



**J.C. BOSE UNIVERSITY OF SCIENCE AND  
TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)**

A State Government University (Accredited 'A\*' Grade by NAAC)

(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)  
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

**Community College of Skill Development**

**Lesson Plan: Yogic Diet & Health**

**Program: PG Diploma in Yoga Sci & Naturopathy**  
**Course Code: YNP-107-V**

**Semester: 1<sup>st</sup>**  
**Credits: 3**

**Course Objectives:** The objective of this course is to provide students with a comprehensive understanding of health and disease through the integrated perspectives of Yoga, Ayurveda, and modern science. It aims to explore the multidimensional nature of health—including physical, mental, social, and spiritual well-being—as defined by both the World Health Organization and classical Indian texts such as those by Sushrut Acharya and Charak Muni.

**Course Outcomes:** At the end of the course, the student shall be able to

**C01: Explain the concept and dimensions of health from both modern and traditional perspectives including WHO, Ayurveda, and Yoga.**

**C02: Describe the yogic and Ayurvedic physiological frameworks such as Trigunas, Pancha-prana, Pancha-koshas, and Shat-chakras and their role in health and healing.**

**C03: Analyze the causes and manifestations of common diseases and disorders through the lens of Yoga, Ayurveda, and modern science.**

**C04: Apply yogic practices and lifestyle modifications for the prevention and management of musculoskeletal, respiratory, and cardiovascular disorders.**

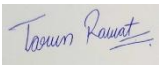
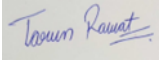
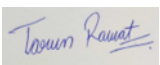
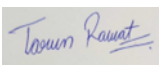
**C05: Evaluate the role of yogic diet and nutrition in maintaining health, enhancing yogic practice, and supporting disease prevention.**

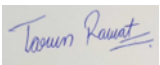
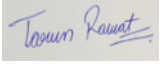
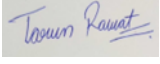
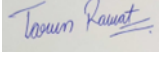
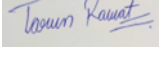
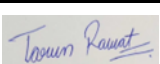
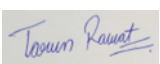
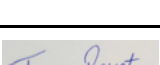
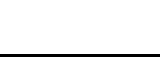
**Equipment required in Classroom/ Laboratory/ Workshop**

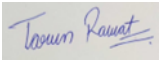
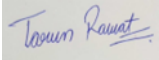
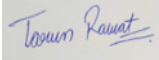
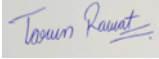
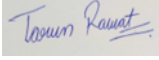
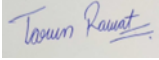
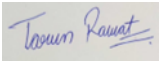
- i. LCD/Projector
- ii. Whiteboard/ Black Marker

## Assessment Scheme

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5
2(b)	Teacher Assessment (Continuous Evaluation)	10
2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	UNIT-1 Meaning of Health according to WHO	Interactive lecture with whiteboard explanation	08/08/25	CO1	
2	WHO Definition & Importance of Health	Discussion and daily routine chart creation	14/08/25	CO1	
3	Dimensions of Health: Physical, Mental, Social and Spiritual	Case-based discussion and reflective journaling	14/08/25	CO1	
4	Definition of Health according to Sushrut	Seasonal routine	22/08/25	CO1	

	Acharya and Charak Muni (Ayurveda)	mapping and group activity			
5	Concept of Health and Disease in Indian Systems of Medicine – Ayurveda, Naturopathy & Yoga	Concept mapping and dietary analysis	22/08/25	CO1	
6	Yogic Concept of Health and Disease: Adhi and Vyadhi – Meaning and Definitions	Diagram-based explanation and Q&A	28/08/25	CO1	
7	Concepts of Trigunas	Visual aids and tissue health comparison	04/09/25	CO2	
8	Pancha-prana and Their Role in Health and Healing	Group revision and oral quiz	05/09/25	CO2	
9	Concept of Pancha-koshas	Conceptual lecture with yogic philosophy references	05/09/25	CO2	
10	Shat-chakra and Their Role in Health and Healing	Root cause analysis through examples	11/09/25	CO2	
11	Role of Yoga in Preventive Health Care – Yoga as a Way of Life	Demonstration of yogic remedies and practice	12/09/25	CO2	
12	Concept of Dinacharya	Diet planning and guided pranayama session	12/09/25	CO1	
13	Concept of Ritucharya	Posture correction and therapeutic	13/09/25	CO1	

