



Swami Shraddhanand College
(University of Delhi)
Alipur, Delhi- 1100036
www.ss.du.ac.in
Lesson Plan

Name of Teacher	Dr. Ekta Singh (1 Period/Week)	Department	Botany
Course	VAC	Semester	III
Paper	AYURVEDA AND NUTRITION	Academic Year	2023-2024
Learning Objectives			
The learning Objectives of the course are: <ol style="list-style-type: none">1. To introduce the basic principles of nutrition in Ayurveda.2. To link the Ayurvedic nutrition with modern dietary practices for health.3. To analyse basic tenets of traditional diets and health recipes.4. To understand the contemporary food habits in everyday life.			
Learning Outcomes			
<ol style="list-style-type: none">1. Awareness of traditional food cultures of India.2. Evaluate changing food patterns and lifestyle over the years.			

3. Understand Indian Knowledge Systems (IKS) and key Vedic principles with respect to food and nutrition.
4. Apply basic tenets of traditional diets for health and disease.
5. Prepare selected healthy recipes based on Ayurvedic principles.

Lesson Plan

Week No.	Theme/ Curriculum
1. (21 st -27 th Aug 23)	UNIT-1 Ayurveda and Indian food cultures
2. (28 th -3 rd Sept 23)	Nutrition and lifestyle transition over the years.
3(4 th -10 th Sept 23)	Regional food traditions of India
4(11 th -17 th Sept 23)	UNIT-2 Understanding rich sources of nutrients.
5(18 th -24 th Sept 23)	Concept of Doshas and assessment
6(25 th -1 th Oct 23)	Ayurvedic Principles of food habits and factors determining quality of food (Ahara vidhi visheshaayatana)
7(3 rd -8 th oct 23)	FSSAI regulations on Ayurvedic Aahar
8 (9 th -15 th oct 23)	UNIT-3 Principles of Diet: Aharavidhi vidhan
9 (16 th -22 th Oct 23)	Sattvic, Rajasi and Tamasic foods.

10 (23 th -29 th Oct 23)	Incompatible food (Viruddha Ahara), Pathya;Apathya; Viprita Ahaar
11(30 th -5 th Nov 23)	Lifestyle Management with Dincharya
12(6 th -12 th Nov 23)	Lifestyle Management with Ritucharya
13(13 th -19 th Nov 23)	Application of Ayurvedic diets to stress linked food behaviour.
14(20 th -26 th Nov 23)	Internal Assessment Test
15(27 th -3 rd Dec 23)	Revision of all the topics
16(4 th -6 th Dec 23)	Assignment Presentation

Suggested Readings

Books	<ol style="list-style-type: none"> 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. 4. Frawley D (2012) Ayurvedic healing: A comprehensive guide. Lotus Press, India. 5. Charaka Samhita, Charaka (1998) In: Tripathi BN(ed) Sutra Stahan Maharashtraiya Adhyay. Chaukhamba Orientelia, Varanasi.
Online Resources (If Any)	https://iksindia.org/ :Indian Knowledge Systems

Assignment and Class Test Schedule for Semester

Assignments: Submission by 15th November 2022

Class Test: On the date as notified by the College