

CURRICULUM PLAN (Aug.-Dec, 2024)

Dr. MAYANGLAMBAM ROJINA DEVI

Subject- Ayurveda and Nutrition (VAC; Practical)

Class- B. Sc. Zoology Sem. I

Date	Contents
13/09/2024	Visit your local market and classify the available food items according to Sattvic, Rajasi and Tamasic foods
20/09/2024	Conduct a survey of 10-15 households in your locality to study food behaviour and analyse them in light of Ayurvedic dietary principles of Sattvic, Rajasi and Tamasic
27/09/2024	Conduct a survey of 10-15 households in your locality to study food consumption patterns and intake of incompatible food: Viruddha Ahaar, Pathya; Apathya, Viprita Ahaar.
04/10/2024	Conduct a survey of 10-15 households in your locality to know about their adopted lifestyle Dincharya and Ritucharya
18/10/2024	Submission of Project Report
25/10/2024	Presentations by students
08/11/2024	Analysis of honey- purity, biochemical analysis
November- December	<ul style="list-style-type: none">• Revision• Viva• Mock Practical Examination