

**S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR**

**VALUE-ADDED COURSE**

**COURSE TITLE: AYURVEDA AND NUTRITION**

**NODAL DEPARTMENT: HINDI**

**COURSE CODE: 23VAC\_6305T**

**MARKING SCHEME**

Tutorial (Hours)	Time Allowed ESE (Hrs)	Course Credits	Total Marks	End Semester Exam (Max. Marks)	Assignment	Minimum Marks
30	2	2	50	35	15	20

**COURSE OBJECTIVES**

- To introduce the basic principles of nutrition in Ayurveda
- To link the Ayurvedic nutrition with modern dietary practices for health
- To analyse basic tenets of traditional diets and health recipes
- To understand the contemporary food habits in everyday life

**COURSE CONTENTS**

Introduction to Ayurvedic Nutrition: Ayurveda and Indian food cultures, Nutrition and lifestyle transition over the years, Regional Food Traditions of India.

**(14 Hours)**

Basic principles of Food and Nutrition and Ayurveda and Diet : Understanding rich sources of nutrients, Principles of Diet: Aharavidhi vidhan, Sattvic, Rajasi, Tamasic foods, Lifestyle Management with Dincharya.

**(16 Hours)**

### SUGGESTED READINGS:

1. Rastogi S {2014) Ayurvedic Science of Food and Nutrition. ASIN: BOOHWMV094, Springer: ISBN-13:978-1461496274
2. Rastogi S (2010) Building bridges between Ayurveda and modern science. Int J Ayurveda Res. 1(1):41-46.
3. FSSAI regulations on Ayurveda Aahar Regulations 2022. Gazette of India CG-DL-E-07052022-235642. New Delhi, Friday, May 6, 2022/ Vaisakha 16, 1944.

### COURSE OUTCOMES

On successful completion of the course the students will be able to:

1. Awareness of traditional food cultures of India
2. Evaluate changing food patterns and lifestyle over the years
3. Understand Indian Knowledge Systems (IKS) and key Vedic principles with respect to Food and Nutrition

  
(Prof. K. B. Sharma)

Principal

  
Head of the Department