

A	Justification for introducing/ Replacing the Course	: Expansion of the course
B	Name of the Course	: Āyurveda, Society, and Cultural Practice
C	Course Code	: SUPE 101
D	Number of Credits	: 03
E	Degree Programme	: Bachelor of Arts General (External) Degree
F	Core/Supplementary Course	: Supplementary
G	Prerequisites	: None
H	Aim of the Course	: The aim of this course is to introduce the basics of Āyurveda as explained in ancient Āyurvedic texts, and its uses in day-to-day life.
I	Intended Learning Outcomes	: At the end of the course students will be able to identify concepts of good habits as explained in Āyurveda and practice them
J	Number of Hours	: 45
K	Course Content	: History of Āyurveda; basic knowledge of Āyurvedic literature; content of Vṛddhatrayi (CarakaSamhitā, SuśrutaSamhitā and Aṣṭāṅgahrdaya); content of Laghutrayi (Bhāvaprakāśa, Mādhavanidāna and ŚāraṅgadharaSamhitā); Āyurveda and Buddhism; philosophy and Āyurveda; duty of a physician according to Āyurveda; characteristics of a healthy person according to the Āyurveda; daily routine of a person according to Āyurveda; important habits of daily life according to Āyurveda.
L	Assessment Scheme:	
	i.	Time of Assessment - End of the Year
	ii.	Assessment Method - Written examination
	iii.	Assigned Percentage for each Component – 100%