



## Course curriculum for Second Professional BAMS

(PRESCRIBED BY NCISM)

शास्त्रं ज्योतिः प्रकाशार्थं दर्शनं बुद्धिरात्मनः।

### Swasthavritta evam Yoga

(SUBJECT CODE : AyUG-SW)

(Applicable from 2021-22 batch, from the academic year 2023-24 onwards for 5 years or until further notification by NCISM, whichever is earlier)



॥ आयुषे सर्वलोकानाम् ॥



**BOARD OF AYURVEDA**  
**NATIONAL COMMISSION FOR INDIAN SYSTEM OF MEDICINE**  
**NEW DELHI-110058**



NCISM

## II Professional Ayurvedacharya (BAMS)

**Subject Code : AyUG-SW**

### Summary

Total number of Teaching hours: 400			
Lecture hours(LH)-Theory		150	150(LH)
Paper I	75		
Paper II	75		
Non Lecture hours(NLH)-Theory		250	250(NLH)
Paper I & II	75		
Non Lecture hours(NLH)-Practical			
Paper I & II	175		

Examination (Papers & Mark Distribution)					
Item	Theory Component Marks	Practical Component Marks			
		Practical	Viva	Elective	IA
Paper I	100	100	60	(Set SC) 10	30
Paper II	100				
Sub-Total	200	200			
Total marks	400				

**Important Note:-**The User Manual II BAMS is a valuable resource that provides comprehensive details about the curriculum file. It will help you understand and implement the curriculum. Please read the User Manual II before reading this curriculum file. The curriculum file has been thoroughly reviewed and verified for accuracy. However, if you find any discrepancies, please note that the contents related to the MSE should be considered authentic.

In case of difficulty and questions regarding curriculum write to [cur.imp@ncismindia.org](mailto:cur.imp@ncismindia.org)



## **PREFACE**

Health care, especially the preventive health care is coming to a fore front, most so during recent years due to pandemic situation. In fact, the preventive health care is indeed the strength of Ayurveda as its primary motto itself is ‘Swasthasya swasthya rakshanam’, Keep sustaining health of a healthy and nourishes it. The students of Ayurveda need to understand it better, who can carry this message and contribute for building a healthy India, may the entire world. Keeping this in mind any effort to sensitize the student community to understand the basics of Swasthavritta, the preventive health care of Ayurveda is laudable. Swasthavritta is an important subject of the BAMS program for the undergraduate students of Ayurveda. The term Swastha means healthy individual and Vritta means actions or regimen thus Swasthavritta denotes the actions or regimen which can be observed to maintain the health of a healthy individual and to prevent the diseases. This subject refers to the Preventive medicine and social medicine/ Community medicine of contemporary medical science.

Swasthavritta deals with the Vaiyaktika swasthavritta ( Individualized lifestyle including in terms of prevention, promotion & maintainance of health) incudes Dinacharya, Ritucharya, Sadvritta, Rasayana , Pathya-Apathya for both Swastha as well as disease condition. Samajika swasthavritta- Community health deals with Janapadodhwamsa, Environmental health, Occupational health, School health and National health programs etc, along with these topics Swasthavritta also deals Yoga and Naturopathy. Thus, Swasthavritta provides holistic health care to community.

New curriculum of Swasthavritta is designed considering cognitive, affective, and psychomotor domains. There are group discussions, workshops, field visits, health institutional visits, factory visits health surveys and activities beyond the textbook during the practical hours like preparation of charts, models, seminar presentations by students. Swasthavritta subject also deals with teaching learning methods like role play, flipped the classroom, etc. Some assessment methods like OSPE, PBL, DOPS, CBD, skill assessment, etc are incorporated.

This curriculum serves as a valuable resource for both educators and students, guiding them through the fascinating realm of swasthavritta. May the knowledge gained from this curriculum empower students to make a positive impact in promoting health, preventing diseases and creating a healthier society. This curriculum empowers the Ayurvedic graduates who capable of designing customized individualized lifestyle as well as community health measures as per Ayurvedic principles. This also makes graduates to become health educators, who will take part in national health programs, who can assess community needs and develop measures to counteract the health problems and make them to prepare competent community physicians.



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<b>Course code</b>	<b>Name of Course</b>
AyUG-SW	Swasthavritta evam Yoga

**Table 1- Course learning outcomes and matched PO**

<b>SR1 CO No</b>	<b>A1 Course learning Outcomes (CO) AyUG-SW At the end of the course AyUG-SW, the students should be able to-</b>	<b>B1 Course learning Outcomes matched with program learning outcomes.</b>
CO1	Demonstrate application of principles of Swasthavritta in lifestyle modifications.	PO1,PO2,PO4,PO6
CO2	Assess the health status and advise preventive & promotive measures according to Ayurveda principles	PO3
CO3	Demonstrate and advise Yoga and Naturopathy as health promotive and disease preventive regimen	PO1,PO4
CO4	Understand and apply the principles and components of primary health care and health policies to achieve the goal of health for all	PO2,PO5
CO5	Advocate and propagate preventive principles of Ayurveda and contemporary sciences through Information, Education and Communication(IEC)	PO8
CO6	Conduct community surveys and apply epidemiological principles for the assessment of health & morbidity as a community physician	PO2,PO5
CO7	Understand and apply the principles of environmental health and its effects on public health with control measures	PO3,PO4
CO8	Demonstrate skills and research aptitude for the promotion of health and prevention of diseases	PO9

**Table 2 : Contents of Course**



<b>Paper 1 Principles of Swasthavritta, Yoga and Naturopathy</b>					
<b>Sr. No</b>	<b>A2 List of Topics</b>	<b>B2 Term</b>	<b>C2 Marks</b>	<b>D2 Lecture hours</b>	<b>E2 Non- Lecture hours</b>
1	<p><b>Swastha and Swasthya</b>                      Definition of Swasthavritta and its objective.                      Swasthalakshanas, Arogyalakshanas, Dhatusamyalakshanas.                      Concept of Health &amp; Operational definition of health.                      Importance of Shodhana in Swastha in relation to Sanchita &amp; Asanchitha Dosha &amp; Classification of Swastha purusha as Sanchita dosha and Asanchita Dosha. Dimensions of health -Physical, Mental and Social. Concept of well-being : objective component of well-being - standard of living and level of living and subjective component of well-being - Quality of Life. One health concept / Vasudhaiva Kutumbakam” or “One Earth · One Family- One Future”.</p>	1	6	3	0
2	<p><b>Healthy Life style -Dinacharya (Daily regimen)</b>                      Concept of Primordial, Primary, Secondary and Tertiary Prevention along with examples in Ayurveda. Importance of Ahara and Vihara as the health promotive and disease preventive measures. Importance of <b>Niyata kala vihara</b> (Dinacharya, Ritucharya) and <b>Aniyata kala Vihara</b>(Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshana ) for health promotion and disease prevention. Concept of waking up at 'Brahme muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory. UshaJalapana' (Drinking water in early morning). Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits.). Mukhaprakshalana and face washes used currently. Concept of Dantadhavana and modern-day brushing techniques and dentifrices. Concept of Jihwanirlekhana and the tools used in today's era and their benefits. Concept of Anjana as a health promotive measure. Kavala and gandusha for oral hygiene including mouthwashes available in the market. Abhyanga as as health promotive measure. Importance of the Tambula. Prayogika Dhoomapana ( Practicable &amp; non-practicable Dhoomapana- inhalation of herbal fumes/ herbal inhalers with their benefits and contraindications. Ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health. Applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and their possible physiological effects. Application of Abhyanga according to different age groups and occupation/activity. Different snehas/oils to be used for daily abhyanga as per seasons and geographical variations. Concept of Vyayama and present-</p>	1	38	8	5



	<p>day practices such as aerobic exercises, muscle strengthening exercises etc. to be practiced as per prakriti, age and occupation. Ardhashakti lakshanas of vyayama and the consequences of ati vyayama. Udwartana, Utsadana Udgharshana . Snana- Types of different types of bath and Physiological effects of snana on body and mind. Importance and benefits of Anulepana. Merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes etc. Importance of proper clothing (Vastradharana) in social life.</p>				
3	<p><b>Ratricharya</b> Ratri bhojanvidhi and its relation to health. Ratri shayana vidhi in relation to the proper time of sleep. Relation between Nidra and health. Effects of Yukta &amp; Ayukta nidra. Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra. Ahara and Vihara Causing sound sleep as well as disturbed sleep. Formulation of the duration of sleep according to age and Sleep in healthy and ailing persons. Various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle. Sleep apnea , insomnia, narcolepsy and restless leg syndrome. Solutions to Asatmya jagarana (sleep disorders). Importance of observing brahmacharya and abrahmacharya in ratricharya in relation to health. Brahmacharya with special reference to lifestyle guidelines. Reproductive and sexual health according Ayurveda.</p>	1		6	1
4	<p><b>Ritucharya</b> Classification of kaala , Adana kala and visarga kala , identification of seasons based on the ritu lakshanas in different geographical areas. Sanchaya- Prakopa- Prashamana of Dosha with their gunas in each ritu. Relation of Agni , Bala and Ritu with its application. Ritu shodhana for the prevention of diseases. Pathya - Apathya in regards to Ahara -Vihara in all six ritus in present scenario. Importance of ahara and vihara in ritu sandhi and Yamadanshtra kala. Rituharitaki as a rasayana with research updates. Effects of Rituviparyaya on health and its relation to janapadaudhwamsa/maraka vyadhis with present day examples.</p>	1		5	2
5	<p><b>Roganutpadaniya</b> Concept of vegadharana and vega-udirana in relation to health and morbidity. Symptoms and management principles of adharaniya vega janya vyadhis from</p>	1	13	2	1



	<p>bruhatrayee. Concept of vegaudirana (viz. Use of snuffing powder, forcible evacuation of bowels &amp; bladder etc.). Importance of dharaniya vegas in promotion of mental health.</p>				
6	<p><b>Sadvritta</b> Sadavritta measures for the maintenance of personal ,social and spiritual health. Observance of Sadvritta for the prevention of Adharma. Achara Rasayana" and its role in the prevention and control of diseases. Characteristics of a mentally healthy person, warning signals of poor mental health, types of mental illness and causes of mental ill-health. Mental health services and comprehensive mental health programme. Role of trigunas and satvavajaya in mental health promotion in present era. Digital health promotion</p>	1		2	1
7	<p><b>Ahara</b> Significance of Ahara for health and well-being according to Ayurveda &amp; Contemporary science. Classification of aharadravyas as per Ayurveda &amp; Contemporary science. Ahara vidhividhana, Ahara sevanakala &amp; Dwadasha ashanapravicharana . Applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. Ahara &amp;vihara leading to Santarpanajanya evam Apararpanajanyavyadhi and importance of upavasa and concept of intermittent fasting. Benefits of Shadrasabhojana. Importance of Ashta aharavidhivishesha ayatanani in present era. Importance of Nityasevaniyadravyas in the maintenance of health. Properties (Guna&amp; karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products) &amp;Madyavarga(Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Ahara UpayogiVarga (Spices &amp; Condiments), Kritannavarga(Prepared Food), Mamsavarga (Meat types) and JalaVarga. Definition of Pro-biotics and Pre-biotics and their utility. Proximate principles of Food - Recommended Daily Allowance according to various conditions, Sources and deficiency diseases of Protein, Carbohydrate, Fats, Vitamins, and Minerals. Definition of Balanced diet and diet for an individual depending on age, body weight and physiological status and Social Aspects of Nutrition. Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Foodborne diseases, Food fortification, Food adulteration and Food toxicants. Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne</p>	1	20	20	15





	<p>diseases, Clean and Safe milk and Pasteurization of milk Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg. Safety and hygiene measures for Fruits and Vegetables. Formulation of Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases. Description of Food safety and standards regulation (Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006. Different Dietary Supplements and Ergogenic Aids. Impact of different dietary patterns: Mediterranean diet, Keto Diet, DASH diet, the MIND diet, Vegan diet, Ovo-lacto-vegetarian, Pesco-vegetarian, Plant-based diet, Intermittent diet, the Nordic diet, importance of organic foods, merits and demerits of genetically modified foods and inflammatory foods such as fried foods, cookies, hot dogs, red meat, refined grains, pizza, burger etc., and instant foods like Maggi etc., Concept of slow and fast foods and impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health. Definition of Nutraceuticals, Nutrigenomics, Nutrigenetics. Concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases</p>				
8	<p><b>Rasayana for Swastha</b>            Definition of Rasayana and benefits of Rasayana. Classification and types of Rasayana with examples. Urjaskara Rasayanas as per age and occupations /Activities .Antioxidant &amp; immunomodulatory effects of Rasayana with reference to research articles. Importance of lifestyle counselling with its methods.</p>	1	5	2	2
9	<p><b>Yoga</b>            Etymology/derivation of the word 'Yoga'. Definitions of Yoga according to Patanjali Yogasutras, Bhagavad Gita and Charaka Samhita. Difference between Rajayoga, Hathayoga and Karmayoga. Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas. Mitahara and Pathya-apathyas during Yogabhyasa . Concept of Panchakosha theory. Description of Ashtangas of Yoga - Yama , Niyama , Asana .Pranayama , Pratyahara, Dharana, Dhyana and Samadhi. Suryanamaskara . Description of Shatkarmas - Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati. Bandha - procedure and benefits of Mulabandha, Jalandharabandha and Uddiyanabandha. Mudras - Shanmukhi mudra and Jnana mudra. Shatchakras and their importance in Yoga practice. Description of Ida-Pingala-Sushumna nadis and their importance in yoga practice. Concept of Moksha according to Charaka , Muktatmalakshana and Moksha upayas. Importance of International Day of Yoga (IDY).</p>	2	18	22	6



