



**SGT UNIVERSITY**

**VALUE ADDED COURSES**



**Faculty of Indian Medical  
System 2024-25**



## About the University

SGT University, established in 2013 and recognized by the University Grants Commission (UGC), has set its sights on fostering a culture of research, innovation, and interdisciplinary education. Nestled on a sprawling 70-acre campus on the outskirts of Gurgaon, the university boasts state-of-the-art resources and infrastructure designed to facilitate cutting-edge academic and research achievements.

Driven by a relentless pursuit of excellence, SGT University has earned the prestigious NAAC A+ accreditation, becoming one of the youngest institutions in the country to receive this honour. This recognition highlights the university's commitment to maintaining high standards in education and research.

Among its broad array of academic programs, the university offers premier medical courses through the SGT Medical College, Hospital & Research Institute, which are considered among the best in the nation. These programs are seamlessly integrated with practical training and research opportunities, ensuring that students receive a comprehensive, world-class education in the medical field.

## Our Vision

To nurture individual's excellence through value based, cross-cultural, integrated and holistic education adopting the contemporary and advanced means blended with ethical values to contribute in building a peaceful and sustainable global civilization.

## Our Mission

- To impart higher education at par with global standards that meets the changing needs of the society
- To provide access to quality education and to improve quality of life, both at individual and community levels with advancing knowledge in all fields through innovations and ethical research.
- To actively engage with and promote growth and welfare of the surrounding community through suitable extension and outreach activities
- To develop socially responsible citizens, fostering ethical values and compassion through participation in community engagement, extension and promotion activities.
- To create competitive and coordinated environment wherein the individual develops skills and a lifelong learning attitude to excel in their endeavours.

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## INTRODUCTION

In the dynamic and ever-changing global landscape, the need for lateral thinking, innovation, and entrepreneurial spirit has never been greater. Traditional educational approaches that focus solely on specific skill sets often become outdated due to the rapid pace of technological advancements. As such, no university curriculum can comprehensively address all areas of importance or relevance. To ensure that students are better equipped to meet industry demands, it is crucial for higher education institutions to supplement the core curriculum, helping students develop both their aptitudes and interests.

### Objectives:

The primary objectives of the Value-Added Course (VAC) are:

1. **To enhance industry understanding:** Equip students with knowledge of industry expectations and requirements.
2. **To improve employability:** Enhance students' employability skills, making them more competitive in the job market.
3. **To bridge skill gaps:** Address existing gaps in skills and ensure students are industry ready.
4. **To foster inter-disciplinary skills:** Provide students with opportunities to develop diverse skills across various disciplines.
5. **To encourage entrepreneurship:** Inspire students to become job creators rather than just job seekers.

### Course Design

Departments designing Value-Added Courses should begin by conducting a **Training Need Analysis** and engaging with industry experts, alumni, and employers to identify skill gaps and emerging trends. This will guide the creation of a syllabus tailored to current demands.

### Conduction of Value-Added Courses

- **Voluntary Participation:** VAC is not a mandatory requirement for completing any academic program, and the credits earned through these courses are additional to the degree's total credit requirement.
- **Learning Format:** VAC is an instructor-supported learning course, available to all students without any additional fee. Classes are typically scheduled during reserved time slots, beyond regular class hours, and may also be conducted on weekends or during vacations.
- **Course Registration:** Students may register for only one Value-Added Course per semester, preferably offered by their own department. However, with prior permission from the Dean, they can take courses from other departments.



- **Minimum Participants:** A minimum of 5 students must opt for a course for it to be offered.
- **Industry and Expert Involvement:** Eminent industry professionals or academicians may conduct VACs. This broadens students' exposure and enhances the learning experience.

### **Course Duration and Structure**

- **Duration:** Each Value-Added Course should last at least 30 hours, with a balanced structure of 18 hours (60%) theory and 12 hours (40%) practical. The exact division of theory and practical hours will be determined by the course instructor with the approval of the Dean.
- **Location:** The courses will be conducted within the respective schools, with classrooms assigned by the Dean based on student numbers.

