



**B. Tech.**

CSE / CSE (CC) / CE (SE)

**Semester VII**

**Institute Elective - II**

**INDIAN HEALTH, WELLNESS AND  
PSYCHOLOGY**

**UE6001**

**EFFECTIVE FROM July-2024**

**Syllabus version: 1.00**

Subject Code	Subject Title
UE6001	Indian Health, Wellness and Psychology

Teaching Scheme				Examination Scheme					
Hours		Credits		Theory Marks			Practical Marks		Total Marks
Theory	Practical	Theory	Practical	Internal	External	CIE	Internal	External	
2	0	2	0	0	0	50	0	0	50

#### Objectives of the course:

- To gain comprehensive knowledge and practical understanding of holistic health principles encompassing Ayurveda, Yoga, and Indian Psychology for optimal physical, mental, and emotional well-being.

#### Course outcomes:

Upon completion of the course, the student shall be able to,

- CO1: Understand Ayurveda's essence, including *Pancha Maha Bhutas, Dosha Dhatu Mala, Prakruti*.
- CO2: Learn to achieve holistic health through body-mind communication and Ayurvedic principles.
- CO3: Get knowledge about seasonal regimen, social wellbeing, and nourishment principles.
- CO4: Understanding Swastha Vritta and Dinacharya for holistic health.
- CO5: Understanding Yoga's essence, relevance in modern age, paths, and cleansing procedures.
- CO6: Understanding Indian Psychology: Manas concept, Triguna-based psychology, Tri dosha influence on mind, and consciousness dynamics for mental well-being.

Sr. No.	Topics	Hours
<b>Unit – I</b>		
<b>1</b>	<b>Understanding human body:</b> History and philosophy, Five elements and man, The human constitution – Understanding <i>Tridosha</i> , Determining the individual	<b>6</b>

	constitution, <i>Vata</i> , <i>Pitta</i> , <i>Kapha</i> , and mental constitution, Disease process.	
<b>Unit – II</b>		
<b>2</b>	<b>Understanding the communication between body &amp; Mind:</b> Establishing communication between body and mind by understanding the language of body. Understanding the concept of <i>Agni</i> , <i>Koshta</i> , <i>Sara</i> and <i>Ojas</i> and their relevance in enhancing our immunity to protect from various infections. Looking at the world through the lenses of <i>Dravya</i> , <i>Guna</i> and <i>Karma</i> , Applying the principle of <i>Samanya</i> and <i>Visesha</i> in every aspect of life to achieve perfect health.	6
<b>Unit – III</b>		
<b>3</b>	<b>Seasonal Regimen, Social Wellbeing, and Nourishment:</b> <i>Ritu Charya</i> – The Seasonal Regimen, <i>Sadvritta</i> and Social Wellbeing, Understanding <i>Trividha Upastambhas</i> – Three Pillars to Health, Concept of <i>Shadrasa</i> – Choosing Appropriate Nourishment for Body and Mind.	4
<b>Unit – IV</b>		
<b>4</b>	<b>Understanding <i>Swastha Vritta</i> and Daily Regimen:</b> Understanding <i>Swastha Vritta</i> – The Healthy Regimen, <i>Dinacharya</i> : The Daily Regimen, Daily Detoxification, Exercise Routine, Intake of Food, Water, Air, and Sunlight, Work and Ergonomics, Rest and Sleep Hygiene.	4
<b>Unit – V</b>		
<b>5</b>	<b>Introduction to <i>Yoga</i>:</b> Definition, Meaning and objectives of <i>Yoga</i> , Relevance of <i>Yoga</i> in modern age. Brief Introduction of <i>Hatha Yoga</i> , <i>Raja Yoga</i> , <i>Karma Yoga</i> , <i>Gyana Yoga</i> , and <i>Bhakti Yoga</i> , Understanding eight steps of <i>Ashtanga Yoga</i> , Understanding <i>Shatkriyas</i> , the six cleansing procedures of <i>Yoga</i> .	6
<b>Unit – VI</b>		
<b>6</b>	<b>Introduction to Indian Psychology:</b> Concept of <i>Manas</i> in <i>Ayurveda</i> and understanding Mind Body harmony, <i>Triguna</i> based Psychology in <i>Ayurveda</i> and <i>Yoga</i> , Influence of <i>Tridosha</i> on Mind, Mind body intellect and consciousness complex, Understanding Consciousness and solution to issues within Human Mind.	4

#### References:

1. Vasant Iad, "Ayurveda, the Science of Self-healing", "A Practical Guide: Science of Self-healing", Lotus Press, 1984.

2. The Charaka Samhita.
3. The *Susruta Samhita*.
4. Teh *Ashtanga Hridaya*.
5. Dr Deepak Chopra, "Perfect Health--Revised and Updated: The Complete Mind Body Guide", Harmony publication, 2001.
6. The *Hatha yoga* pradiipika.
7. The *Patanjali yoga sutras*.
8. The *Gheranda Samhita*.
9. BKS Iyengar, "Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority", thronson publication, 2006.
10. Swamy Satyananda Saraswati, "*Asana, Pranayama, Mudra and Bandha*", Bihar School of Yoga, 2002

#### Course objectives and Course outcomes mapping:

- To gain comprehensive knowledge and practical understanding of holistic health principles encompassing *Ayurveda*, *Yoga*, and Indian Psychology for optimal physical, mental, and emotional well-being: CO1, CO2, CO3, CO4, CO5, CO6.

#### Course units and Course outcomes mapping:

Unit No.	Unit Name	Course Outcomes					
		CO1	CO2	CO3	CO4	CO5	CO6
1	Understanding human body	✓					
2	Understanding the communication between body & Mind		✓				
3	Seasonal Regimen, Social Wellbeing, and Nourishment			✓			
4	Understanding Swastha Vritta and Daily Regimen				✓		
5	Introduction to <i>Yoga</i>					✓	
6	Introduction to Indian Psychology						✓

#### Programme outcomes:

- PO 1: Engineering knowledge: An ability to apply knowledge of mathematics, science, and engineering.
- PO 2: Problem analysis: An ability to identify, formulates, and solves engineering problems.
- PO 3: Design/development of solutions: An ability to design a system, component, or process to meet desired needs within realistic constraints.

- PO 4: Conduct investigations of complex problems: An ability to use the techniques, skills, and modern engineering tools necessary for solving engineering problems.
- PO 5: Modern tool usage: The broad education and understanding of new engineering techniques necessary to solve engineering problems.
- PO 6: The engineer and society: Achieve professional success with an understanding and appreciation of ethical behavior, social responsibility, and diversity, both as individuals and in team environments.
- PO 7: Environment and sustainability: Articulate a comprehensive world view that integrates diverse approaches to sustainability.
- PO 8: Ethics: Identify and demonstrate knowledge of ethical values in non-classroom activities, such as service learning, internships, and field work.
- PO 9: Individual and team work: An ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.
- PO 10: Communication: Communicate effectively on complex engineering activities with the engineering community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give/receive clear instructions.
- PO 11: Project management and finance: An ability to demonstrate knowledge and understanding of the engineering and management principles and apply these to one's own work, as a member and leader in a team, to manage projects and in multidisciplinary environments.
- PO 12: Life-long learning: A recognition of the need for, and an ability to engage in life-long learning.

**Programme outcomes and Course outcomes mapping:**

Programme Outcomes	Course Outcomes					
	C01	C02	C03	C04	C05	C06
P01	✓					
P02					✓	
P03		✓				
P04				✓		
P05			✓			
P06						
P07						
P08						

P09						
P010						✓
P011						
P012						