	Adverse effects of improper Yoga practices			
10	<b>Naturopathy</b> Basic principles of Naturopathy. Concept of Panchabhutopasana. Therapeutic effects of Mud therapy. Therapeutic effects of Sun bath. Fasting therapy - its types and benefits. Hydrotherapy - types of water used based on the temperature and therapeutic effects of Hydrotherapy. Therapeutic effects of Massage	2	5	4
<b>Total Marks</b>		<b>100</b>	<b>75 hr</b>	<b>37 hr</b>

<b>Paper 2 Public health</b>					
<b>Sr. No</b>	<b>A2 List of Topics</b>	<b>B2 Term</b>	<b>C2 Marks</b>	<b>D2 Lecture hours</b>	<b>E2 Non-Lecture hours</b>
11	<b>Janapadodhwamsa / Maraka Vyadhi</b> Causes of Janapadodhwamsa/ maraka vyadhi. Manifestation and control measures of Janapadodhwamsa. Principles and uses of epidemiology. Dynamics of disease transmission. Theory of disease causation - epidemiological triad and natural history of disease. Concept of prevention, modes of intervention, risk factors, incidence and prevalence. Susceptible host and host defense. Immunizing Agents. Concept of vyadhikshamatwa. Investigation of an epidemic. Prevention and control of an epidemic. Sankramaka roga as per Ayurveda. Epidemiological determinants, brief pathology, transmission, incubation period, clinical features, diagnosis and preventive measures of 1. Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy. 2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid. 3. Intestinal infestations – Ascariasis, Hook worm and Tape worm. 4. Emerging and re-emerging diseases. Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus, H1N1, H3N2, etc.,. 5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhoea. Role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM, Obesity, Coronary artery disease (CAD) and Cancer. Epidemic Diseases (Amendment) Ordinance Act, 2020 .,	2	10	37	10
12	<b>Environmental health</b> <b>Air:</b> Properties of Vayu and composition of air. Changes in	2	16	10	5



	<p>air of the occupied room. Comfort zone and indices of thermal comfort. Air pollution -causes, prevention and control. Effects of air pollution on health and social aspects .Effects of Global warming with recent updates. Definition of ventilation and types of Ventilation. Effects of high altitude and mountain air on health.<b>Water</b> : Safe and wholesome water and water requirements. Properties of water from different sources. Water pollution and health hazards. Contemporary and Ayurvedic methods of water purification. Hard Water - its effects on health and methods of removal of hardness. Quality of water stored in different vessels as per classics. Rain water harvesting - methods and its importance.<b>Soil</b> : Types of soil and relation between soil and health. Land pollution - its prevention and control. Land purification as per the classics. Social goals of Housing and Housing standards. The Building and other construction workers ( Regulation of employment and conditions of services) Act, 1996 Effects of housing on health. Overcrowding and its impact on health. <b>Light</b>: Good lighting, natural lighting and artificial lighting. Biological effects of lighting.<b>Noise</b> : Definition of noise and its sources, effects on health and control measures. <b>Radiation</b>: Radiation - sources and effects on health and control measures.<b>Waste disposal</b> : Types of solid waste, Storage and collection of refuse. Methods of disposal of solid waste (Rural &amp; urban). Excreta Disposal methods &amp; Sanitary Latrines. Modern Sewage disposal methods. Disposal methods of Excreta during camps, fairs, and festivals. Bio-medical waste management and Bio-medical waste management rules, 2016. Environment protection Act,1986.</p>				
13	<p><b>Disaster management</b> Definition of disaster and disaster management. Effects of natural and man-made disasters.Epidemiologic surveillance and disease control measures.</p>	2		1	2
14	<p><b>Occupational Health</b> Definition of occupational health and Ergonomics. Occupational Hazards and Occupational diseases. Prevention and control of Occupational diseases . ESI Act ,1948 and The factories Act.1948. Role of Ayurveda in various Occupational health problems. The Merchant Shipping / Medical Examination Rules,2000</p>	2	20	3	3
15	<p><b>School health services</b> Health problems of school children. Aspects of school health services.Duties of school medical officers. Healthy environment in the school.</p>	2		2	3
16	<p><b>Disinfection</b></p>	2		2	3



	Definition of different term used in relation to disinfection. Types of disinfection. Natural agents, Physical agents and Chemical agents of disinfection. Recommended disinfection procedures of feces & urine, sputum, and room. Ayurvedic disinfection methods.				
17	<b>Primary health care</b> Definition of Primary Health Care. Principles and elements of primary health care. Levels of health care. Structure of Primary health care at village, sub-center, Primary health center (PHC), Community health center (CHC) and Rural hospital levels. Primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs and the AYUSH sector. Role of Ayurveda in Primary Health Care.	2	20	2	1
18	<b>Mother and Child health care</b> Objectives of Maternal and Child Care services. MCH problems & indicators of MCH care.	2		1	1
19	<b>Family welfare programme</b> Definition of Demography and sources of demographic statistics in India. Demographic cycle & definition of life expectancy. Definition of family planning, eligible couple and target couple. Objectives of family planning. Problems of population explosion. National population policy. Methods of Contraceptive (Fertility Regulating Methods).	2		2	2
20	<b>Preventive Geriatrics</b> Health problems of the aged and prevention and control measures. Relation between lifestyle and healthy aging. Role of Rasayana in preventive geriatrics.	2		1	1
21	<b>World Health Organization and International health agencies</b> Definition of World Health organization. Structure, regions, and works of the World Health Organization. Functions of various international health agencies - United Nations health agencies, Bilateral health agencies and Non- Governmental agencies. Contribution of the World health organization to the global acceptance of Ayurveda.	2	19	3	1
22	<b>Vital Statistics</b> Definition of Vital Statistics. Sources of Vital statistics. Fertility, Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	2		1	1
23	<b>Health Administration</b> Health administration including AYUSH at the Central, State, District, and Village levels.	2		2	1
24	<b>National Health Programmes</b>	2	15	7	3



	National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio , National TB Elimination program , Vector born disease control program, RCH program, ICDS program, Universal Immunization program, National mental health program , National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) , Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&NUHM), National AYUSH Mission (NAM).National nutrition programs: National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.			
25	<b>National Health Policy</b> National Health Policy (NHP) and the scope of Ayurveda in NHP.	2	1	1
<b>Total Marks</b>			<b>100</b>	<b>75 hr</b>
			<b>38 hr</b>	



**Table 3: Learning objectives (Theory) of Course**

<b>Paper 1 Principles of Swasthavritta, Yoga and Naturopathy</b>									
<b>A3</b> Course outcome	<b>B3</b> Learning Objective (At the end of the session, the students should be able to)	<b>C3</b> Doma in/sub	<b>D3</b> Must to know / desirable to know / Nice to know	<b>E3</b> Level Does/ Show s how/ Know s how/ Know	<b>F3</b> T-L meth od	<b>G3</b> Assessment  (Refer abbreviations)	<b>H3</b> Form ative/ summ ative	<b>I3</b> Term	<b>J3</b> Integr ation
<b>Topic 1 Swastha and Swasthya</b> (Lecture :3 hours, Non lecture: 0 hours)									
CO1	Define Swasthavritta and describe its objective.	CK	MK	K	L	TT-Theory	S	I	
CO1	Describe and compare Swasthalakshanas Arogyalakshanas, Dhatusamyalakshanas. Describe Concept of Health & Operational definition of health.	CC	MK	K	L&PP T	TT-Theory	S	I	
CO1	Describe the Importance of Shodhana in Swastha in relation to Sanchita & Asanchitha Dosha & Classify Swastha purusha as Sanchita dosha and Asanchita Dosha.	CC	MK	KH	L	M-CHT	S	I	
CO1	Explain the Physical, Mental and Social dimensions of health.	CK	MK	KH	L&G D	T- EW	S	I	
CO1,CO2	Describe the objective component of well-being - standard of living and level of living and subjective component of well-being - Quality of Life.	CK	MK	KH	L	T- EW	S	I	
CO1,CO2,CO 7	Explain one health concept / "Vasudhaiva Kutumbakam" or "One Earth · One Family One Future"	CK	DK	K	L	T- EW	F	I	



Topic 2 Healthy Life style -Dinacharya (Daily regimen) (Lecture :8 hours, Non lecture: 5 hours)									
CO1,CO2	Explain the Primordial, Primary, Secondary, and Tertiary Preventive measures in the context of Ayurveda with examples	CK	MK	KH	L&PP T,SD L	TT-Theory	F&S	I	
CO1,CO2	Explain the importance of Ahara and Vihara as the health promotive and disease preventive measures.	CK	MK	KH	L&PP T	TT-Theory	S	I	
CO1,CO2	Describe the importance of <b>Niyata kala vihara</b> (Dinacharya, Ritucharya) and <b>Aniyata kala Vihara</b> (Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshanaa ) for health promotion and disease prevention.	CAN	MK	KH	L&PP T	T- EW	S	I	
CO1,CO2	Explore and analyse the concept of waking up at 'Brahma muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory	CAN	DK	KH	IBL	DEB	F	I	
CO1,CO2	Describe the time, quantity and benefits of 'Usha Jalapana' (Drinking water in early morning).	CC	MK	K	L&PP T	T- EW	S	I	
CO1,CO2	Explain the Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits)	CK	MK	KH	L&PP T	TT-Theory	S	I	
CO1,CO2	Explain the procedure, dravyas and benefits of Mukhaprakshalana and face washes used currently.	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1,CO2	Describe the time, procedure, benefits, contraindications and herbs used as per rasa for dantadhavana and modern-day brushing techniques and dentifrices.	CC	MK	KH	L&PP T	T- EW	F&S	I	
CO1,CO2	Describe jihwanirlekhana, explain the tools used in today's era and their benefits.	CAP	MK	KH	SDL	TT-Theory	F&S	I	
CO1,CO2	Explain the Anjana dravyas for Swastha and their benefits	CK	MK	K	L	INT	F&S	I	V-



									SHL
CO1,CO2	Describe the occupation /activity in which Anjana can be used as a health promotive measure	CS	NK	KH	SDL	O-QZ	F	I	
CO1,CO2	Explain the dravyas used with their doses for Pratimarsha Nasya and their benefits.	CC	MK	KH	L&PP T	T- EW	F&S	I	V-PC
CO1,CO2	Describe the various kaal for administering Pratimarsha Nasya as per day and season (ritu)	CAP	MK	KH	L&PP T	P-VIVA	F&S	I	V-PC
CO1,CO2	Describe the occupation /activity in which Pratimarsha Nasya can be used as a health promotive measure.	CAP	MK	KH	L&G D	INT	F&S	I	V-PC
CO1,CO2	Describe the ingredients, procedure and benefits of kavala and gandusha for oral hygiene including mouthwashes available in the market	CAP	MK	KH	L&PP T	TT-Theory	F&S	I	
CO1,CO2	Mention different snehas/oils to be used for daily abhyanga as per seasons and geographical variations.	CK	MK	K	L&PP T	INT	F&S	I	
CO1,CO2	Justify the importance of the classical tambula by comparing it with the present-day betel chewing.	CE	DK	KH	TBL	TT-Theory	F	I	
CO1,CO2	Explain the practical application of Prayogika Dhoomapana (inhalation of herbal fumes/ herbal inhalers) with their benefits and contraindications	CAP	MK	SH	BL	TT-Theory	S	I	
CO1,CO2	Explain the ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health	CAP	MK	KH	ECE	P-CASE	F&S	I	
CO1,CO2	Describe the applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and	CAP	MK	KH	DIS	T- EW	F&S	I	V-PC
CO1,CO2	Explain the application of Abhyanga according to different age groups and occupation/activity.	CAP	DK	KH	SDL	T-CS	F	I	V-PC





