

Academic Programs

Educational and Training Modules under Choice Based Credit System

At present, there is a growing interest in integrative health, complementary medicine and natural drug development. An introduction to Indian knowledge systems like Ayurveda, its value and relevance to modern biomedical science is important for students of health and biomedical sciences to explore new research avenues. Keeping this in mind, CCIH has developed interdisciplinary courses. These courses can be taken by any graduate/post-graduate/research students from life sciences, biomedical sciences, pharmaceutical, medical, paramedical disciplines as add-on or optional courses. The following courses have been approved by the Board of Studies and Academic Council of the University:

- Integrative Health and Complementary Medicine
- Approaches to Evidence –based Ayurveda
- Innovative Approaches to Drug Discovery and Development
- Certificate Course in Integrative Dietetics

OSHS 3.1

Course name: Integrative Health and Complementary Medicine

Course highlights-

- Interactive course full of discussions, seminars and projects
- Experienced faculty from different AYUSH systems
- Exposure to state of the art research and global view on integrative approaches for health approaches
- Interdisciplinary group of students
- Emphasis on importance of health protection and health promotion
- Introduction of concept of evidence based medicine and scientific research

OSHS 3.2

Course name: Approaches to Evidence-Based Ayurveda

Course highlights-

- Interactive course full of group discussions, seminars, projects, online interactions and guest lectures.

- Experienced faculty
- Interdisciplinary group of students
- Introduction to evidence-based medicine and its relevance to Ayurveda
- Foundation in new scientific approaches to interpretation of Ayurveda, with an eye to enrich its interface with biomedical sciences

OSHS 4.1

Course name: Innovative Approaches to Drug Discovery and Development

Course highlights-

- Interactive course full of group discussions, seminars, projects, online interactions and guest lectures.
- Experienced faculty
- Interdisciplinary group of students
- Introduction to *in silico* discovery methods and network pharmacology
- Highlights role of Ayurveda in natural drug discovery and development

Admissions:

For all the above courses, general admission rules of the University will be applicable. These courses are currently offered to students from any Department of the University. The batch size will be about 30 and a separate screening system may be used in case the number of applicants is large.

Certificate Course in Integrative Dietetics

Modules offered under this course-

- Ayurvedic Concepts of Health and Nutrition
- Fundamentals of Ayurvedic Dietetics
- Integrative Dietetics for health- Lifecycle approach
- Integrative Dietetics for diseases
- Practical /participatory learning
- Research Project

Course highlights-

- Interactive course full of practical, discussions, seminars and projects
- Experienced faculty from modern and Ayurveda dietetics
- Hands on experience of diet counseling and therapeutic dietetics
- Exposure to state of the art research and global view on Integrative Health approaches

Admissions-

General admission rules of the University will be applicable. This course is offered to students with a graduate or post-graduate degree in nutrition, dietetics or any branch of medicine, public health, health sciences or a research student with interest in nutrition and dietetics. The batch size will be 25 and a separate screening system may be used in case the number of applicants is large. Students will have opportunities to enhance diet planning skills for health promotion, disease prevention and also for disease conditions using an integrative approach. The course provides a skill package for the best to offer in lifestyle diseases including thorough innovative learning methods and ample practical and case studies.