



University of Rajasthan Jaipur

Three/Four Year Under Graduate Programme in

(Semester – I to IV)

In

Faculty of Arts/Science/Commerce/Social

Science/ Fine Arts

(Value Added Courses)

w.e.f. Academic Session - 2025-26

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University of Rajasthan, Jaipur
List of Value Added Courses
As per NEP-2020
For
Undergraduate Courses
In Faculties of Arts/Science/Commerce/Fine Arts/Social Sciences
w.e.f. Academic Session 2024-2025

S. No.	Course Code	Course Name
First Year (Semester – I and Semester – II)		
1.	VAC-51F-101/ VAC-52F-101	Anandam-I
2.	VAC-51T-102/ VAC-52T-102	Digital Enhancement
3.	VAC-51T-103/ VAC-52T-103	Understanding Indian Society & Culture
4.	VAC-51T-104/ VAC-52T-104	Nutrition for Health and Fitness
5.	VAC-51T-105/ VAC-52T-105	Geriatric Wellness and Care
6.	VAC-51T-106	National Cadet Corps(NCC)-I (Semester-I)
7.	VAC-51T-107/ VAC-52T-107	Indian Value System
8.	VAC-51T-108	National Service Scheme (NSS)-I (Semester-I)
9.	VAC-51T-109/ VAC-52T-109	Financial Literacy
10.	VAC-52T-110	National Cadet Corps(NCC)-II (Semester-II)
11.	VAC-52T-111	National Service Scheme (NSS)-II (Semester-II)
12.	VAC-51T-112/ VAC-52T-112	Environmental Studies
Second Year (Semester – III and Semester – IV)		
1.	VAC-63F-201/ VAC-64F-201	Anandam-II
2.	VAC-63T-203/ VAC-64T-203	Traditional & Modern Medicine Systems for Everyday Health Solutions
3.	VAC-63F-204	National Service Scheme-III (Semester III)
4.	VAC-64F-205	National Service Scheme-IV (Semester IV)
5.	VAC-63F-206	National Cadet Corps-III (Semester III)
6.	VAC-64F-207	National Cadet Corps-IV (Semester IV)
7.	VAC-63T-208/ VAC-64T-208	Content writing
8.	VAC-63T-209/ VAC-64T-209	Cyber Law and Ethics
9.	VAC-63T-210/ VAC-64T-210	Electoral Literacy

“Traditional & Modern Medicine Systems for Everyday Health Solutions”

1	Title of the Course	Traditional & Modern Medicine Systems for Everyday Health
2	Nodal Department of HEI	COC in Pharmaceutical chemistry All UG colleges (Delivery by faculty of any subject)
3	Nature of Course	Independent (Multidisciplinary) (IKS)
4	Number of seats	60 per batch
5.	Course Code	VAC VAC-63T-203/VAC-64T-203
6.	Level of course	NHEQF Level – 5/6
7.	Delivery sub-type of the course	Theory (Lectures)
8.	Pre-requisite of the course	NA (students of all discipline eligible to study this course).
9.	No. of Credits	2 Credits(Total Teaching hrs 30)
10.	Scheme of Exam	Max. marks. – 10+40 Min. passing marks - 4+16

- (i) **Course Objectives-** In view of the importance of Human Health in present times, the course is intended to -
- Add value in the basic knowledge of students from all faculty/disciplines to enhance awareness of the essentiality of holistic health in present modern era.**
 - Provide valuable insights into the evolution and interplay of diverse medicinal systems currently in practice.**
 - Impart awareness about the rich history and foundations of traditional Indian medicinal systems.**
- (ii) **Course Outcome** – After completion of the course, there will be value addition in the knowledge of students about the history of Traditional Indian Medicine System. They will be able to translate the acquired knowledge to identify different categories of Medicine systems and deal appropriately with real life situations.
- (iii) **Course Learning Outcome-** After completing this course the students will learn to handle oneself well in all life situations related to Health and wellness. Students will acquire basic necessary information about various classes/types of important medicines and drug from traditional as well as contemporary medicinal systems, which is essential for everyone in today’s scenario.