CO1,CO2	Explain the indications, contraindications and benefits of Vyayama.	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1,CO2	Describe the types & benefits of vyayama and present-day practices such as aerobic exercises, muscle strengthening exercises etc.to be practiced as per prakriti, age and occupation.	CAP	MK	KH	DIS	CR-RED	F&S	I	
CO1,CO2	Describe the assessment of ardashakti lakshanas of vyayama and the consequences of ati vyayama.	CE	MK	KH	DIS	TT-Theory	F&S	I	
CO1,CO2	Describe and compare the dravyas, benefits, and application of Udvartana, Udgharshana and Utsadana.	CAN	MK	KH	L&PP T	M-CHT	F&S	I	V-KC
CO1,CO2	Explain the physiological effects of snana on body and mind and explain the reasons for contraindications of Snana.	CAN	MK	KH	L&PP T	CR-W	F&S	I	
CO1,CO2	Explain the importance and benefits of Anulepana.	CK	MK	KH	L&PP T	P-VIVA	F&S	I	
CO1,CO2	Describe the merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes.	CAP	NK	KH	PrBL	CL-PR	F	I	
CO1,CO2	Explain the importance of proper clothing (vastradharana) in social life.	CK	MK	KH	L&PP T	INT	F&S	I	
<b>Topic 3 Ratricharya</b> (Lecture :6 hours, Non lecture: 1 hours)									
CO1,CO2	Describe ratri bhojanvidhi and its relation to health.	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1,CO2	Describe ratri shayana vidhi in relation to the proper time of sleep.	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1,CO2	Explain the relation between Nidra and health.	CK	MK	KH	L&PP T	T- EW	F&S	I	



CO1,CO2	Describe effects of Yukta & Ayukta nidra.	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1,CO2	Explain the effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra.	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1,CO2	Identify Ahara and Vihara Causing sound sleep as well as disturbed sleep.	CAN	DK	KH	SDL	INT	F	I	
CO1,CO2	Formulate the duration of sleep according to age, Sleep in healthy and ailing persons.	CE	DK	KH	SDL	INT	F	I	
CO1,CO2,CO 8	Explain various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle	CK	DK	KH	L&PP T	C-INT	F	I	
CO1,CO2,CO 8	Explain Sleep apnoea , insomnia, narcolepsy and restless leg syndrome. Explain solutions to Asatmya jagarana (sleep disorders .)	CK	DK	KH	L&PP T	C-INT	F	I	
CO1	Explain the importance of observing brahmacharya and abrahmacharya in relation to health	CAP	MK	KH	L&G D	TT-Theory	F&S	I	
CO1	Describe Brahmacharya with specail reference to lifestyle guidelines	CAP	MK	KH	L&G D	TT-Theory	F&S	I	
CO1	Describe reproductive and sexual health according to Ayurveda	CAP	MK	KH	L&G D	TT-Theory	F&S	I	
<b>Topic 4 Ritucharya</b> (Lecture :5 hours, Non lecture: 2 hours)									



CO1	Explain classification of kaala , distinguish Adana kala and visarga kala , identification of seasons based on the ritu lakshanas in different geographical areas.	CAP	MK	K	L&PP T	M-CHT	F&S	I	
CO1	Analyse the Sanchaya- Prakopa- Prashamana of Dosha with their gunas in each ritu.	CAN	MK	K	L&PP T	PUZ	F&S	I	
CO1	Describe the Relation of Agni , Bala and Ritu with its application.	CAP	MK	K	L&PP T	CL-PR	F&S	I	
CO1	Explain ritu shodhana for the prevention of diseases.	CC	MK	KH	L	T- EW	F&S	I	
CO1	Analyse Pathya - Apathya in regards to Ahara -Vihara in all six ritus in present scenario.	CAN	MK	K	FC	CL-PR	F&S	I	
CO1	Explain the importance of ahara and vihara in ritu sandhi and yamadanshra kala.	CK	MK	KH	SDL	T- EW	F&S	I	
CO1	Describe rituharitaki as a rasayana with research updates.	CE	DK	K	SDL	CR-RED	F	I	
CO1	Explain the effects of Rituviparyaya on health and its relation to janapadaudhwansa/maraka vyadhis with present day examples.	CAP	MK	K	L&PP T	CL-PR	F&S	I	
<b>Topic 5 Roganutpadaniya (Lecture :2 hours, Non lecture: 1 hours)</b>									
CO1,CO2	Explain vegadharana and vega-udirana in relation to health and morbidity.	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1,CO2	Compare the symptoms and management principles of adharaniya vega janya vyadhis from bruhattrayee.	CAN	MK	K	L&PP T	T- EW	F&S	I	
CO1,CO2	Explain with examples the concept of vega-udirana (viz. Use of snuffing powder, forcible evacuation of bowels & bladder etc.).	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1,CO2	Explain the importance of dharaniya vegas in promotion of	CK	MK	K	L&PP	T- EW	F&S	I	



	mental health.				T				
<b>Topic 6 Sadvritta</b> (Lecture :2 hours, Non lecture: 1 hours)									
CO1	Describe digital health	CK	DK	KH	L&G D	TT-Theory	F&S	I	
CO1,CO2	Explain Promotion of Digital health	CAP	DK	KH	L&G D	TT-Theory	F&S	I	
CO1,CO2	Describe Digital health problems	CAP	DK	KH	DIS	PP-Practical	F&S	I	V- SHL
CO1,CO2	Understand and adopt the Sadavritta measures for the maintenance of personal ,social and spiritual health.	AFT- VAL	DK	D	RP	INT	F	I	
CO1,CO2	Explain how the observance of Sadvritta helps for the prevention of Adharma.	CC	MK	KH	DIS	T- EW	F&S	I	
CO1,CO2	Describe 'Achara Rasayana" and its role in the prevention and control of diseases.	CK	MK	K	L&PP T	TT-Theory	F&S	I	
CO1,CO2	Explain characteristics of a mentally healthy person, warning signals of poor mental health, types of mental illness and causes of mental ill-health.	CK	MK	K	L&PP T	TT-Theory	F&S	I	
CO1,CO2	Describe the mental health services and comprehensive mental health programme.	CK	MK	K	L&PP T	TT-Theory	F&S	I	
CO1,CO2	Explain the role of trigunas and satvavajaya in mental health promotion in present era.	CAP	DK	KH	CBL	INT	F	I	V-KC
<b>Topic 7 Ahara</b> (Lecture :20 hours, Non lecture: 15 hours)									
CO1	Explain significance of Ahara for health and well-being according to Ayurveda & Contemporary science Explain	CK	MK	K	L	T- EW	F&S	I	



	significance of Ahara for health and well-being according to Ayurveda & Contemporary science								
CO1	Classify aharadravyas as per Ayurveda & Contemporary science	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1	Enumerate and explain the features of Ahara vidhividhana, Ahara sevanakala & Dwadashashanapravicharana .	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1	Discuss the applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. Discuss the Ahara & vihara leading to Santarpanjanya evam Apatarpanajanyavyadhi and importance of upavasa and effects of practice of intermittant fasting on health	CAN	MK	KH	L&PP T	T- EW	F&S	I	
CO1	Explain the benefits of Shadrasabhojana	CAP	MK	KH	L&PP T	T- EW	F&S	I	
CO1	Enumerate and explain the importance of Ashtaharavidhivisheshayatanani in present era	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1	Explain the importance of Nityasevaniyadravyas in the maintenance of health	CAP	MK	KH	L&PP T	T- EW	F&S	I	H-DG
CO1	Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products)&Madyavarga(Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Ahara UpayogiVarga (Spices & Condiments), Kritannavarga(Prepared Food), Mamsavarga (Meat types) and JalaVarga	CC	MK	KH	L&PP T	T- EW	F&S	I	H-DG



CO1	Define Pro-biotics and Pre-biotics and explain their utility	CK	DK	KH	IBL	INT	F	I	
CO1	Explain the Proximate principles of Food, Recommended Daily Allowance according to various conditions, Sources, and deficiency diseases of Protein, Carbohydrate, Fats, Vitamins, and Minerals.	CC	MK	K	L_VC	COM	F&S	I	
CO1	Define Balanced diet and explain diet for an individual depending on age, body weight and physiological status and explain the Social Aspects of Nutrition	CK	MK	KH	L&G D	T- EW	F&S	I	
CO1	Explain Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Foodborne diseases, Food fortification, Food adulteration, and Food toxicants	CC	NK	KH	L&PP T,ML	P-REC,CHK	F	I	
CO1	Explain Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne diseases, Clean and Safe milk and Pasteurization of milk	CC	DK	KH	L&PP T,ML	P-REC,CHK	F	I	
CO1	Explain Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg	CC	DK	KH	L&PP T,ML	P-REC,CHK	F	I	
CO1	Explain safety and hygiene measures for Fruits and Vegetables	CC	NK	K	ML	O-QZ	F	I	
CO1	Formulate a Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases	CAP	DK	D	SDL	P-REC,CHK	F	I	
CO1	Describe Food safety and standards regulation( Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006.	CK	NK	K	ML	INT	F	I	
CO1	Explain different Dietary Supplements and Ergogenic Aids	CK	NK	K	IBL	TT-Theory	F	I	
CO1	Explain the impact of different dietary patterns: Mediterranean	CC	NK	KH	L&G	INT	F	I	



	diet, Keto Diet, DASH diet, the MIND diet, Vegan diet, Ovo-lacto-vegetarian, pesco-vegetarian, plant-based diet, Intermittent diet, the Nordic diet, importance of organic foods, merits and demerits of genetically modified foods				D				
CO1	Describe the Slow and Fast foods . Explain the impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health and effect of instant foods like Maggi etc,..	CC	NK	KH	DIS	TT-Theory	F	I	
CO1	Define Nutraceuticals, Nutrigenomics, Nutrigenetics	CK	DK	K	L&PP T	T- EW	F	I	
CO1	Explain the concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases	CK	MK	KH	ECE	T- EW	F&S	I	H-AT
<b>Topic 8 Rasayana for Swastha</b> (Lecture :2 hours, Non lecture: 2 hours)									
CO1	Explain the importance of lifestyle counselling with its methods	CC	NK	K	L&G D	TT-Theory	F&S	I	
CO1	Define Rasayana and mention the benefits of Rasayana	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1	Classify the types of Rasayana with examples	CK	MK	K	L&PP T	T- EW	F&S	I	
CO1	Explain Urjaskara Rasayanas as per age and occupations /Activities	CAP	MK	K	L&G D	T-CS	F&S	I	
CO1	Explain the antioxidant&immunomodulatory effects of Rasayana with reference to research articles	CC	NK	K	L&G D	CR-RED	F	I	
<b>Topic 9 Yoga</b> (Lecture :22 hours, Non lecture: 6 hours)									
CO1	Describe adverse effects of improper Yoga practices	CK	DK	KH	L&G	TT-Theory	F&S	II	



					D				
CO3	Describe Global importance of International Day of Yoga (IDY)	CK	NK	K	L&PP T	INT	F	II	
CO3	Explain the etymology / derivation of the word 'Yoga' .	CK	MK	K	L&PP T	T- EW	F&S	II	
CO3	Define Yoga according to Patanjali Yogasutras, Bhagavad Gita and Charaka Samhita.	CK	MK	K	L&PP T	TT-Theory	F&S	II	
CO3	Distinguish between Rajayoga, Hathayoga and Karmayoga.	CAN	MK	KH	L&PP T	M-CHT	S	II	
CO3	Explain Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas.	CK	MK	K	L&PP T	T- EW	F&S	II	
CO3	Describe Mitahara and Pathya-apathyas during Yogabhyasa.	CC	MK	KH	L&PP T	T- EW	F&S	II	
CO3	Explain Panchakosha theory.	CC	MK	KH	L&PP T	M-POS	F&S	II	
CO3	List out the Ashtangas of Yoga.	CK	MK	K	L&PP T	T- EW	F&S	II	
CO3	Describe Yama and Niyama with meaning according to Yogasutras and Hathayogapradipika.	CC	MK	K	L&PP T	T- EW	F&S	II	
CO3	Define Asana and explain the importance of asana. Distinguish between asana and physical exercise.	CK	MK	K	L&PP T	TT-Theory	F&S	II	
CO3	Describe the procedure, benefits, indications, and contraindications of Standing Yoga Postures such as Ardhakatichakrasana, Padahastasana, Ardhashakrasana, and Trikonasana.	CC	MK	KH	L_VC	PRN	F&S	II	