### **REGISTRATION PROCEDURE**

1. **Course Listings:** A list of available Value-Added Courses, along with syllabi, will be posted on the university website.
2. **Registration Process:** Students must complete and submit a registration form to enroll in a course. The Department Head will group students based on their choices and send them to the Dean for final approval.
3. **Attendance and Assessment Records:** The course instructor is responsible for maintaining attendance and assessment records, including details on assignments, seminars, and other activities. These records must be signed by both the course instructor and the Department Head and kept for future reference.
4. **Attendance Requirements:** Students must maintain at least 75% attendance in the Value-Added Course to be eligible for a certificate. Up to a 10% relaxation in attendance may be granted for valid reasons, such as illness or extracurricular participation.

### **Certification**

Upon successfully completing a Value-Added Course, students will be awarded a **certificate** signed by the authorized university signatories, recognizing their accomplishment in the course.

# Home Remedies for Seasonal Diseases



SGT UNIVERSITY

Course Code: VAC/FIMS/003

## COURSE OBJECTIVES:

- To provide knowledge about common seasonal diseases and their causes.
- To explore Ayurvedic principles of Ritu (season) and their connection with Dosha imbalances.
- To teach preparation methods for effective, safe, and affordable home remedies.
- To emphasize both preventive care and treatment using natural resources.
- To enable participants to educate others on managing seasonal illnesses at home.

## COURSE OUTCOMES:

- Understand the seasonal variations and their impact on health.
- Gain knowledge about common seasonal diseases and their management through home remedies.
- Learn practical skills to prepare and use home remedies for common ailments.
- Be able to guide individuals or communities on adopting these remedies.
- Appreciate the preventive and curative aspects of Ayurveda in managing seasonal disorders.

## COURSE CONTENT:

### Module I: Introduction to Seasonal Diseases and Ayurveda

- Overview of Seasonal Variations: Ritu Sandhi and its role in health. Seasonal changes and their effects on Dosha balance.
- Common Seasonal Ailments: Summer: Heatstroke, dehydration, skin rashes. Monsoon: Digestive issues, cold, flu, skin infections. Winter: Joint pain, respiratory problems, dry skin.
- Ayurvedic Approach: Concept of Ritucharya (seasonal regimen). Importance of immunity (Ojas) in seasonal health.

### Module II: Summer Season Remedies

1. Common Summer Illnesses: Heatstroke, dehydration, prickly heat, and acidity.
2. Home Remedies: Cooling drinks like Amla sherbet and buttermilk with spices.
3. Preventive Measures: Diet: Inclusion of cooling foods like gourds and coconut water.  
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### Module III: Monsoon Season Remedies

- Common Monsoon Illnesses: Cold, cough, flu, waterborne diseases, and skin infections.
- Home Remedies: Herbal teas with ginger, tulsi, and honey for respiratory issues. Neem and turmeric paste for skin infections. Digestive aids: Ajwain water and ginger powder for indigestion.
- Preventive Measures: Diet: Warm, light, and easily digestible foods. Hygiene: Use of boiled water and proper drying of clothes



