



B. J. VANIJYA MAHAVIDYALAYA

(Autonomous)

(Grant-in-Aid)

(Affiliated to Sardar Patel University)

Vallabh Vidyanagar- 388 120, Dist. Anand, Gujarat, India

Accredited with CGPA of 2.78 on four-point scale at B++ Grade by NAAC

Syllabus as per the NEP 2020 with effect from June – 2026

Bachelor of Business Administration (B.B.A.) (General)

Semester – I

Course Code	UMB1VAAYU02	Title of the Course	Ayurveda
Total Credits of the Course	02	Hours per week	02

Course Learning Outcomes: Having completed this course, the students will be able to

CLO 1	Analyze the foundational principles of Ayurveda, including its Vedic origins, key concepts from the Charaka Samhita, Tridosha theory and its effects on the body, holistic healthcare approach, psychosomatic aspects of health, and basic diagnosis and treatment.
CLO 2	Evaluate the role of Ayurvedic lifestyle management, including water, food and digestion, Sattva–Rajas–Tamas as qualities of a person, healthcare practices, and contributions of Vagbhata and Madhava in promoting health and well-being.

Course Content

Unit No.	Description	Weightage (%)	CLO(s)
1.	Foundations of Ayurveda - Ayurveda as a Subsystem of the Atharvaveda and Rigveda - Definition and meaning of Ayurveda: Key Points from the Charaka Samhita - Concept of Tridosha and Its Effects on the Body; Concept of Holistic Healthcare; Psychosomatic Aspects of Health; and Brief Overview of Diagnosis and Treatment in Ayurveda	50%	CLO 1
2.	Ayurveda for Lifestyle and Health Management - Lifestyle Management through Ayurveda - Water, Food, and Digestion-Related Aspects - Sattva, Rajas, and Tamas: Qualities of a Person - Healthcare through Ayurveda - Brief Contributions of Vagbhata and Madhava	50%	CLO 2

Teaching-Learning Methodology	The course would be taught /learnt through ICT (e.g. Power Point Presentation, Audio-Visual Presentation), Lectures, Group Discussions, Quizzes, Assignments, Case Study and Browsing E- Resources.
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Internal and External Examination Evaluation

Sr. No.	Details of the Evaluation / Exam Pattern	50 Marks (%)
1	Class Test (at least one)	10 (40%)
2	Quiz (at least one)	05 (20%)
3	Active Learning	---
4	Home Assignment	05 (20%)
5	Class Assignment	---
6	Attendance	05 (20%)
Total Internal (%)		25 (100%)
Final Examination		25 (100%)

Notes:

- ❖ Multiple Choice Questions will be based on Bloom's Taxonomy Level 1 & 2.
- ❖ Class test and written examination questions will be based on various levels of Bloom's Taxonomy.

CLO-PLO Matrix (Course Learning Outcomes-Programme Learning Outcomes)

CLO	PLO										
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	PLO 11
CLO 1	1	1	3	---	---	1	2	1	2	3	2
CLO 2	1	2	3	---	---	2	2	1	3	3	2

(Scale: 3: Strong, 2: Moderate, 1: Low, ---: No Correlation)

Suggested Learning Material Books:

Sr. No.	Title	Author(s)	Year / Edition	Publisher
1	Charaka Samhita (Translated by P. V. Sharma)	Charaka; Translated by P. V. Sharma	2017, Revised Edition	Chaukhambha Orientalia
2	Ayurveda: The Science of Self-Healing	Vasant Lad	1984, 1st Edition	Motilal Banarsidass Publishers
3	Prakriti: Your Ayurvedic Constitution	Robert E. Svoboda	1998, Revised Edition	Lotus Press
4	Basic Principles of Ayurveda	K. R. Srikantha Murthy	2008, 1st Edition	Chaukhambha Orientalia

Online Resources (Open Sources)

Sr. No.	Description of Resource	Web Link
1	Kishore, P. (1981). Clinical Research in Ayurveda: An Overview. Ancient Science of Life. An overview of clinical research methodologies and applications in Ayurveda, available through PubMed.	https://pubmed.ncbi.nlm.nih.gov/22556472/