CO3	Describe the procedure, benefits, indications and contraindications of Sitting Yoga postures such as Swasthikasana, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, Ardhamatsyendrasana, and Siddhasana.	CC	MK	KH	L_VC	PRN	F&S	II	
CO3	Describe the procedure, benefits, indications and contraindications of Supine Yoga postures such as Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana and Setubandhasana.	CC	MK	KH	L_VC	PRN	S	II	
CO3	Describe the procedure, benefits, indications, and contraindications of Prone Yoga postures such as Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana.	CC	MK	KH	L_VC	PRN	F&S	II	
CO3	Describe the procedure, benefits and contraindications of Suryanamaskara.	CC	MK	KH	L_VC	PRN	S	II	
CO3	Define pranayama and explain its types, benefits, time of practice, and avara-pravara-madhyamalakshanas.	CC	MK	KH	L&PP T	T- EW	F&S	II	
CO3	Describe the procedure of Nadishudhi Pranayama, its benefits, and Nadishudhilakshana.	CC	MK	KH	L_VC	PRN	S	II	
CO3	Enumerate the Kumbhakabhedas.	CK	MK	K	L&PP T	TT-Theory	S	II	
CO3	Describe the procedure and benefits of Suryabhedana, Ujjayi, Sheetal, Sitkari, Bhastrika, Bhramari, Murcha, and Plavini.	CC	MK	KH	L_VC	PRN	F&S	II	
CO3	Enlist Shatkarmas of Yoga, indications and their importance.	CK	MK	K	L&PP T	TT-Theory	S	II	
CO3	Describe the procedure, benefits, indications, contraindications, and precautions of Dhauti, Basti, Neti, Trataka, Nauli, and	CC	MK	KH	L_VC	T- EW	S	II	



	Kapalabhati.								
CO3	Explain the term bandha & Describe the procedure and benefits of Mulabandha, Jalandharabandha, and Uddiyanabandha.	CC	MK	KH	L_VC	T-EW	S	II	
CO3	Describe Mudras and explain the benefits of Shanmukhi mudra and Jnana mudra .	CC	DK	KH	L_VC	T-EW	F	II	
CO3	Describe Shatchakras and explain their importance in Yoga practice.	CAP	DK	KH	L&PP T	T-OBT	F	II	
CO3	Describe Ida-pingala-sushumna nadis and their importance in yoga practice.	CAP	NK	K	L&PP T	T-EW	F	II	
CO3	Define Pratyahara and explain its importance in Yoga practice.	CAP	MK	KH	L&PP T	TT-Theory	S	II	
CO3	Define Dharana and explain its importance in Yoga practice.	CAP	MK	KH	L&PP T	TT-Theory	S	II	
CO3	Define Dhyana and explain its importance in Yoga practice.	CAP	MK	KH	L&PP T	TT-Theory	S	II	
CO3	Describe Cyclic Meditation and Mindfulness meditation and their benefits.	CAP	DK	KH	L&PP T,L_ VC	CL-PR	F	II	
CO3	Define Samadhi and explain its types and importance.	CK	MK	K	L&PP T	TT-Theory	S	II	
CO3	Define Moksha according to Charaka and explain Muktatmalakshana and Moksha upayas.	CK	DK	K	L&G D	INT	F	II	
<b>Topic 10 Naturopathy</b> (Lecture :5 hours, Non lecture: 4 hours)									
CO3	Explain the basic principles of Naturopathy.	CK	DK	K	L&PP	INT	F&S	II	



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CO3	Describe the concept of Panchabhutopasana.	CK	DK	KH	L&PP T	INT	F&S	II	
CO3	Explain the procedure and therapeutic effects of Mud therapy.	CAP	MK	KH	L_VC	TT-Theory	F&S	II	
CO3	Explain the procedure and therapeutic benefits of Sun bath.	CAP	MK	KH	L_VC	TT-Theory	F&S	II	
CO3	Explain Fasting therapy and its types and benefits.	CK	MK	KH	L&PP T	TT-Theory	F&S	II	
CO3	Explain hydrotherapy, types of water used based on the temperature and therapeutic effects of Hydrotherapy.	CAP	MK	KH	L_VC	TT-Theory	F&S	II	
CO3	Describe types, methods and benefits of massage.	CAP	MK	KH	L_VC	TT-Theory	F&S	II	

<b>Paper 2 Public health</b>									
<b>A3</b> Course outcome	<b>B3</b> Learning Objective (At the end of the session, the students should be able to)	<b>C3</b> Domain/sub	<b>D3</b> Must to know / desirable to know / Nice to know	<b>E3</b> Level Does/ Shows how/ Knows how/ Know	<b>F3</b> T-L method	<b>G3</b> Assessment  (Refer abbreviations)	<b>H3</b> Formative/ summative	<b>I3</b> Term	<b>J3</b> Integration
<b>Topic 1 Janapadodhwamsa / Maraka Vyadhi</b> (Lecture :37 hours, Non lecture: 10 hours)									
CO1	Understanding the Epidemic Diseases (Amendment) Ordinance	CK	MK	KH	L&G	TT-Theory	F&S	II	



	Act,2020 .,				D				
CO1	Explain the causes of Janapadodhwamsa/ maraka vyadhi State the manifestation and control measures of Jnapadodhwamsa Explain the importance of Panchakarma and Rasayana in preventing Janapadodhwamsa	CK	MK	KH	L&PP T	T- EW	F&S	I	
CO1	Define Epidemiology, enumerate and describe the principles and uses of epidemiology.	CK	MK	KH	L&G D	T- EW	S	I	
CO3	Describe the basic terms of epidemiology.Explain and discuss the dynamics of disease transmission.Explain the theory of disease causation, epidemiological triad and natural history of disease.	CK	MK	KH	L&PP T	T- EW	S	II	
CO2	Explain the concept of prevention, modes of intervention, risk factors, incidence and prevalence.	CK	MK	KH	L&PP T	T-EMI	S	II	
CO2	Explain Susceptible host and host defense.Describe Immunizing Agents.Explain the concept of vyadhikshamatwa.Enlist methods to improve Vyadhikshamatwa.Classify Bala, enlist factors of Bala vriddhikara bhava.	CK	MK	KH	L&PP T	T- EW	F&S	II	
CO2	Explain the investigation of an epidemic. Explain prevention and control of an epidemic.	CK	MK	KH	L&PP T	T- EW	F&S	II	
CO1	Explain Sankramaka roga as per Ayurveda.	CK	MK	K	L&PP T	T- EW	S	II	
CO2	Explain Epidemiological determinants, brief pathology ,transmission, incubation period , clinical features, diagnosis and preventive measures of 1.Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy	CK	MK	KH	L&PP T,ED U,D_ BED	T- EW	F&S	II	



CO2	2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid	CK	MK	K	L&PP T,D_ BED	T- EW	S	II	V-KC
CO2	3. Intestinal infestations – Ascariasis, Hook worm, Tape worm 4. Emerging and re-emerging diseases. Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus, H1N1, H3N2, etc	CK	MK	KH	L&G D,D_ BED	T- EW	S	II	
CO2	5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhoea.	CK	MK	KH	L&G D,D_ BED	T- EW	S	II	
CO2	Explain the role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM, Obesity, Coronary artery disease (CAD) and Cancer	CK	MK	KH	L&PP T,D_ BED	T- EW	S	II	
<b>Topic 2 Environmental health</b> (Lecture :10 hours, Non lecture: 5 hours)									
CO1	Understanding the Environment protection Act, 1986	CK	MK	KH	L&G D	TT-Theory	F&S	II	
CO1	Describe the properties of Vayu and state the composition of air.	CK	DK	KH	L	INT	F	II	
CO1	Specify the changes in air of the occupied room.	CK	DK	KH	L	INT	F	II	
CO1	Explain comfort zone and indices of thermal comfort.	CK	DK	KH	L	INT	F	II	
CO2	Comprehend the causes, prevention and control of air pollution. Discuss the effects of air pollution on health and social aspects	CC	DK	KH	L	DEB	F	II	
CO2	Elaborate the effects of Global warming with recent updates	CAP	DK	KH	L&G D	CR-RED	F	II	
CO2	Define ventilation and illustrate its types.	CAP	DK	KH	L&G D	DEB	F	II	



CO2	Explain the effects of high altitude and mountain air on health.	CAP	DK	KH	L&G D	DEB	F	II	
CO1	Explain safe and wholesome water and state water requirements.	CK	MK	KH	L&PP T	TT-Theory,V V-Viva	F&S	II	
CO1	Explain the properties of water from different sources.	CK	MK	KH	L&PP T	TT-Theory,V V-Viva	F&S	II	
CO1,CO6	Explain water pollution and health hazards.	CAP	MK	KH	L&PP T,DIS	CL-PR	F&S	II	
CO1,CO6	Describe the contemporary methods of water purification along with Ayurvedic methods.	CAP	MK	KH	L&PP T,DIS	CL-PR	F&S	II	
CO1,CO6	Elucidate the effects of Hard Water on health and methods of removal of hardness.	CAP	MK	KH	L&PP T,DIS	CL-PR	F&S	II	
CO7	Describe the quality of water stored in different vessels as per classics.	CAP	DK	SH	L	DEB	F	II	
CO7	Explain the rain water harvesting methods and its importance	CAN	NK	SH	L	DEB	F	II	
CO7	Enlist the types of soil.	CK	DK	KH	L&PP T	INT	F	II	
CO7	Interpret the relation between soil and health.	CK	DK	KH	L&PP T	INT	F	II	
CO7	Explain Land pollution and its prevention and control	CK	DK	KH	L&PP T	INT	F	II	
CO7	Explain land purification as per the classics.	CAN	NK	KH	L&G D	T-OBT	F	II	
CO7	Explain the Social goals of Housing and Housing	CE	DK	KH	L&G	T- EW	F	II	



	standards. Understanding of The building and other construction workers Act,1996				D				
CO7	Analyze the effects of housing on health.	CE	DK	KH	L&G D	T- EW	F	II	
CO7	Explain overcrowding and its impact on health	CE	DK	KH	L&G D	TT-Theory	F	II	
CO7	Explain good lighting, natural lighting and artificial lighting	CK	DK	KH	L&PP T	M-POS	F	II	
CO7	Explain the biological effects of lighting.	CK	DK	KH	L&PP T	M-POS	F	II	
CO7	Define noise. Illustrate its sources, effects on health and control measures.	CK	DK	KH	L&PP T	PRN	F	II	
CO7	Enlist the sources of Radiation and explain its effects on health and describe control measures.	CK	DK	KH	L	PRN	F	II	
CO7	Enlist Different types of solid waste and Explain the Storage and collection of refuse.	CK	MK	KH	L,D- M	TT-Theory	S	II	
CO7	Explain the Methods of disposal of solid waste (Rural & urban)	CK	MK	KH	D-M	M-MOD	S	II	
CO7	Describe Bio-medical waste management and Bio-Medical waste management rules, 2016	CK	MK	KH	D-M	TT-Theory	S	II	
CO7	Enlist excreta Disposal methods and explain Sanitary Latrines	CAN	DK	KH	D-M	DEB	F	II	
CO7	Explain the Modern Sewage disposal method	CAN	DK	KH	D-M	DEB	F	II	
CO7	Describe the disposal methods of Excreta during camps, fairs, and festivals	CAN	DK	KH	D-M	DEB	F	II	



<b>Topic 3 Disaster management</b> (Lecture :1 hours, Non lecture: 2 hours)									
CO5	Define disaster and explain disaster management	CK	DK	KH	L&G D	PRN	F	II	
CO5	Explain effects of natural and man-made disasters	CK	DK	KH	L&G D	PRN	F	II	
CO2	Explain epidemiologic surveillance and identify disease control measures	CAP	DK	KH	L&G D	PRN	F	II	
<b>Topic 4 Occupational Health</b> (Lecture :3 hours, Non lecture: 3 hours)									
CO1	Understand the Merchant Shipping / Medical Examination Rules, 2000	CK	DK	KH	L&G D	TT-Theory	F	II	
CO7,CO8	Define Occupational Health and Ergonomics.	CK	MK	K	L&G D	TT-Theory	F&S	II	
CO7,CO8	Explain occupational Hazards.	CK	MK	K	L&G D	T- EW	F&S	II	
CO7,CO8	Enlist occupational diseases and explain their prevention & control.	CK	MK	K	L&G D	T- EW	F&S	II	
CO1	Explain ESI Act, 1948 and The factories Act,1948	CK	MK	K	L&PP T	T- EW	S	II	
CO1	Describe the role of Ayurveda in various Occupational health problems.	CK	MK	KH	L&G D	TT-Theory	S	II	
<b>Topic 5 School health services</b> (Lecture :2 hours, Non lecture: 3 hours)									
CO2	State the Health problems of school children.	CC	MK	KH	L&PP T	T- EW	F&S	II	





