H. (2006). *Ayurvedic Healing Cuisine: 200 Vegetarian Recipes for Health, Balance, and Longevity*. Healing Arts Press.

Reference Books

Lad, V. (1992). *The Complete Book of Ayurvedic Home Remedies*. Harmony.

	Evaluation Component	Weightage (%)
1	Participation in Practicum activities	20
2	Assignments/Presentations	20
3	Attendance	10
4	End Term Examination	50



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K.R. MANGALAM UNIVERSITY
EDUCATION FOR LIFE
(Recognized by UGC and a member of AIU)

Ref.No.:KRMU/Admin./Notice/2018-19/ 476(A) Dated: 07th December, 2018

NOTICE

This is to put for information that School of Medical & Allied Sciences is offering Value-Added Course (VAC) for all interested students during Even Semester as per the following specifications.

Course Code	Course Title	Coordinating Department / School	Duration
VAC006	Certificate in Yoga for Wellness	SMAS	30 Hrs.
VAC009	Ayurveda and Nutrition	SMAS	30 Hrs.

Maximum 100 seats are available for the course.

Course Start Date: 02 January 2019

Course End Date: 19 March 2019

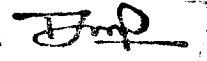
All interested students are required to confirm their registration with the Dean-School of Medical & Allied Sciences latest by **26th December, 2018**


Registrar

Copy to:

- Vice Chancellor
- Dean (Academics Affairs)
- Controller of Examinations
- All Deans/ School Coordinators
- All Faculty Members/ Mentors
- Notice Board
- Office Copy

: For kind information


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K.R. Mangalam University
Sonna Road, Gurugram (Haryana)



ATTENDANCE SHEET

VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC009

COURSE TITLE: AYURVEDA AND NUTRITION

Roll No	NAME	PROGRAMM	SEMESTER	2-Jan-19	3-Jan-19	4-Jan-19	7-Jan-19	9-Jan-19	10-Jan-19	11-Jan-19
1802580006	NEHA SAHU	M.Com	Semester II	P	P	P	A	P	P	P
1803090002	JITESH SACHDEVA	B.Sc (H) Phys	Semester II	A	P	P	P	P	P	P
1803090008	NIKKI	B.Sc (H) Phys	Semester II	P	A	P	P	P	P	P
1803100001	AKSHAY KUMAR	B.Sc (H) Chem	Semester II	A	P	P	A	P	A	A
1803100003	JATIN	B.Sc (H) Chem	Semester II	P	A	A	P	A	P	P
1803110003	GOURAV KUMAR SINGH	B.Sc (H) Math	Semester II	P	A	P	P	P	P	P
1803680003	NAMISHA YADAV	M.Sc (H) Chem	Semester II	P	P	P	A	P	A	P
1803680006	HEMA VASHISTHA	M.Sc (H) Chem	Semester II	P	P	P	P	P	P	P
1803680008	MANOJ KUMAR	M.Sc (H) Chem	Semester II	P	A	P	P	P	P	P
1805140001	AMAN AHMED	BBA LLB (H)	Semester II	P	A	P	P	P	P	P
1805140008	DIVESH MAHAJAN	BBA LLB	Semester II	P	P	P	A	P	P	P
1805140011	RAJ SIKAND	BBA LLB (H)	Semester II	P	P	P	A	P	P	P
1805140017	SADITYA	BBA LLB (H)	Semester II	A	A	A	P	P	P	A

[Signature]

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VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC009