#### Module IV: Winter Season Remedies

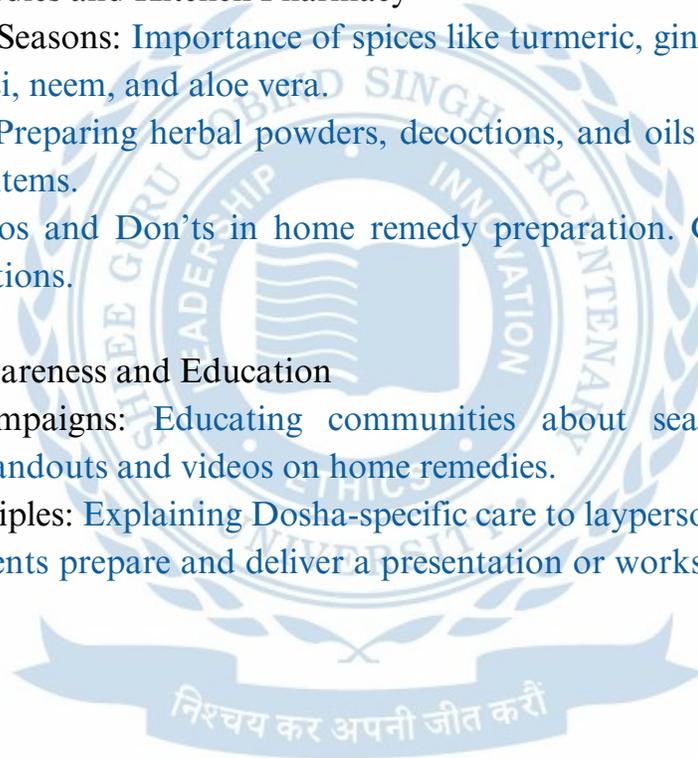
- Common Winter Illnesses: Joint pain, cold, flu, dry skin, and respiratory disorders.
- Home Remedies: Joint pain relief: Sesame oil massage, warm mustard seed poultices. Cough and cold: Turmeric milk, honey-ginger paste. Skin care: Almond oil massage and herbal moisturizers with aloe vera.
- Preventive Measures: Diet: Warm soups, nuts, and spices like cinnamon and cardamom. Lifestyle: Layered clothing and exposure to early morning sun.

#### Module V: : Universal Remedies and Kitchen Pharmacy

- Key Ingredients for All Seasons: Importance of spices like turmeric, ginger, cumin, and fenugreek. Medicinal herbs like tulsi, neem, and aloe vera.
- Practical Applications: Preparing herbal powders, decoctions, and oils. Creating a seasonal first-aid kit using household items.
- Emphasis on Safety: Dos and Don'ts in home remedy preparation. Guidelines for dosage and identifying contraindications.

#### Module VI: Community Awareness and Education

- Health Awareness Campaigns: Educating communities about seasonal diseases and their prevention. Preparing handouts and videos on home remedies.
- Role of Ayurvedic Principles: Explaining Dosha-specific care to laypersons.
- Practical Exercise: Students prepare and deliver a presentation or workshop on home remedies for a specific season.



Course Code: VAC/FIMS/004

## COURSE OBJECTIVES:

- To gain a clear understanding of Prakriti (individual constitution) in Ayurveda.
- To learn how Prakriti helps predict health conditions and personalize lifestyle choices.
- To develop skills to assess Prakriti through observation, history-taking, and physical examination.
- To understand the role of Prakriti in maintaining health and preventing diseases.
- To explore the connection between Prakriti and modern health sciences like genetics and epigenetics.

## COURSE OUTCOMES:

- Understand the Ayurvedic concept of Prakriti and its formation.
- Learn to perform a Prakriti assessment using traditional and modern methods.
- Be able to recommend diet, lifestyle, and therapeutic interventions.
- Gain insights into the scientific basis and research related to Prakriti.
- Enhance their ability to integrate Prakriti analysis into clinical or wellness practices.

## COURSE CONTENT:

### Module I: Introduction to Prakriti and Its Formation

- Definition and Importance: Concept of Prakriti as the individual constitution. Formation of Prakriti during conception based on Panchamahabhutas and Doshas.
- Types of Prakriti: Vata, Pitta, Kapha, and their combinations. Mental Prakriti: Sattva, Rajas, and Tamas.

### Module II: Methods of Prakriti Analysis

- Traditional Methods: Observation: Body structure, complexion, and physiological tendencies. Examination: Pulse, tongue, skin, and eyes.
- Tools and Questionnaires: Designing and using Prakriti assessment forms. Incorporating modern tools like AI-based Prakriti analysis apps

### Module III: Prakriti and Health Management

- Dietary Recommendations: Foods suitable and unsuitable for each Prakriti type. Seasonal modifications based on Prakriti.
- Lifestyle Recommendations: Yoga, exercise, and daily routines (Dinacharya) for Vata, Pitta, and Kapha types. Sleep and stress management techniques.
- Therapeutic Approaches: Ayurvedic treatments based on Prakriti.

