
KLE COLLEGE OF PHARMACY, HUBBALLI

Yoga & Nutrition

Eligibility : Pharmacy (B. Pharm V to VIII-Semester)

Theory : 25 hrs

Practicals : 20 hrs

Course Description :

The course is designed to assist the students to acquire basic knowledge and understanding of the principles of Nutrition, Dietetics & Yoga and apply this knowledge into practice.

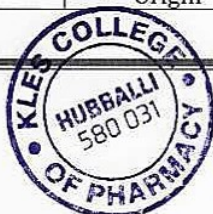
Need / Purpose:

Competencies

- Identify the importance of nutrition in health and wellness.
- Explain the principles and practices of Nutrition and dietetics.
- Identify nutritional needs of different age groups and plan a balanced diet for them.
- Plan therapeutic diet for patients suffering from various disease conditions.
- Prepare meals using different methods and cookery rules.
- Understand the National Programmes of Nutrition & Yoga and Role of Pharmacist.
- Boost the immune system and energy levels

Detailed Content:

Unit No.	Hours	Learning Outcomes	Content
Nutrition			
I	03	Define nutrition and its relationship to Health	Introduction to Nutrition Concepts <ul style="list-style-type: none">▪ Definition of Nutrition & Health▪ Malnutrition – Under Nutrition & Over Nutrition▪ Role of Nutrition in maintaining health▪ Factors affecting food and nutrition Nutrients <ul style="list-style-type: none">▪ Classification▪ Macro & Micronutrients▪ Organic & Inorganic▪ Energy Yielding & Non-Energy Yielding Food <ul style="list-style-type: none">▪ Classification – Food groups▪ Origin



II	03		<p>Balanced diet</p> <ul style="list-style-type: none"> ▪ Definition, principles, steps ▪ Food guides – Basic Four Food Groups ▪ RDA – Definition, limitations, uses ▪ Food Exchange System ▪ Calculation of nutritive value of foods ▪ Dietary fibre
III	05	Describe and plan balanced diet for different age groups, pregnancy, lactation and Sports	<p>Nutrition across life cycle</p> <ul style="list-style-type: none"> ▪ Meal planning/Menu planning – ▪ Definition, principles, steps ▪ Infant and Young Child Feeding (IYCF) guidelines – breast feeding, infant foods ▪ Diet plan for different age groups –Children, adolescents and elderly ▪ Diet in pregnancy – nutritional requirements, balanced diet plan and diet for anemic pregnant women ▪ Nutrition in lactation – nutritional requirements, diet for lactating mothers ▪ Sports Diet
IV	05	Classify and describe the common nutritional deficiency disorders Principles of diets in various diseases	<p>Nutritional deficiency disorders</p> <ul style="list-style-type: none"> ▪ Protein energy malnutrition ▪ Childhood obesity ▪ Vitamin deficiency disorders ▪ Mineral deficiency diseases <p>Therapeutic / Clinical diets</p> <ul style="list-style-type: none"> ▪ Definition, Objectives, Principles ▪ Modifications – Consistency, Nutrients, ▪ Feeding techniques. ▪ Diet in Diseases – Obesity, Diabetes ▪ Mellitus, CVD, Underweight, Renal ▪ diseases, Hepatic disorders Constipation, ▪ Diarrhea, Pre and Post-operative period
V	02	Describe the rules and preservation of nutrients	<p>Cookery rules & preservation of Nutrients</p> <ul style="list-style-type: none"> ▪ Cooking – Methods, Advantages and Disadvantages ▪ Preservation of nutrients and prevent loss of nutrients during preparation ▪ Safe food handling and Storage of foods ▪ Food preservation, Food additives and food adulteration. ▪ Prevention of Food Adulteration Act (PFA) and Food standards <p>Food Safety :</p> <ul style="list-style-type: none"> ▪ Definition, Food safety considerations & measures ▪ Food safety regulatory measures in India – Relevant Acts