COURSE TITLE: AYURVEDA AND NUTRITION

Roll No	NAME	14-Jan-19	15-Jan-19	16-Jan-19	18-Jan-19	21-Jan-19	24-Jan-19	28-Jan-19	30-Jan-19	1-Feb-19
1802580006	NEHA SAHU	P	P	P	P	P	A	P	P	P
1803090002	JITESH SACHDEVA	P	P	P	P	P	P	P	P	P
1803090008	NIKKI	P	P	P	P	P	P	P	P	P
1803100001	AKSHAY KUMAR	P	P	P	P	P	P	P	P	P
1803100003	JATIN	P	P	P	A	P	P	P	P	P
1803110003	GOURAV KUMAR SINGH	P	P	P	P	P	P	P	P	P
1803680003	NAMISHA YADAV	P	P	P	P	P	P	P	P	P
1803680006	HEMA VASHISTHA	P	P	P	P	P	P	P	P	A
1803680008	MANOJ KUMAR	P	P	P	P	P	P	P	P	A
1805140001	AMAN AHMED	P	P	P	P	P	P	P	P	P
1805140008	DIVESH MAHAJAN	P	P	P	P	P	P	P	P	P
1805140011	IAI SIKAND	P	A	P	P	P	P	P	P	P
1805140017	SADITYA	P	P	P	A	P	P	P	P	P

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VAC COURSE FOR ACADEMIC YEAR 2018-19
COURSE CODE: VAC009
COURSE TITLE: AYURVEDA AND NUTRITION

Roll No	NAME	4-Feb-19	5-Feb-19	6-Feb-19	7-Feb-19	8-Feb-19	9-Feb-19	10-Feb-19	11-Feb-19	12-Feb-19
1802580006	NEHA SAHU	P	P	P	P	P	P	A	P	P
1803090002	JITESH SACHDEVA	P	P	P	P	P	P	P	P	P
1803090008	NIKKI	P	P	P	P	P	P	P	P	A
1803100001	AKSHAY KUMAR	P	P	P	P	P	P	P	A	A
1803100003	JATIN	P	P	P	P	P	P	P	P	P
1803110003	GOURAV KUMAR SINGH	P	P	P	P	P	A	P	P	P
1803680003	NAMISHA YADAV	P	P	P	P	P	P	P	P	P
1803680006	HEMA VASHISTHA	P	P	P	P	P	P	P	P	P
1803680008	MANOJ KUMAR	P	P	A	P	P	P	P	P	P
1805140001	AMAN AHMED	P	P	P	P	P	P	A	P	P
1805140008	DIVESH MAHAJAN	P	P	P	P	P	A	P	P	A
1805140011	JAI SIKAND	P	P	P	P	P	P	A	P	P
1805140017	S ADITYA	P	P	P	P	P	P	P	P	P


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VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC009

COURSE TITLE: AYURVEDA AND NUTRITION

Roll No	NAME	14-Feb-19	15-Feb-19	19-Feb-19	22-Feb-19	25-Feb-19	1-Mar-19	6-Mar-19	12-Mar-19	14-Mar-19
1802580006	NEHA SAHU	A	A	P	P	P	P	P	A	P
1803090002	JITESH SACHDEVA	P	P	A	P	P	P	P	P	A
1803090008	NIKKI	P	P	A	P	A	P	A	P	P
1803100001	AKSHAY KUMAR	P	P	P	P	P	A	P	P	P
1803100003	JATIN	P	P	P	P	P	P	P	P	P
1803110003	GOURAV KUMAR SINGH	P	P	P	P	P	P	P	A	P
1803680003	NAMISHA YADAV	P	P	P	P	P	P	P	P	P
1803680006	HEMA VASHISTHA	P	P	P	P	A	P	P	P	P
1803680008	MANOJ KUMAR	P	P	P	P	A	P	P	P	P
1805140001	AMAN AHMED	P	P	P	P	P	A	P	P	P
1805140008	DIVESH MAHAJAN	P	P	P	P	P	A	P	P	A
1805140011	JAI SIKAND	P	P	P	P	P	P	P	P	P
1805140017	S ADITYA	P	P	A	P	P	P	P	P	P

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VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC009

COURSE TITLE: AYURVEDA AND NUTRITION

Roll No	NAME	15-Mar-19	18-Mar-19	19-Mar-19	TOTAL	Present	Percentage
1802580006	NEHA SAHU	P	A	P	37	30	81.08
1803090002	JITESH SACHDEVA	A	P	P	37	33	89.19
1803090008	NIKKI	A	A	P	37	30	81.08
1803100001	AKSHAY KUMAR	P	P	A	37	29	78.38
1803100003	JATIN	A	P	P	37	32	86.49
1803110003	GOURAV KUMAR SINGH	A	P	P	37	33	89.19
1803680003	NAMISHA YADAV	A	P	P	37	34	91.89
1803680006	HEMA VASHISTHA	P	A	P	37	34	91.89
1803680008	MANOJ KUMAR	P	A	P	37	32	86.49
1805140001	AMAN AHMED	A	P	P	37	33	89.19
1805140008	DIVESH MAHAJAN	A	P	P	37	31	83.78
1805140011	JAI SIKAND	P	P	P	37	34	91.89
1805140017	S ADITYA	P	A	P	37	30	81.08