CO2	Mention the aspects of school health services.	CC	MK	KH	L&PP T	T- EW	F&S	II	
CO2	Mention the duties of school medical officers.	CC	MK	KH	FV	T- EW	F&S	II	
CO2	Explain how to Maintain a healthy environment in the school.	CC	MK	KH	FV	T- EW	F&S	II	
<b>Topic 6 Disinfection</b> (Lecture :2 hours, Non lecture: 3 hours)									
CO1,CO2,CO 6,CO7	Define the term disinfection	CK	MK	K	L	TT-Theory	F&S	II	
CO1,CO2,CO 6,CO7	Enlist and explain the types of disinfection.	CK	MK	K	L&PP T	P-VIVA,P-PS	F&S	II	
CO1,CO2,CO 6,CO7	Describe the Natural agents, Physical agents, and chemical agents of disinfection	CK	MK	K	L&PP T	T- EW	F&S	II	
CO1,CO2,CO 6,CO7	Demonstrate the recommended disinfection procedures of feces & urine, sputum, and room.	PSY- MEC	DK	KH	L_VC	P-VIVA,QZ	F	II	
CO1,CO2,CO 6,CO7	Explain Ayurvedic disinfection methods.	CK	DK	K	L&PP T	QZ	F	II	
<b>Topic 7 Primary health care</b> (Lecture :2 hours, Non lecture: 1 hours)									
CO1,CO2,CO 3,CO4,CO5,C O8	Define Primary Health Care.	CK	MK	K	L	TT-Theory	S	II	
CO1,CO2,CO 3,CO4,CO5,C O8	Describe the principles and elements of primary health care and the levels of health care.	CK	MK	K	L&PP T	T- EW	F&S	II	
CO1,CO2,CO 3,CO4,CO5,C	Describe the Structure at village, sub-centre, PHC, CHC, Rural hospital levels	CK	MK	K	L&PP T	T- EW	F&S	II	



O8									
CO1,CO2,CO3,CO4,CO5,CO8	Describe primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs, and the AYUSH sector	CK	DK	K	L&PP T	T-OBT	F	II	
CO1,CO2,CO3,CO4,CO5,CO8	Describe the role of Ayurveda in Primary Health Care.	CK	MK	K	L&PP T	TT-Theory	F&S	II	
<b>Topic 8 Mother and Child health care</b> (Lecture :1 hours, Non lecture: 1 hours)									
CO2,CO3,CO8	Describe the objectives of Maternal and Child Care services.	CK	MK	K	L	T- EW	F&S	II	
CO2,CO3,CO8	Explain the MCH problems & enlist the indicators of MCH care	CC	MK	K	L&PP T	T- EW	F&S	II	
<b>Topic 9 Family welfare programme</b> (Lecture :2 hours, Non lecture: 2 hours)									
CO4,CO5,CO6	Define demography and enlist the sources of demographic statistics in India.	CK	MK	K	L&PP T	TT-Theory	F&S	II	
CO4,CO5,CO6	Describe the demographic cycle & define life expectancy.	CK	MK	K	L&PP T	CL-PR	F&S	II	
CO2,CO4,CO5	Define family planning, eligible couple and target couple.Enlist & explain the objectives of family planning.	CK	MK	K	L&PP T	TT-Theory	F&S	II	
CO2,CO4,CO5	Explain the problems of population explosion and describe national population policy.	CK	MK	K	DIS	TT-Theory	F&S	II	
CO2,CO4,CO5	Classify and describe the Contraceptive methods (Fertility Regulating Methods).	CK	MK	K	L_VC	M-CHT	F&S	II	
<b>Topic 10 Preventive Geriatrics</b> (Lecture :1 hours, Non lecture: 1 hours)									



CO8	Enlist the health problems of the aged and explain their prevention and control measures	CK	MK	K	DIS	INT	F&S	II	
CO8	Explain the relation between lifestyle and healthy aging.	CC	MK	K	DIS	INT	F&S	II	
CO8	Describe the role of rasayana in preventive geriatrics.	CC	MK	K	L&PP T,W	INT	F&S	II	
<b>Topic 11 World Health Organization and International health agencies</b> (Lecture :3 hours, Non lecture: 1 hours)									
CO4	Define and describe the structure, regions, and works of the World Health Organization	CK	MK	KH	L&G D	T- EW,P- VIVA	F&S	III	
CO4	Describe the functions of various international health agencies - United Nations health agencies, bilateral health agencies, and Non- Governmental agencies	CK	MK	KH	L&G D	T- EW,P- VIVA	F&S	III	
CO4	Describe the contribution of the world health organization to the global acceptance of Ayurveda	CK	MK	KH	L&G D	T- EW,P- VIVA	F&S	III	
<b>Topic 12 Vital Statistics</b> (Lecture :1 hours, Non lecture: 1 hours)									
CO1	Understanding of Registration of Birth and Death Act, 1969	CK	MK	KH	L&G D	TT-Theory	F&S	II	
CO4,CO8	Define Vital Statistics.  Enumerate the sources ofVital statistics	AFT- RES	MK	SH	DIS	T- EW,P- VIVA	F&S	III	
CO4,CO8	Describe Fertility , Morbidity and Mortality rates	AFT- RES	MK	SH	L&G D	T- EW,P- VIVA	F&S	III	



<b>Topic 13 Health Administration</b> (Lecture :2 hours, Non lecture: 1 hours)									
CO4,CO8	Describe the health administration including AYUSH at the Central, State, District, and Village levels	CK	DK	KH	L&G D	T- EW,P- VIVA	S	III	
<b>Topic 14 National Health Programmes</b> (Lecture :7 hours, Non lecture: 3 hours)									
CO4,CO8	<p>State the vision/objective and outline the goals, strategies and plan of action of National Health Programs - Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio , National TB Elimination Program , Vector born disease control program, RCH program, ICDS program, Universal Immunization Program, National mental health program , National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases &amp; Stroke (NPCDCS) , Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&amp;NUHM), National AYUSH Mission (NAM).</p> <p>National nutrition programs- National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program &amp; Balwadi nutrition program.</p>	CK	MK	KH	L&PP T,DIS ,FV	T- EW,P- VIVA	F&S	III	
<b>Topic 15 National Health Policy</b> (Lecture :1 hours, Non lecture: 1 hours)									
CO4	Describe the National Health Policy (NHP) and the scope of Ayurveda in NHP.	CK	MK	KH	L,L& PPT	T- EW,P- VIVA	F&S	III	



<b>PRACTICALS (Marks-100)</b>			
<b>S.No</b>	<b>List of Topics</b>	<b>Term</b>	<b>Hours</b>
1	Dinacharya	1	25
2	Disinfectants	1	2
3	Ahara	1	30
4	Health Education (IEC)	2	10
5	Yoga performance	2	35
6	Community survey	3	20
7	Local Health Educational Visits	3	36
8	Visit to Observe National Health Programs and Ayurveda Centre	3	12
9	Monitoring of health and hygiene	1	5



**Table 4: Learning objectives (Practical)**

<b>A4</b> Course outcome	<b>B4</b> Learning Objective (At the end of the session, the students should be able to)	<b>C4</b> Doma in/sub	<b>D4</b> Must to know / desirable to know / Nice to know	<b>E4</b> Level Does/ Shows how/ Knows how/ Know	<b>F4</b> T-L meth od	<b>G4</b> Assessment  (Refer abbreviations)	<b>H4</b> Form ative/ summ ative	<b>I4</b> Term	<b>K4</b> Integr ation
<b>Topic 1 Dinacharya</b>									
CO1	Collect and Compare different Dantadhawana Churnas/ Tooth pastes available in the market and choose/ advise the appropriate one based on the need.	PSY-ADT	DK	D	PrBL	PRN	F	I	
CO1	Collect and Compare different JiwhaNirlekhanaYantra(Tongue cleaners) available in the local area/ market and choose/advise the appropriate one for swastha	PSY-ADT	DK	D	PrBL	PRN	F	I	
CO1	Collect different dravya/kashaya/mouthwashes available in the market for kavala and gandusha; demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha	PSY-ADT	MK	D	PrBL, D,PR A	PRN	F&S	I	
CO1	Collect different types of Anjana (Collyriums) available in the market, Demonstrate Anjana procedure as per local traditions and	PSY-ADT	MK	D	PrBL, PT,D	PRN	F&S	I	



	advise different types of Anjana for swastha.								
CO1	Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha.	PSY-ADT	MK	D	PrBL, PT,D	DOPS	F&S	I	
CO1	Demonstrate Prayogika Dhoomapana and advise prayogika dhoomapana dravya for swastha.	PSY-ADT	MK	D	PrBL, PT,D	DOPS	F&S	I	
CO1	Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha.	PSY-ADT	MK	D	PrBL, PT,D	DOPS	F&S	I	
CO1	Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha.	PSY-ADT	MK	D	PrBL, PT,D	DOPS	F&S	I	
CO2	Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation /activity.	CE	MK	SH	PrBL	P-CASE	F&S	I	
CO2	Advise /counsel people regarding healthy lifestyle based on the Ayurvedic principles ( one student should counsel at least five person and should be documented).	CE	MK	SH	PrBL	P-CASE	F&S	I	
<b>Topic 2 Disinfectants</b>									
CO7	Identify and demonstrate the suitability, dose, dilution, and contact period of the following disinfectants: Bleaching powder, Dettol, Lysol, Savlon.	PSY-ADT	MK	SH	CBL	PP-Practical	S	II	
CO7	Observe the procedure of fumigation of the operation theatre.	AFT-REC	NK	D	D	P-VIVA	F	II	
CO7	Write the mode of working and uses of an autoclave.	CK	DK	KH	SDL	T- EW	F	II	



Topic 3 Ahara									
CO8	Collect and compile different regional staple food articles.	PSY-SET	MK	D	SDL	COM	F	I	H-DG
CO8	Mention the nutritive value of the following preparations per 100gm and calculate the food portions/serving size of the following recipes: a. Yusha b.Yavagu c.Odana d.Krushara e.Peya f.Panaka g.Takra h.Manda i.Vilepi	CE	MK	D	PT	P-EN	F&S	I	
CO8	Plan a dietary Menu according to different Prakriti (preparation of diet chart considering all ahara vargas for eka doshaja , dvidoshaja prakriti)	PSY-GUD	MK	SH	TBL	P-MOD,P-POS	F	I	
CO8	Plan the dietary menu for different occupations / Activities, Age groups, and physiological conditions. ( diet chart for 1-5 years child, 6-18 years,18& above till 60 years, above 60 years, sedentary, sedentary intellectuals, night shifts , drivers, standing professionals. physiological conditions like Garbhini,Sutika, Kshirapa, Ksheerada, Ksheerannada, Annada etc,..)	PSY-GUD	MK	D	CBL	P-CASE	F&S	I	
CO8	Plan Ahara-Vihara based on the different Ritus(preparation of diet and lifestyle charts for each ritu)	PSY-GUD	MK	D	PrBL	M-CHT	F	I	
CO8	Plan a dietary menu for any one individual according to prakriti, agni, Sara, satva, age, sex, occupation/ activity, and season based on the regional food habits with serving sizes with different food exchange/options.	PSY-GUD	MK	D	IBL	P-CASE	F	I	
CO8	Document the maintenance of various equipment and appliances used in the kitchen/ diet section of the hospital such as cooking gas, pressure cooker, mixer-grinder, microwave oven, refrigerator	AFT-RES	NK	D	PL	PP-Practical	F	I	





CO8	Assess various Anthropometric variables like Weight, height, and BMI ( including differentiation between Sara )and Mid-arm Circumference in order to assess the state of nutrition.	AFT-RES	MK	D	PSM	PP-Practical	F	I	
<b>Topic 4 Health Education (IEC)</b>									
CO5	Demonstrate communication methods for health education.	PSY-SET	MK	SH	DIS, W	P-RP,M-POS,OSPE ,DOPS	F&S	II	
CO5	Demonstrate/present different health education materials (dinacharya practices, sadvritta practices,family planning methods, breast feeding techniques, environmental hygiene, preventive and control measures of communicable and non - communicable diseases etc.) to the target population in the community.	AFT-RES	MK	SH	DIS,T PW,R P	DOPS,Log book	F&S	II	
<b>Topic 5 Yoga performance</b>									
CO3	Perform four Standing Postures namely - Ardhatichakrasana, Padahastasana, Ardhatichakrasana, and Trikonasana step by step with Sthiti, main procedure, and vishrama.	PSY-ADT	MK	SH	KL	DOPS	S	II	
CO3	Perform eleven Sitting Postures namely - Swastikasana, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, Ardhamatsyendrasana, and Siddhasana step by step with Sthiti, main procedure, and vishrama.	PSY-ADT	MK	SH	KL	DOPS	S	II	
CO3	Perform seven Supine Postures namely - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by step with Sthiti, main procedure and visrama	PSY-ADT	MK	SH	KL	DOPS	S	II	
CO3	Perform four Prone Postures namely - Bhujangasana,	PSY-	MK	SH	KL	DOPS	S	II	



	Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama.	ADT							
CO3	Perform Nadishuddhi Pranayama with inhalation-retention-exhalation in the ratio of 1:4:2 in a comfortable sitting posture.	PSY-ADT	MK	SH	KL	DOPS	S	II	
CO3	Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetal, Bhastrika and Bhramari.	PSY-ADT	MK	SH	KL	DOPS	S	II	
CO3	Perform Jalaneti, Kapalabhati and Trataka.	PSY-ADT	MK	SH	KL	DOPS	S	II	
CO3	Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga).	PSY-ADT	DK	SH	EDU	DOPS	F	II	
<b>Topic 6 Community survey</b>									
CO6	Conduct minimum 05 Family surveys using structured questionnaire in specific rural populations and report the survey finding and discuss possible solutions to the family	PSY-SET	MK	D	ECE	DOPS	F&S	III	
CO6	Conduct minimum 05 Family surveys using structured questionnaire in specific urban populations and report the survey finding and discuss possible solutions to the family.	PSY-SET	MK	D	ECE	DOPS	F&S	III	
<b>Topic 7 Local Health Educational Visits</b>									
CO2	Report the functioning of milk dairy such as methods of processing and preservation of milk, testing of milk before and after pasteurization and the standards of milk & milk products.	PSY-SET	MK	KH	EDU, FV	P-VIVA,RK	F&S	III	
CO2,CO7	Report and explain the various process involved in large-scale water purification.	PSY-MEC	MK	KH	D-M,FV	P-VIVA,RK	F&S	III	
CO2,CO7	Explain and Report the processes involved in modern sewage treatment.	PSY-MEC	MK	KH	D-M,FV	P-EXAM,RK	F&S	III	



CO1,CO2,CO5,CO6,CO8	Explain and report the various measures adopted in the industry for the prevention and control of occupational diseases.	CC	MK	KH	TPW, FV	P-VIVA,RK	F&S	III	
CO1,CO2,CO8	Explain and Report the food safety standards and methods of food processing techniques.	CC	MK	K	PrBL, RLE, FV	P-VIVA,RK	F&S	III	
CO3,CO6	Report and explain various naturopathic treatment methods.	CC	MK	KH	L_VC,EDU, FV	P-EXAM,RK	F&S	III	
<b>Topic 8 Visit to Observe National Health Programs and Ayurveda Centre</b>									
CO4,CO8	Report the functioning of National Health Programs at Primary health centers/Community health centers/District hospitals and Govt. Ayurveda Dispensary	PSY-SET	MK	SH	L_VC,IBL, FV	T- EW,P-VIVA,RK	F&S	III	V-KC
CO4	Report the functioning of a Primary Health Centre/ Community Health Centre/ Rural Hospital/ District Hospital with regards to the implementation of different National Health Programmes viz. infectious disease control, immunization, ANC, Family planning etc.	AFT-RES	DK	D	FV	Log book	F	III	
CO4	Report the structure and functioning of an Ayurvedic Dispensary/ Taluk Hospital/ District Hospital available in the district.	AFT-RES	DK	D	FV	Log book	F	III	
<b>Topic 9 Monitoring of health and hygiene</b>									
CO2,CO6,CO7,CO8	Collect the demographic profile of allotted 2 subjects/Individuals ( one from the community and one from employees of the college/hospital ) and conduct clinical examination (Assess Prakriti, Sattva, Saara, etc.)	AFT-RES	MK	D	IBL	P-CASE,RK	F&S	I	
CO2,CO6,CO7,CO8	Conduct periodic check-ups for allotted individual/employer (2) health status / occupational health status and if any treatment	AFT-RES	MK	D	PT	P-CASE,OSCE	F	I	



	is prescribed then coordinate the treatment under the overall guidance of the Mentor								
CO2,CO6,CO7,CO8	Counsel the adopted individuals/employer (2) and analyze the health trajectory( individual following the prescribed regimen ) of the adopted individual/employer under the overall guidance of the mentor	AFT-RES	MK	D	PT	P-SUR,RK	F	II	
CO2,CO6,CO7,CO8	Document the maintenance of water sanitation, waste disposal, food hygiene, etc., in the hospital canteen/ pathya section/cafeteria	CE	MK	KH	PrBL	RK	F	I	

**Table 4a: List of Practical**

S.No	Name of practical	Term	Activity	Practical hrs
1	Dinacharya	1	<p>1. Analyze the composition of different Dantadhawana Churnas/ Tooth pastes and tooth brushes available in the market</p> <p>2. Analyze different Jivwa Nirlekhana Yantra (Tongue cleaners) available in the local area/ market</p> <p>3. Demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha</p> <p>4. Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha.</p> <p>5. Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha.</p> <p>6. Demonstrate Prayogika Dhoomapana (Practicable and Non- practicable Dhoomapana )and advise prayogika dhoomapana dravya for swastha.</p> <p>7. Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable Taila for Abhyana for Swatha.</p> <p>8. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha.</p> <p>9. Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation /activity.</p> <p>10. Advise /counsel people regarding healthy lifestyle based on the Ayurvedic principles ( one student should counsel at least five person and should be documented).</p>	25
2	Disinfectants	1	<p>Identify and demonstrate the suitability, dose, dilution, and contact period of the following disinfectants : Bleaching powder, Dettol, Lysol, Savlon . Observe the procedure of fumigation of the operation theatre. Write the mode of working and uses of an autoclave.</p>	2



3	Ahara	1	<p>Collect, compile and document region wise different varieties of Ahara Varga (Millets, cereals, pulses, vegetables, varieties of milk/oil/honey/ available in the market). Demonstrate the therapeutic indication and nutritive values of Pathya kalpanas a. Manda b. Peya c. Vilepi d. Yavagu e. Odana f. Krishara g. Yusha h. Takra .</p> <p>Prepare the dietary regime according to different Prakriti. Prepare/Prescribe the dietary regime for different occupations / activities, age groups, and physiological conditions. Prepare/Prescribe the diet and lifestyle regimen (pathya- apathya) with reference to Ahara and Vihara for each ritu. Conduct diet counselling according to prakriti, agni, sara, satva, age, sex, occupation/ activity, and prevailing season based on the regional food habits with serving sizes with different food exchange/options for 5 persons. Assess various anthropometric variables like weight, height, and BMI and mid-arm circumference etc., in order to assess the state of nutrition of five individuals.</p>	30
4	Health Education (IEC)	2	<p>Demonstrate communication methods for health education. Demonstrate/ Present different health education materials (dinacharya practices, Sadvritta practices, family planning methods, breastfeeding techniques, etc. ) patients and general public .</p>	10
5	Yoga performance	2	<p>Perform four Standing Postures namely - Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, and Trikonasana step by step with sthiti, main procedure and vishrama.</p> <p>Perform eleven Sitting Postures namely - Swasthikasana, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, Ardhamatsyendrasana, and Siddhasana step by step with sthiti, main procedure and vishrama.</p> <p>Perform seven Supine Postures namely - Pavanamuktasana, Sarvangasana,</p>	35



			<p>Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by step with sthiti, main procedure and visrama</p> <p>Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. Perform Jalaneti and kapalbhati . Perform Anuloma – Viloma Pranayama in a comfortable sitting posture. Perform Nadishuddhi Pranayama with inhalation-retention-exhalation in the ratio of 1:4:2 in a comfortable sitting posture. Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika and Bhramari.</p> <p>Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga).</p>	
6	Community survey	3	<p>Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to the family.</p> <p>Conduct minimum 05 family surveys using a structured questionnaire in specific urban populations and report the survey findings and discuss possible solutions to the family.</p>	20
7	Local Health Educational Visits	3	<p>Report the functioning of milk dairies such as methods of processing and preservation of milk, testing of milk before and after pasteurization, and the standards of milk &amp; milk products. Report the various process involved in water purification plant. Report the processes involved in modern sewage treatment plant. Report the various measures adopted for the prevention and control of occupational diseases in any industry. Report the food safety standards and methods of food processing techniques adopted in any food industry. Report the various treatment modalities adopted in Naturopathy and Yoga canthers.</p> <p>Note : Swasthavritta, Agada Tantra.</p>	36



			Dravyaguna & Rasashastra - Combined out campus visits can be palled wherever feasible.	
8	Visit to Observe National Health Programs and Ayurveda Centre	3	Report the functioning of a Primary health centre/Community health centre/Rural hospital/District hospital with regards to the implementation of different National Health Programmes viz. infectious disease control, immunization, ANC, Family planning etc. Report the structure and functioning of a Ayurveda Dispensary/ Taluk Hospital /District Hospital available in the district.	12
9	Monitoring of health and hygiene	1	Conduct periodic check-ups , collect demographic profile and clinical examination of allotted 2 subjects/Individuals - Assess Prakriti, Satva, Sara, etc.)for their health status / occupational health status and if any treatment is prescribed then coordinate the treatment under the overall guidance of the teacher/Mentor. Counsel and advice the allotted 2 subjects a healthy regime prescription and analyze their health status after following the healthy regime under the overall guidance of the teacher/mentor. Document the maintenance of water sanitation, waste disposal including biomedical waste in the hospital.	5
<b>Total Hr</b>				<b>175</b>

### Activity

CO	Topic name	Activity Details	Hours #
CO1	Dinacharya	Demonstration, Making posters, Real-life experiences , Roleplay , We- based activities	5





		Example - Collection and analyze of different tooth paste/tooth brushes, mouth washes and collyriums available in the market including GMP pharmacies	
CO1	Ratricharya	Chart preparation and real-life experiences of Ratri bhojana and Sleep principles	1
CO1	Ritucharya	Assessment of changes happening in the human body in particular ritu Poster preparation of food recipes in different ritus	2
CO1	Sadvritta	Role play	1
CO1	Ahara	Listing of Ahitakara (Junk) food habits, Gathering information of Organic farming and Organic food items , Application of Ashtaahara vidhivesesha ayatana in real life - Team base project, Roleplay , Presentation & Collection of Research updates in the field of Ayurvedic food	15
CO1	Roganutpadaniya	Survey and documentation on effect of Adharaneeya vega on different occupations	1
CO1	Rasayana for swastha	Poster making and Library work	2
CO1	Nidra	Survey on sleep and awakening patterns among the staff and students	1
CO7	Yoga	Participation in International day of Yoga , Poster presentation of Yogic practices as per diseases , Preparation of Short videos on Yoga and Conducting Quiz	7
CO2,CO5	Disaster management	Group discussion	2
CO1	Janapadodwamsa	Assignment , Symposiums and Problem-based learning	10
CO1,CO5	Environmental health	Seminars, Quiz andm PBL	5
CO3	Disinfection	PBL	3
CO2	Family welfare programe	Roleplay , Web-based learning and Discussion	2



CO7,CO8	Mother and child health care	PBL	1
CO8	Preventive geriatrics	Group discussion and Seminar	1
CO4,CO8	National health programs	Web-based learning , Assignments and Participating in celebration of health related days	3
CO3	School health services	Role play and Presentations	2
CO7,CO8	Occupational health	Poster making , PBL and Group discussion	3
CO2,CO3,CO4,CO5 ,CO8	<b>Primary health care</b>	Group discussions	2
CO3	Naturopathy	Web-based learning , Tutorials and Group disussions	4
CO4	World health organizations and International health agencies	Web-based learning and Quiz	1
CO8	Health Statistics	Presentations and Seminars	1

# Hours indicated are included in calculations of Table 3 and 4

**Table 5- Teaching learning method**

Sr No	Teaching learning methods in the course	No of Activities
1	Lecture	14
2	Lecture with Power point presentation	61
3	Lecture & Group Discussion	16
4	Lecture with Video clips	15



5	Discussions	6
6	Inquiry-Based Learning	1
7	Project-Based Learning	1
8	TBL	1
9	Flipped classroom	1
10	Blended Learning	1
11	ECE	1
12	Self-directed learning	8
13	Demo on Model	6

These are overall teaching learning methods listed in Table 3 and 4. Teachers can select the best possible method amongst the given methods as per objective, available time etc.