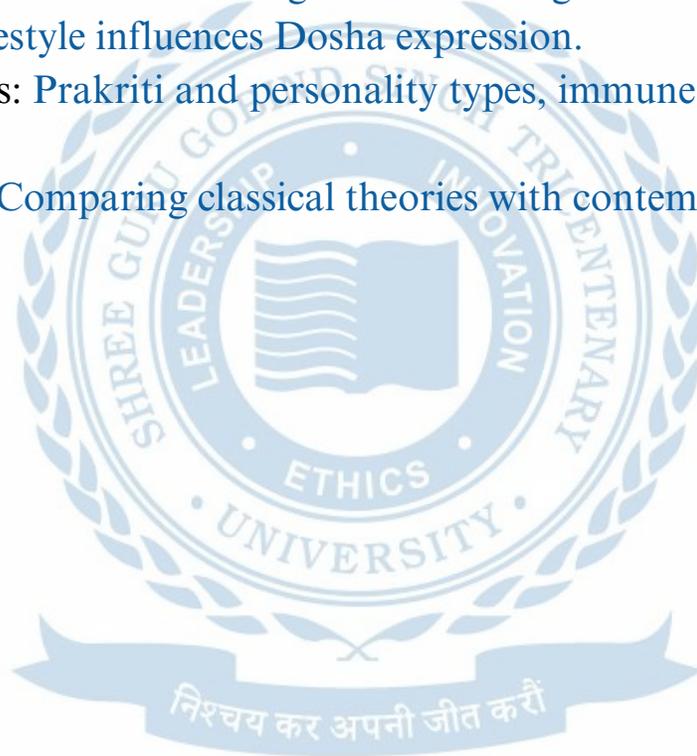


## Module IV: Prakriti and Disease Susceptibility

- Health Predictions: Common ailments associated with each Prakriti. Early signs of Dosha imbalances and their rectification.
- Preventive Care: Designing wellness plans to mitigate disease risks.
- Case Studies: Examples of disease predispositions and personalized interventions.

## Module V: Scientific Validation of Prakriti

- Research in Ayurveda: Studies linking Prakriti with genetics and metabolic profiles. Epigenetics: How lifestyle influences Dosha expression.
- Modern Correlations: Prakriti and personality types, immune responses, and chronic diseases.
- Critical Evaluation: Comparing classical theories with contemporary.



# Yoga for Stress and Emotional Wellness



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Course Code: VAC/FIMS/005

## COURSE OBJECTIVES:

- To introduce students to the concept of stress and its impact on emotional and physical well-being.
- To provide foundational knowledge about yoga and its principles.
- To explore yoga as an effective tool for managing stress and enhancing emotional wellness.
- To train students in specific yoga practices, including asanas, pranayama, and meditation techniques, for stress management.

## COURSE OUTCOMES:

- Understand the physiological and psychological aspects of stress.
- Apply yoga-based practices to manage stress and improve emotional wellbeing.
- Demonstrate proficiency in specific asanas, pranayama techniques, and meditation practices.
- Develop an individualized yoga routine for sustained emotional wellness.

## COURSE CONTENT:

### Module I: Introduction to Stress

- Definition and types of stress (acute, chronic, eustress, distress)
- Physiological and psychological impacts of stress
- Common causes of stress in modern life
- Stress and its relation to emotional wellness
- Overview of stress management techniques

### Module II: Introduction to Yoga

- History and philosophy of yoga
- Eight limbs of yoga (Ashtanga Yoga) by Patanjali
- Benefits of yoga for physical, mental, and emotional health
- Yoga as a lifestyle: Yama, Niyama, and their relevance in daily life

### Module III: : Yoga for Stress Management

- Understanding the connection between body, breath, and mind
- Stress-relieving asanas (e.g., Balasana, Savasana, Uttanasana)
- Role of consistency in yoga practice for stress reduction



## Module IV: Pranayama

- Concept and significance of pranayama in yoga
- Techniques for managing stress (Nadi Shodhana, Bhramari, Anulom Vilom)
- Breathing exercises for emotional balance

## Module V: Meditation for Emotional Wellness

- Introduction to meditation and its benefits
- Techniques: Mindfulness meditation, guided imagery, body scan meditation
- Cultivating a daily meditation practice
- Impact of meditation on emotional intelligence

