



NATIONAL INSTITUTE OF AYURVEDA, JAIPUR



**(Deemed to be University De-Novo)
(Ministry of AYUSH, Govt. of India)**

PG Department of SWASTHAVRITTA & YOGA

**Course Name: SWASTHAVRITTA: VAIYAKTIKA
SWASTHAVRITTA, YOGA AND NISARGOPACHARA**

Course Code: 11(A) Theory Paper- I

Course Outcome

At the end of this course student will achieve:

1. Knowledge about Definition of Swastha & Swasthya and Swasthavritta.
2. Arogya Lakshana,
3. Swasthavritta Prayojanam,
4. WHO definition of health.
5. Dimensions of health: Physical, Mental, Social.
6. Concept of wellbeing objective, subjective, standard of living, quality of life.
7. Detail knowledge of Dinacharya, Ratricharya and Ritu charya.
8. Fundamental knowledge of Sadvritta and Achara Rasayana their role in Prevention and control of diseases.
9. Detail knowledge about Tryopastambha and menstrual hygiene.
10. Knowledge of Rasayan in maintenance of health.
11. Fundamental and applied knowledge of Astanga Yoga, Mudra, Bandha, Shadashoshan and Panch Kosha.
12. Nisargopachara.