**Table 6: Assessment Summary: Assessment is subdivided in A to H points**

#### 6 A-Number of Papers and Marks Distribution

Subject Code	Papers	Theory	Practical/Clinical Assessment					Grand Total
			Practical	Viva	Elective	IA	Sub Total	
AyUG-SW	2	200	100	60	10	30	200	400

#### 6 B - Scheme of Assessment (formative and Summative)

PROFESSIONAL COURSE	DURATION OF PROFESSIONAL COURSE		
	First Term (1-6 Months)	Second Term (7-12 Months)	Third Term (13-18 Months)
Second	3 PA & First TT	3 PA & Second TT	3 PA & UE**

**PA:** Periodical Assessment; **TT:** Term Test; **UE:** University Examinations.

\*\* University Examination shall be on entire syllabus

## 6 C - Calculation Method for Internal assessment marks



TERM	PERIODICAL ASSESSMENT*					TERM TEST**	TERM ASSESSMENT	
	A 6	B	C	D	E	F	G	H
	1 (15 Marks)	2 (15 Marks)	3 (15 Marks)	Average (A+B+C/3)	Converted to 30 Marks (D/15*30)	Term Test (Marks converted to 30)	Sub Total _/60 Marks	Term Assessment (.../30)
FIRST							E+F	(E+F)/2
SECOND							E+F	(E+F)/2
THIRD						NIL		E
<b>Final IA</b>	Average of Three Term Assessment Marks as Shown in 'H' Column.							
	Maximum Marks in Parentheses *Select an Evaluation Method which is appropriate for the objectives of Topics from the Table 6 D for Periodic assessment. Conduct 15 marks assessment and enter marks in A, B, and C. ** Conduct Theory (100 Marks)(MCQ(20*1 Marks), SAQ(8*5), LAQ(4*10)) and Practical (100 Marks) Then convert to 30 marks.							

## 6 D - Evaluation Methods for Periodical Assessment

S. No	Evaluation Methods
1	Activities Indicated in Table 3 - Column G3 as per Indicated I, II or III term in column I3

### Evaluation Methods in MSE

1. Practical / Clinical Performance
2. Viva Voce, MCQs, MEQ (Modified Essay Questions/Structured Questions)
3. Open Book Test (Problem Based)
4. Summary Writing (Research Papers/ Samhitas)
5. Class Presentations; Work Book Maintenance
6. Problem Based Assignment
7. Objective Structured Clinical Examination (OSCE), Objective Structured Practical Examination (OPSE), Mini Clinical Evaluation Exercise (Mini-CEX), Direct Observation of Procedures (DOP), Case Based Discussion (CBD)
8. Extra-curricular Activities, (Social Work, Public Awareness, Surveillance Activities, Sports or Other Activities which may be decided by the department).
9. Small Project etc.

## 6 E Question Paper Pattern



### II PROFESSIONAL BAMS EXAMINATIONS

**AyUG-SW**

**PAPER-1**

Time: 3 Hours Maximum Marks: 100

INSTRUCTIONS: All questions compulsory

		<b>Number of Questions</b>	<b>Marks per question</b>	<b>Total Marks</b>
Q 1	MULTIPLE CHOICE QUESTIONS (MCQ)	20	1	20
Q 2	SHORT ANSWER QUESTIONS (SAQ)	8	5	40
Q 3	LONG ANSWER QUESTIONS (LAQ)	4	10	40
				100

**Similar for Paper II**

## 6 F Distribution of theory examination



<b>Paper 1 Principles of Swasthavritta, Yoga and Naturopathy</b>						
<b>Sr. No</b>	<b>A List of Topics</b>	<b>B Term</b>	<b>C Marks</b>	<b>MCQ (1 Mark)</b>	<b>SAQ (5 Marks)</b>	<b>LAQ (10 Marks)</b>
1	Swastha and Swasthya	1	6	Yes	Yes	No
2	Healthy Life style -Dinacharya (Daily regimen)	1	38	Yes	Yes	Yes
3	Ratricharya	1		Yes	Yes	No
4	Ritucharya	1		Yes	Yes	Yes
5	Roganutpadaniya	1	13	Yes	Yes	No
6	Sadvritta	1		Yes	Yes	No
7	Ahara	1	20	Yes	Yes	Yes
8	Rasayana for Swastha	1	5	Yes	Yes	No
9	Yoga	2	18	Yes	Yes	Yes
10	Naturopathy	2		Yes	Yes	No
<b>Total Marks</b>			<b>100</b>			

<b>Paper 2 Public health</b>						
<b>Sr. No</b>	<b>A List of Topics</b>	<b>B Term</b>	<b>C Marks</b>	<b>MCQ (1 Mark)</b>	<b>SAQ (5 Marks)</b>	<b>LAQ (10 Marks)</b>
11	Janapadodhwamsa / Maraka Vyadhi	2	10	Yes	Yes	Yes
12	Environmental health	2	16	Yes	Yes	Yes



13	<b>Disaster management</b>	2		Yes	Yes	No
14	<b>Occupational Health</b>	2	20	Yes	Yes	No
15	<b>School health services</b>	2		Yes	Yes	No
16	<b>Disinfection</b>	2		Yes	Yes	No
17	<b>Primary health care</b>	2	20	Yes	Yes	Yes
18	<b>Mother and Child health care</b>	2		Yes	Yes	No
19	<b>Family welfare programme</b>	2		Yes	Yes	No
20	<b>Preventive Geriatrics</b>	2		Yes	Yes	No
21	<b>World Health Organization and International health agencies</b>	2	19	Yes	Yes	No
22	<b>Vital Statistics</b>	2		Yes	Yes	No
23	<b>Health Administration</b>	2		Yes	Yes	No
24	<b>National Health Programmes</b>	2	15	Yes	No	Yes
25	<b>National Health Policy</b>	2		Yes	Yes	No
<b>Total Marks</b>			<b>100</b>			



Paper No:1		
Question No	Type of Question	Question Paper Format
Q1	<p><b>Multiple choice Questions</b>  <b>20 Questions</b>  <b>1 mark each</b>  <b>All compulsory</b></p> <p><b>Must know part - 15 MCQ</b>  <b>Desirable to know - 3 MCQ</b>  <b>Nice to know part - 2 MCQ</b></p>	<ol style="list-style-type: none"> <li>1. Swastha and Swasthya</li> <li>2. Healthy Life style -Dinacharya (Daily regimen)</li> <li>3. Ratricharya</li> <li>4. Ritucharya</li> <li>5. Roganutpadaniya</li> <li>6. Ahara</li> <li>7. Sadvritta</li> <li>8. Rasayana for Swastha</li> <li>9. Yoga</li> <li>10. Naturopathy</li> <li>11. Swastha and Swasthya</li> <li>12. Healthy Life style -Dinacharya (Daily regimen)</li> <li>13. Ritucharya</li> <li>14. Ratricharya</li> <li>15. Roganutpadaniya</li> <li>16. Sadvritta</li> <li>17. Ahara</li> <li>18. Rasayana for Swastha</li> <li>19. Yoga</li> <li>20. Naturopathy</li> </ol>
Q2	<p><b>Short answer Questions</b>  <b>Eight Questions</b>  <b>5 Marks Each</b>  <b>All compulsory</b></p> <p><b>Must know - 7 SAQ</b>  <b>Desirable to know - 1 SAQ</b>  <b>No questions on Nice to know</b></p>	<ol style="list-style-type: none"> <li>1. Swastha and Swasthya</li> <li>2. Healthy Life style -Dinacharya (Daily regimen)</li> <li>3. Ratricharya</li> <li>4. Ritucharya</li> <li>5. Roganutpadaniya</li> <li>6. Sadvritta</li> <li>7. Naturopathy / Yoga</li> <li>8. Ahara</li> </ol>
Q3	<p><b>Long answer Questions</b>  <b>Four Questions</b>  <b>10 marks each</b>  <b>All compulsory</b></p> <p><b>All questions on must know. No Questions on Nice to know and Desirable</b></p>	<ol style="list-style-type: none"> <li>1. Healthy Life style -Dinacharya (Daily regimen)</li> <li>2. Ritucharya</li> <li>3. Ahara</li> <li>4. Yoga</li> </ol>





		to know
<b>Paper No:2</b>		
<b>Question No</b>	<b>Type of Question</b>	<b>Question Paper Format</b>
<b>Q1</b>	<p><b>Multiple choice Questions</b>  <b>20 Questions</b>  <b>1 mark each</b>  <b>All compulsory</b></p> <p><b>Must know part - 15 MCQ</b>  <b>Desirable to know - 3 MCQ</b>  <b>Nice to know part - 2 MCQ</b></p>	<ol style="list-style-type: none"> <li>1. Janapadodhwamsa / Maraka Vyadhi</li> <li>2. Environmental health</li> <li>3. Disaster management</li> <li>4. Occupational Health</li> <li>5. School health services</li> <li>6. Disinfection</li> <li>7. Primary health care</li> <li>8. Mother and Child health care</li> <li>9. Family welfare programme</li> <li>10. Preventive Geriatrics</li> <li>11. World Health Organization and International health agencies</li> <li>12. Vital Statistics</li> <li>13. Health Administration</li> <li>14. National Health Policy</li> <li>15. National Health Programmes</li> <li>16. Janapadodhwamsa / Maraka Vyadhi</li> <li>17. Environmental health</li> <li>18. Occupational Health</li> <li>19. National Health Programmes</li> <li>20. Family welfare programme</li> </ol>
<b>Q2</b>	<p><b>Short answer Questions</b>  <b>Eight Questions</b>  <b>5 Marks Each</b>  <b>All compulsory</b></p> <p><b>Must know - 7 SAQ</b>  <b>Desirable to know - 1 SAQ</b>  <b>No questions on Nice to know</b></p>	<ol style="list-style-type: none"> <li>1. Janapadodhwamsa / Maraka Vyadhi</li> <li>2. Disaster management</li> <li>3. Environmental health</li> <li>4. School health services</li> <li>5. Occupational Health</li> <li>6. Mother and Child health care</li> <li>7. Family welfare programme</li> <li>8. Preventive Geriatrics</li> </ol>
<b>Q3</b>	<p><b>Long answer Questions</b>  <b>Four Questions</b>  <b>10 marks each</b>  <b>All compulsory</b></p> <p><b>All questions on must know. No Questions on Nice to know and Desirable</b></p>	<ol style="list-style-type: none"> <li>1. Janapadodhwamsa / Maraka Vyadhi</li> <li>2. Environmental health</li> <li>3. Primary health care</li> <li>4. National Health Programmes</li> </ol>



**to know**



S.No	Heads	Marks
1	Yoga - Demonstration of 4 Asanas and 1 Pranyama or Shatkarma procedure Any four asanas from following list for demonstration- Trikonasana, Ardhakatichakrasana, Gomukhasana, Bhadrasana, Pavanamuktasana, Sarvangasana, Bhujangasana and Shalabhasana. Each asana will carry 4 marks x 4 = 16 Procedure -1 mark, Final posture Holding time - 1, Breathing pattern-1 mark and On site viva - 1 mark Any one Pranayama among Nadishuddhi, Suryabhedana, Seetali, Seetkari , Bhramari or any one shatkarma among Neti and Kapalabhati Each pranayama or Shatkarma will carry 4 marks	20
2	Diet and Lifestyle advice case sheet A. Advise on Diet case - 25 Marks - Scenario will be given and asking student to prescribe diet as per the age, prakriti, occupation, agni bala etc,.. B. Advise on Lifestyle - 15 Marks - Scenario will be given and asking student advise lifestyle modifications such as Brahme muhurta uthishteth, Vyayama, Kavala- gandusha, Abhyanga, Udwartana ,Pratimarsha nasya etc,.. ,	40
3	Problem-based evaluation - Disinfection, Communicable diseases Environmental health, & Non- Communicable including deficiency diseases ,  A. Disinfection ( identification, dose, suitsbility , dilution and contact period), Communicable diseases ( giving scenarios and identifying diseases and mentioning preventive measures) and Environmental health ( giving scenarios related environmental health issues and asking students to mention preventive and control measures) - 15 Marks  B. Non- Communicable diseases ( creating scenarios and asking to identify the diseases with preventive and control methods) and deficiency diseases ( creating scenarios and asking students to indentify the deficiency conditions and asking the students to recommend the nutrients with nutritional profile etc., - 15 Marks	30
4	Practical Records	10
5	Viva  Viva on Project work ( Activity based) - 10 Marks	60



Viva on I Paper - 25 Marks

A. Definition of Swastha , Swasthya, Swasthavritta and Health, dimensions of health, objective and subjective components of well-being- 2Mark

B. Benefits of Ushajala pana, Kavala , Gandusha, Dantadhavana, Anjana, Abhyanga,Udvaartana, Vyayama, Snana and Tambula - 4 Mark