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Haryana 122103



VALUE ADDED COURSE (VAC)

ACADEMIC YEAR 2018-19

COURSE CODE: VAC009

COURSE TITLE: AYURVEDA AND NUTRITION

COURSE OFFERED BY: SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)

LIST OF STUDENTS COMPLETING THE COURSE

S.NO	SESSION	ROLL NO	NAME	PROGRAMME	SEMESTER	COURSE CODE	COURSE TITLE	SCHOOL
1	2018-19	1802580006	NEHA SAHU	M.Com	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
2	2018-19	1803090002	JITESH SACHDEVA	B.Sc (H) Phys	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
3	2018-19	1803090008	NIKKI	B.Sc (H) Phys	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
4	2018-19	1803100001	AKSHAY KUMAR	B.Sc (H) Chem	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
5	2018-19	1803100003	JATIN	B.Sc (H) Chem	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
6	2018-19	1803110003	GOURAV KUMAR SINGH	B.Sc (H) Math	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
7	2018-19	1803680003	NAMISHA YADAV	M.Sc (H) Chem	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
8	2018-19	1803680006	HEMA VASHISTHA	M.Sc (H) Chem	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
9	2018-19	1803680008	MANOJ KUMAR	M.Sc (H) Chem	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
10	2018-19	1805140001	AMAN AHMED	BBA LLB (H)	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
11	2018-19	1805140008	DIVESH MAHAJAN	BBA LLB	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF LEGAL STUDIES (SOLS)
12	2018-19	1805140011	JAI SIKAND	BBA LLB (H)	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF LEGAL STUDIES (SOLS)
13	2018-19	1805140017	S ADITYA	BBA LLB (H)	Semester II	VAC009	AYURVEDA AND NUTRITION	SCHOOL OF LEGAL STUDIES (SOLS)

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This is to certify that **NEHA SAHU**, University Enrolment No **1802580006** of **M.Com** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

h. rajan

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This is to certify that **JITESH SACHDEVA**, University Enrolment No **1803090002** of **B.Sc (H) Phys** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **NIKKI**, University Enrolment No **1803090008** of **B.Sc (H) Phys programme** has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **AKSHAY KUMAR**, University Enrolment No **1803100001** of **B.Sc (H) Chem** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **JATIN**, University Enrolment No **1803100003** of **B.Sc (H) Chem programme** has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **GOURAV KUMAR SINGH**, University Enrolment No **1803110003** of **B.Sc (H) Math** programme has successfully qualified **VALUE ADDED COURSE VAC009** (**Ayurveda and Nutrition**) during Academic Session **2018-19** (**Even Semester**).

Date: 25.06.2019

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This is to certify that **NAMISHA YADAV**, University Enrolment No **1803680003** of **M.Sc (H) Chem** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **HEMA VASHISTHA**, University Enrolment No **1803680006** of **M.Sc (H) Chem** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **MANOJ KUMAR**, University Enrolment No **1803680008** of **M.Sc (H) Chem** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **AMAN AHMED**, University Enrolment No **1805140001** of **BBA LLB (H)** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **DIVESH MAHAJAN**, University Enrolment No **1805140008** of **BBA LLB** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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This is to certify that **JAI SIKAND**, University Enrolment No **1805140011** of **BBA LLB (H)** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19** (Even Semester).

Date: 25.06.2019

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This is to certify that **S ADITYA**, University Enrolment No **1805140017** of **BBA LLB (H)** programme has successfully qualified **VALUE ADDED COURSE VAC009 (Ayurveda and Nutrition)** during Academic Session **2018-19 (Even Semester)**.

Date: 25.06.2019

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