VI	02	Describe nutritional Programs in India	National Nutritional Programmes and Role of Pharmacist.
VII	01	Define Yoga and its relationship to Health	Introduction to Yoga: <ul style="list-style-type: none"> • Definition and evolution of yoga, and different schools of yoga.
VIII	01	Practice of Ashtanga Yoga rejuvenates body, makes it stronger, toned, more flexible and controlled.	Ashtanga Yoga: <ul style="list-style-type: none"> • Yama, • Niyama, • Asana, • Prathyahara, • Pranayama, • Dharana, • Dhyana, • Samadhi
IX	01	Understand Panchakoshas and their functions	Pancha Kosha Theory: <ul style="list-style-type: none"> • Annamaya, • Pranamaya, • Manomaya, • Vijnanmaya, • Anandmaya,
X	01	Understand Do's and Dont's during yoga practice.	Precautions during Yoga Practice: Do's and Dont's during yoga practice. <ul style="list-style-type: none"> • During state of exhaustion, illness, in a hurry or in an acute stress conditions. • Women - asanas during their menses. • Yoga & food timings.
XI	01	Keep controlled mind, body and soul.	Necessity of Yoga Practice in present day: <ul style="list-style-type: none"> • Changes in lifestyle through yoga.
		Improve cognitive skills, such as learning and memory.	Impact of Food and Yoga on Mental Health: <ul style="list-style-type: none"> • Concentration, • Ability, • Attention.

Practicals

Total: 20 Hours

I	01	Prayer and Loosening Exercises: <ul style="list-style-type: none"> • Loosening of joints and muscles prior to yoga practice.
II	02	Surya Namaskara: <ul style="list-style-type: none"> • 12 steps of Surya Namaskar practice combination of 8 asanas.
III	02	Padahastasana, Trikonasana, Ardha Chakrasana, Ardhakati Chakrasana:
IV	02	Vrukshasana, Vajrasana, Ustrasana, Shashankasana:
V	02	Paschimottasana, Gomukhasana, Vakrasana
VI	02	Bhujangasana, Dhanurasana, Halasana



VII	01	Noukasana, Pavana Muktasana, SRT In Practicals 3,4,5,6,7 the following postures are to be included: <ul style="list-style-type: none"> • Asanas combined with sitting, standing, supine and prone postures. • Procedure of doing asanas. • Indication, contraindications, and benefits of asanas mentioned in practicals 3,4,5,6,7.
VIII	01	Dhyana, DRT: Meditation, Deep relaxation techniques.
IX	01	Pranayama: <ul style="list-style-type: none"> • Asta kumbhaka, • Breathing exercises and breathing techniques • Benefits and contraindications.
X	01	Yoga Games and Feed Back: <ul style="list-style-type: none"> • Applications of Games in Maintaining the harmony between mind & body and personality development, etc.
XI	01	• Diet plan for different age groups –Children, adolescents and elderly
XII	01	• Diet in pregnancy – nutritional requirements.
XIII	01	• Balanced diet plan and diet for anemic pregnant women
XIV	01	• Nutrition in lactation – nutritional requirements, diet for lactating mothers
XV	01	• Sports Diet

Explanation :

- The career as a nutritionist is less regulated. Nutritionists focus on the relationship between food and health and teach about the nutritional value of food, necessary to maintain a healthy lifestyle.
- This Value added course will provide the applications of Yoga and Nutrition in various aspects and give students a chance to apply their knowledge in sports nutrition, clinical nutrition and other health fields.
- o Practicing yoga regularly is associated with better eating and physical activity habits.
- o Yoga and stretching-strengthening exercises are effective in improving balance (as well as strength and flexibility)
- o Studies of yoga for low-back pain and neck pain have had promising results

References :

- Diet and Nutrition & Health, Talikoti, P., Puri, A. & Gupta, R. Printwell, Jaipur, 1988
- Education Values Singh, M.S., Adhyayan Publishers & Distributors, New Delhi, 2007
- Eighty four Asanas in Yoga, Buhnemann, Gudaum D.K. Printworld Pvt. Ltd., New Delhi, 2007



Remarks of External Members :

- Food is a basic necessity of life, it helps us to stay healthy and be active. Unhealthy food habits like starving, improper diet, overeating, not consuming sufficient amount of water, irregular food timings these all will lead to risk of developing various health problems like diabetes, blood pressure, heart disease, obesity etc.
- Yoga has helped people with chronic diseases to manage their symptoms and improve their quality of life.
- The present course on Yoga & Nutrition is must for every Indian to have the proper healthy lifestyle.
- Exploring the students to this value added course will make them to think in a new direction.

Resource Persons:

1. Dr Basalinganagouda L. Patil,
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3. Dr. Sunil Gokhale
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Facility	:	Yoga hall and labs
Number of Seats/Intake	:	50
Duration	:	45 hrs.
Fees	:	Rs.500=00