C. Rarti bhojana, Definition of Nidra , Types of nidra, Ahita nidra, definitions of sleep disorders , Definitions of Brahmacharya and Abrahmacharya and Adanakala and Visarga kala ritus, Doshavastha ,Balavastha,Agniavastha of different ritus , Definition of Ritusandhi, Yamadamshttra - 2 Marks

D. Adharaneeya vegas , Dharaneeya vega , definition of sadvritta and Acararasayana - 2 Marks

E. Importance of Ahara, classification of foods, Aharasevana kala, Ashta ahara vidhivishesha ayatana, Dwadasaha asana pravicarana with slokas , listing of nityasevana ahara dravya( Preferebly sloka), meaning of Pathya , Samashana, Adhyashana, Vishamasana. Sources and deficiency diseases of nutrients, Pastuerization of milk and its methods, meaning of different diet patterns, definition of nutrogeomics, nutracueticals, nutrigenetics and viridhha ahara . Definition, benefits and types of rasayana and definition of anti-oxidants with examples- 10 Marks

F. Definitions of Yoga , Meaning and types of Yama , Niyama, Asana,Pranayama, Pratyahara, Dharana, Dhyana,Samadhi ( slokas mandatory), listing of shatkarma and indications of shatkarma ( sloka mandatory), types of Bamdha, names of Shatchakra, diferences between Sushumna, Pingala and Ida nadi, definition of Moksha, Muktatma lakshana , Moksha upaya, , Basic principles of Naturopathy, Types of Fasting, Hydrotherapy and Massage - 5

Paper II - 25 Marks



	<p>A. Meaning and causes of Janapadodhwamsa, Definitions of terms related to Epidemiology and infectious diseases, Dynamics of disease transmission, Immunizing agents and Immunization schedule. Definition of vyadhikshamatva, Causative organisms and preventive measures of Communicable diseases -5 Marks</p> <p>B. Composition of Air, Definition of Comfort zone, Ventilation and its types, Definition of safe and wholesome water, Sources and types of Water , Purification methods of water as per Ayurveda &amp; Contemporary medicine, Definition of different types of waste, Definition of disaster and types of disasters- 5Marks</p> <p>C. Definition of occupational health, listing out occupational hazards and diseases. Est act &amp; Factories act, Health problems of school children, definition of different terms related to disinfection, types and agents of disinfection - 5 Marks</p> <p>D. Definition, principles and elements of Primary health care, population coverage , functions and staff pattern at Sub-centre, Primary health centre and Community health centre, Objectives, problems and indicators of MCH, Definitions of demography, family planning ,eligible couple and target couple and methods of family planning - 5Marks</p> <p>E . Definition of Geriatrics,Problems of aged, Definition,structure and regions of WHO, Year of establishment , head quarters and main functions of international health agencies, Definition and sources of vital statistics, organizational structure of health administration , Year of establishment and main objectives of different national health programmes- 5 Marks</p>	
6	Elective (Set SC)	10
7	Internal Assessment -	30
<b>Total Marks</b>		<b>200</b>

## References Books/ Resources



S.No	Book	Resources
1	Relevant portions of Charaka, Sushruta, Vagbhata, Sarngadhara, Bhavaprakasha, Yogaratnakara, Madhavanidana and Bheelasamhita.- relevant Samhithas	Print /online samhithas
2	Swasthavritta Samucchaya	Vaidya . Rajeswaradutta shastri , Chaukhambha Viswabharathi, Varanasi, India
3	Swasthavrittavigyan	Dr.Ramaharsha singh , Chaukhambha Publishing house, Varanasi, India
4	Yoga sutras of Patanjali	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
5	Hathayogapradipika	Swami Muktibodananda , Published by Yoga publications trust, Ganga darshan, Munger, Bihar, India
6	Gheranda samhitha	Edited with Sweta , English commentary of Mrs.Shweta Bhat and Edited by Goswami Prahlad Giri, Published by Krishnadas Academy , Varanasi- 221001
7	Yoga deepika	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
8	Light on Yoga	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
9	Light on Pranayama -	BKS Iyengar , Published by Harper collins , Publishers India , Newdelhi
10	The Foundations of Contemporary Yoga	Professor RH Singh , Published by Chaukhambha Sanskrit Pratishthan, Newdelhi ..
11	Park's Text book of Preventive and Social Medicine	K.Park , Published by M/s BANARASIDAS BHANOT, LABALPUR, INDIA
12	Text book of Preventive and Social Medicine	MC Gupta & BK Mahajan, Published by JAYPEE BROTHERS , Medical publishers , Newdelhi
13	Dr. Reddy's comprehensive guide to Swasthavritta	Dr.P.Sudhakar Reddy , Published by Chaukhambha Sanskrit Pratishthan, New Delhi
14	Indian food composition Tables	T Longvah , Published by National institute of Nutrition, Hyderabad
15	Food and nutrition	Swaminathan , Published by Banglore Printing & Publishing Co.Ltd, Banglore
16	Swasthavrittasudha	Vd.Kashinath Samagandi, Published by Ayurveda Sanskrit hindi pustak bhandar , Jaipur .



17	S.Kashi's Text book of Svasthavrtttamritam	Vd.Kashinath Samagandi, Published by Ayurved sanskrit hindi pustak bhandar, Jaipur
18	Text Book of Swasthavrittam	Dr. Mangala Gouri V Rao, Chaukhambha Orientalia, Varanasi, India (2022)
19	Text book on Swasthavritta	Dr.P. Sudhakar Reddy , Dr.Beena MDPublishers : Chaukhambha Orientalia, Varanasi, India Year : 2022
20	Bhojanakutuhalam	Raghunatha suri, Edited by Scholars of the Centre for Theoretical foundations ( CTF), Institute of Ayurveda and Integrative Medicine I-AIM, FRLHT , Bengaluru- 560064
21	Kshemakutuhalam	Compiled by Kshema sharma , Published By Indian institute of Ayurveda & Integrative medicine , Bengaluru-560064
22	Recent trends in Community Medicine	Suryakantha AH, Published by JAPEEPY BROTHERS
23	The Essentials of Natur cure	Dr.Mangala Gouri.V. Rao, Published by Chaukhambha Orientalia, Varanasi
24	WHO	<a href="https://www.who.int">https://www.who.int</a>
25	Food laws	<a href="https://www.corpseed.com/knowledge-centre/food-laws-and-regulations-in-india">https://www.corpseed.com/knowledge-centre/food-laws-and-regulations-in-india</a>
26	Food acts	: <a href="https://fssai.gov.in/cms/food-safety-and-standards-act-2006.php">https://fssai.gov.in/cms/food-safety-and-standards-act-2006.php</a>
27	National health programs	<a href="https://ncdc.mohfw.gov.in/index4.php?lang=1&amp;level=0&amp;linkid=55&amp;lid=138">https://ncdc.mohfw.gov.in/index4.php?lang=1&amp;level=0&amp;linkid=55&amp;lid=138</a>
28	Family welfare programme	<a href="https://ncdc.mohfw.gov.in/index4.php?lang=1&amp;level=0&amp;linkid=55&amp;lid">https://ncdc.mohfw.gov.in/index4.php?lang=1&amp;level=0&amp;linkid=55&amp;lid</a>
29	Health & Family welfare	<a href="https://www.india.gov.in/topics/health-family-welfare">https://www.india.gov.in/topics/health-family-welfare</a>
30	Census of India	: <a href="https://censusindia.gov.in">https://censusindia.gov.in</a>
31	Hatha yoga Pradeepika	Pandith. Hariprasad Tri[athi, Published by Chaukhambha Krishna das Academy, Varanasi , India
32	A Complete Handbook of Nature cure	H.K.BAKHRU , JAICO Publishing house, Bombay
33	Yoga & Ayurveda	Satyendra prasad MIshra , Published by Chaukhambha Sanskrit Samsthan , Varanasi
34	The Yoga Science	Dr. Ravi R Javalgekar , Published by Chaukhambha Sanskrit Sansthan , Varanasi, India
35	Concept of Ayurveda for perfect Health & Longevity	Vaidya H.S. Kasture , Published by Shree baidyanath Ayurveda Bhavan Private LTD, Nagpure , India



36	Essentials of Community medicine practicals	DK Mahabalaraju, Published by JAYPEE BROTHERS Medical publishers , Newdelhi
37	Positive health through Ayurveda	Dr.LP Gupta & Dr.LV Guru, Published by Chaukhambha sanskrit Pratishtana , Newdelhi
38	Food Science	B Srilakshmi , Published by NEW AGE INTERNATIONAL (P)LIMITED, PUBLISHERS , NEWDELHI
39	Apollo Clinical Nutrition- Handbook	Anita Jatan, Daphnee DK, Haritha Shyam, Priyanka Rohatgi and Kajal Pandya Yeptho- Published by JAYPEE BROTHERS MEDICAL PUBLISHERS PVT LTD, NEWDELHI





Assessment

S.No	Short form	Discription
1	T-EMI	Theory extended matching item
2	T- EW	Theory Essay writing
3	T- MEQs	Theory MEQs
4	T-CRQs	Theory CRQs
5	T-CS	Theory case study
6	T-OBT	Theory open book test
7	P-VIVA	Practical Viva
8	P-REC	Practical Recitation
9	P-EXAM	Practical exam
10	PRN	Presentation
11	P-PRF	Practical Performance
12	P-SUR	Practical Survey
13	P-EN	Practical enact
14	P-RP	Practical Role play
15	P-MOD	Practical Model
16	P-POS	Practical Poster
17	P-CASE	Practical Case taking
18	P-ID	Practical identification
19	P-PS	Practical Problem solving
20	QZ	Quiz
21	PUZ	Puzzles
22	CL-PR	Class Presentation,
23	DEB	Debate
24	WP	Word puzzle
25	O-QZ	Online quiz



26	O-GAME	Online game-based assessment
27	M-MOD	Making of Model
28	M-CHT	Making of Charts
29	M-POS	Making of Posters
30	C-INT	Conducting interview
31	INT	Interactions
32	CR-RED	Critical reading papers
33	CR-W	Creativity Writing
34	C-VC	Clinical video cases,
35	SP	Simulated patients
36	PM	Patient management problems
37	CHK	Checklists
38	OSCE	OSCE
39	OSPE	OSPE,
40	Mini-CEX	Mini-CEX
41	DOPS	DOPS
42	CWS	CWS
43	RS	Rating scales
44	RK	Record keeping
45	COM	Compilations
46	Portfolios	Portfolios
47	Log book	Log book
48	TR	Trainers report
49	SA	Self-assessment
50	PA	Peer assessment
51	360D	360-degree evaluation
52	TT-Theory	Theory
53	PP-Practical	Practical
54	VV-Viva	Viva



## Domain

S.No	Short form	Discription
1	CK	Cognitive/Knowledge
2	CC	Cognitive/Comprehension
3	CAP	Cognitive/Application
4	CAN	Cognitive/Analysis
5	CS	Cognitive/Synthesis
6	CE	Cognitive/Evaluation
7	PSY-SET	Psychomotor/Set
8	PSY-GUD	Psychomotor/Guided response
9	PSY-MEC	Psychomotor/Mechanism
10	PSY-ADT	Psychomotor Adaptation
11	PSY-ORG	Psychomotor/Origination
12	AFT-REC	Affective/ Receiving
13	AFT-RES	Affective/Responding
14	AFT-VAL	Affective/Valuing
15	AFT-SET	Affective/Organization
16	AFT-CHR	Affective/ characterization



## T L method

S.No	Short form	Discription
1	L	Lecture
2	L&PPT	Lecture with Power point presentation
3	L&GD	Lecture & Group Discussion
4	L_VC	Lecture with Video clips
5	DIS	Discussions
6	BS	Brainstorming
7	IBL	Inquiry-Based Learning
8	PBL	PBL
9	CBL	CBL
10	PrBL	Project-Based Learning
11	TBL	TBL
12	TPW	Team project work
13	FC	Flipped classroom
14	BL	Blended Learning
15	EDU	Edutainment
16	ML	Mobile learning
17	ECE	ECE
18	SIM	Simulation
19	RP	Role plays
20	SDL	Self-directed learning
21	PSM	Problem solving method
22	KL	Kinesthetic Learning
23	W	Workshops
24	GBL	Game-Based Learning
25	D-M	Demo on Model



26	LS	Library Session
27	PL	Peer learning
28	RLE	Real life experience
29	REC	Recitation
30	SY	Symposium
31	TUT	Tutorial
32	PER	Presentations
33	PT	Practical
34	XRy	X ray identification
35	CD	Case diagnosis
36	LRI	Lab report interpretation
37	DA	Drug analysis
38	D	Demonstration
39	D_BED	Demonstration bedside
40	D_L	Demonstration Lab
41	DG	Demonstration Garden
42	FV	Field visit
43	PRA	Practical