		demonstration			
14	Basic Pillars of Health: Diet, Celibacy, Sleep	Immune-boosting yoga practice session	19/09/25	CO1	
15	Revision of Unit-1	Relaxation techniques and guided meditation	19/09/25	CO1	
16	UNIT-2 Concept of Disease According to Modern Science, Ayurveda & Yoga	Energizing yoga sequence demonstration	03/10/25	CO3	
17	Stress and Disease	Breathwork and chest-opening asana practice	03/10/25	CO3	
18	General Parameters and Questionnaires to Evaluate Health Status – GHQ, Prakriti, Guna, PSS, STAI	Recap discussion and student-led review	04/10/25	CO3	
19	Musculo-Skeletal Disorders: Backache	Trataka demonstration and eye care routine practice	09/10/25	CO3	
20	Respiratory Disorders: Cold, Cough & Asthma	Fat-burning yoga flow and lifestyle tips	11/10/25	CO3	
21	Cardiovascular Disorders: Hypertension, Low Blood Pressure	Gentle cardiovascular yoga demonstration		CO3	
22	Management of Disease	Neck-		CO3	

	Through Yogic Practices & Lifestyle Prescriptions – Moderation in Ahara, Vihara, Achara, Vichara	based postures and breathwork practice			
23	Revision of Unit-2	Lifestyle planning and dietary integration workshop		CO3	
24	UNIT-3 Yogic Diet – General Introduction of Ahara	Restorative yoga and mindfulness practice		CO5	
25	Concept of Mitahara	Self-regulation techniques and guided journaling		CO5	
26	Classification in Yogic Diet According to Traditional Yoga Texts	Mindful movement and breathing session		CO5	
27	Diet According to Body Constitution (Prakriti) – Vata, Pitta, Kapha	Concept integration and group discussion		CO5	
28	Importance of Yogic Diet in Yog Sadhana and Healthy Living	Unit revision with peer teaching		CO5	
29	Yogic Principles of Healthy Living – Ahara, Vihara, Achara, Vichara	Lecture with food philosophy and discussion		CO5	
30	Concept of Bhavas and Bhavanas with Relevance to Health and Well-being	Nutrition chart creation and Ojas discussion		CO5	

31	Concepts of Diet Pathya and Apathya According to Gheranda Samhita, Hatha Pradeepika, and Bhagavad Gita	Macronutrient breakdown and food label analysis		CO5	
32	UNIT-4 Basic Concepts and Components of Food and Nutrition	Food classification activity and group debate		CO5	
33	Concept of Food, Acceptance of Food, Functions of Food	Moderation principles and role-play scenarios		CO5	
34	Significance of Minerals and Water in the Body	Meal timing planning and fasting guidelines workshop		CO5	
35	Revision of Unit-4	Final revision with student presentations		CO5	

**BOOK:**

**1.Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness**

**Author: Dr. Dilip Sarkar**

**Details: Focuses on disease-specific yoga therapy and lifestyle correction.**

**2. Ayurveda and Panchakarma**

**Author: Dr. Sunil V. Joshi**

**Details: Useful for understanding diet, detox, and seasonal routines (Ritucharya).**

## **Reference Books:**

**1. Yoga: The Path to Holistic Health**

**Author: B.K.S. Iyengar**

**Details: Comprehensive guide to asanas, therapeutic sequences, and yogic philosophy.**

**2. Light on Yoga**

**Author: B.K.S. Iyengar**

**Details: Classic text covering yoga postures, pranayama, and sequencing.**

**3. Asana Pranayama Mudra Bandha**

**Author: Swami Satyananda Saraswati**

**Publisher: Bihar School of Yoga**

**Details: Authoritative manual on yogic techniques with therapeutic applications.**

**4. A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya**

**Author: Swami Satyananda Saraswati**

**Details: Deep dive into yogic cleansing, kriyas, and lifestyle integration.**

**5. Yoga and Ayurveda: Self-Healing and Self-Realization**

**Author: Dr. David Frawley**

**Details: Explores the connection between yogic practice and Ayurvedic healing.**