Traditional & Modern Medicine Systems for Everyday Health Solutions

(30 hrs teaching)

Max. marks. – 10+40

Min. passing marks - 4+16

Exam – 3 hrs

Unit –I

History and evolution of Traditional Medicine Systems in India : Historical origins of AYUSH system of Medicines and other practices for maintaining health such as, Naturopathy and Yoga , Timeless wisdom and practices of these systems. Concept of health, disease causation, and treatments available, 20 key Indian Herbs used throughout the world for maintaining health, Ayurveda's rising prominence and acceptance on the global health stage. (7hrs)

Unit – II

Significance of Modern Medicine in Everyday Living

Exploring the Pros and Cons: Modern Medicine versus AYUSH.

An Overview of Drug Categories - Definitions and Common Examples: This includes Analgesics, Antacids, Antianxiety Medications, Antiarrhythmics, Antibacterials, Antibiotics, Anticoagulants/Thrombolytics, Anticonvulsants, Antidepressants, Antidiarrheals, Antifungals, Antihistamines, Antihypertensives, Anti-Inflammatories, Antineoplastics, Antipyretics, Antivirals, Beta-Blockers, Bronchodilators, Corticosteroids, Cough Suppressants, Cytotoxics, Decongestants, Diuretics, Expectorants, Hormone Therapies, Hypoglycemics, Laxatives, Immunosuppressives, Muscle Relaxants, Non-steroidal Anti-inflammatory Drugs, Sedatives, Pheromones, Sleep Aids, and Tranquilizers. Vitamins and Nutrition for maintaining health and addressing health issues.

(8hrs)

Unit - III

Drug Molecules isolated from Natural Sources

Introduction, source of its origin and Therapeutic use of - **Steroids:** Hormones (derived from diosgenin, hecogenin, and stigmasterol), Digitalis glycosides (digoxin, digitoxin from digitalis). **Alkaloids:** Belladonna-type solanaceoustropane alkaloids (atropine, hyoscyamine, scopolamine), Opium alkaloids (codeine, morphine), Catharanthus Vinca alkaloids (vinblastine, vincristine), Reserpine from Sarpagandha, Cinchona alkaloids (quinine, quinidine), Colchicine from Colchicum autumnale, Cocaine from Erythroxylum coca, Taxol from Taxus brevifolia.

Other Important Phytochemicals : Curcumin (from turmeric), L-Thianine (from Green Tea), Caffeine (from Tea & Coffee), Artemisinin (extracts of sweet wormwood, Artemisia annua), Chlorogenic acid (from coffee). (7hrs)

Unit – IV

Modern and Traditional Practices for emergency medical situations and old age related Health issues

Identification of emergency, action required, and primary medication for –Stroke, Bleeding, Chest pain, Heart attack (Myocardial infarction), Burns, Fainting, Choking, Anaphylaxis, Allergic reaction, Shortness of breath, Paralysis, Seizure (Epilepsy), Poisoning.

Care, Prevention and Medication for Old Age related Health issues: Parkinson, Alzheimer, Dementia, Osteoporosis, Arthritis, and Bone fracture (8hrs)

Suggested Books and Readings

1. Selected Medicinal Plants of India, compiled by Bhartiya Vidya Bhawan's SPA research centre, Bombay, 1992
2. Encyclopedia of Medicinal Plants, 2001, Publisher: Dorling Kindersley
3. Indian Herbal Pharmacopoeia 2014, published by By Indian Pharmacopoeia Commission. 2013
4. Handbook of Anupana Pathya & Apathya, published by Indian Drug Manufacturer Association, Mumbai
5. Herbal Medicine in India (Indigenous Knowledge, Practice, Innovation and Its Value)2020
6. Nature Cure, e-Book by M. K. Gandhi. Prabhat Prakashan, 2021 (original book 1954)
7. Frequently Prescribed Medications, Drugs You Need to Know, eBook by Michael A. Mancano, Jason C. Gallagher, Publisher Jones & Bartlett Learning, 2013

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