



**SGT UNIVERSITY**

**VALUE ADDED COURSES**



**Faculty of Indian Medical  
System 2023-24**



## 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.

# Introductory course to Ritushodhana



SGT UNIVERSITY

Course Code: VAC/FIMS/001

## COURSE OBJECTIVES:

- Understand the concept of Ritu Shodhana and its significance in Ayurveda.
- Learn about the seasonal changes and their impact on human health.
- Apply the principles of Ritu Shodhana in daily life to maintain health and well-being.
- Understand the various Shodhana procedures, including Panchakarma, and their application in different seasons.

## COURSE OUTCOMES:

- Explain the concept of Ritucharya and its significance in Ayurveda.
- Describe the effects of seasonal changes on human health, including the impact on doshas, dhatus, and malas.
- Understand the various Shodhana procedures, including Panchakarma, and their application in different seasons.
- Prepare seasonal diet plans for individuals based on their constitution and the current season.
- Develop an appreciation for the importance of living in harmony with the seasons.
- Commit to adopting a healthy lifestyle, including dietary and lifestyle changes, to maintain health and well-being.
- Develop respect for the principles of Ayurveda and its application in maintaining health and preventing diseases.

## COURSE CONTENT:

### Module I:

- Introduction to Ritu Shodhana concept.
- Concept of Tridosha.
- Detailed knowledge of Ritu according to Ayurveda & effect of atmospheric changes on Dosha status of body.

### Module II:

- Probable diseases occurring due to Seasonal Dosha Prakopa.

### Module III:

- Introduction to Panchakarma procedures.
- Introduction to Purvakarma- Snehana and Swedana, their mode of action.



#### Module IV:

- Introduction to Vasantika Vamana, its indication/ contraindications, Vamana medicines, Vamana Vidhi, Samsarjana Krama, Mode of action.
- Introduction to Sharadika Virechana, its indication/ contraindications, Virechana medicines, Virechana Vidhi, Samsarjana Krama, Mode of action.
- Introduction to Basti therapy, its indication! contraindications, Basti preparation, Bastidana Vidhi, Mode of action.
- Introduction to Raktamokshana, its indication! contraindications, Raktamokshana types and brief knowledge of Siravedha, Mode of action.

#### Module V:

- Practical demonstration of Snehana therapy especially Abhyantara Snehapana & Abhyanga.
- Practical demonstration of Swedana therapy
- Practical demonstration of Vamana therapy
- Practical demonstration of Virechana therapy
- Practical demonstration of Basti therapy
- Practical demonstration of Raktamokshana therapy

#### REFERENCE

- Ayurvediya Panchakarma Chikitsa Dr Mukundi Lal Dwivedi
- Panchakarma Vigyan Dr Haridas Shreedhar Kasture
- Illustrated Panchakarma Dr.G Srinivasa Acharya
- Clinical Panchkarma (English) Dr. P.Yadaiah
- Prayogika Panchkarma (Hindi) Dr. P. Yadaiah
- Vivida Vyadhiyome Panchkarma (Hindi) Dr. P. Yadaiah
- The Panchkarma Treatment of Ayurveda with Kerala Specialtie Dr. T.L. Devaraj
- Panchkarma Therapy Dr. R.H. Singh
- Ayurveda-Principles and Panchakarma Practice Dr Mandip R; G. & Prof. Gurdip Singh
- Principles and Practice of Basti Dr. Vasudevan & Dr. L. Mahadevan
- Panchakarma Sangraha Dr. Manoj Shamkuwar
- Essential of Panchakarma Therapy Dr.Pulak Kanti Kaur
- Principles and Practice of Panchakarma Vaidya Vasant Patil

Course Code: VAC/FIMS/002

## **COURSE OBJECTIVES:**

- To acquire the knowledge about the anatomical and physiological changes during the immediate post-partum period and the basic post-natal care.
- Provide fundamental concepts, the necessary knowledge and the basic skills related to various procedures conducted in the post-natal period
- Provides the knowledge of diet and lifestyle including some basic yoga which can be followed throughout the postnatal period.
- This exposes them to the necessary panchakarma procedures and the local procedures.

## **COURSE OUTCOMES:**

- Compile & Explain the anatomical and Physiological changes during immediate postpartum period
- Examine and Evaluate postpartum woman
- Experiment with Ayurveda Post-natal care in the individuals without any complications
- Define how to use the instruments and equipment's used for the post-natal care
- Demonstrate the dietetic preparations used in post-natal period
- Understand the importance of basic yoga postures for post-natal women
- Utilize the Panchakarma procedures/Local procedures in post-natal women

## **COURSE CONTENT:**

### Module I:

- Classical references of Sootika Paricharya
- Literature related to Sootika, Sootika kala, Sootika paricharya according to various acharyas

### Module II:

- Anatomical and Physiological changes during puerperium
- Common ailments of Sootika period
- Common medicines used during Sootika kala

### Module III:

- Examination of a postnatal woman

### Module IV:

- Demonstration of procedures performed in the immediate postpartum care
- Demonstration of dietetic preparations used in post-natal period
- Demonstration of Yoga Procedures during post-natal period





## REFERENCES:

- Ayurvediya Prasuti Tantra & Stree Roga- Part I, Dr. P V Thewari
- Textbook of Obstetrics- D. C Dutta
- A Textbook of obstetrics Prasuti Tantra- Dr. VNK Usha

