

### Minutes of Meeting

#### Board of Studies, Centre for AYUSH Science, Islamic University of Science and Technology (IUST), Awantipora

The first meeting of the Board of Studies (BOS) of the Centre for AYUSH Science, IUST-Awantipora was held on June 6, 2024, at 11:00 AM in the Board Room of the Department of Food Technology, Academic Block VI, IUST, Awantipora. The following attended the meeting:

1.	<b>Prof. Ayaz Hasan Moon</b> Dean, Academic Affairs, IUST	Chairman
2.	<b>Prof. Ayub Qadri</b> Dean, School of Health Sciences, IUST	Member
3.	<b>Dr. Irfat Ara Gurkoo</b> Deputy Director, RRIUM, Srinagar	Member
4.	<b>Dr. Arsheed A. Ganaie</b> Coordinator, Centre for AYUSH Science, IUST	Convenor/Member
5.	<b>Dr. Rais Ganai</b> Coordinator, Centre for Vocational Studies, IUST	Member
6.	<b>Dr. Farooq Naqshbandi</b> Medical Superintendent, Government Unani Hospital, Shalteng	Member
7.	<b>Dr. Arshid Iqbal Wani</b> Medical Officer, J&K AYUSH, Pulwama	Member

Dr. Irfat Ara, Officer Incharge RRIUM, and Dr. Muzafar Ahmad Macha, I/c Head of Watson-Crick Center for Molecular Medicine, could not attend the meeting due to prior engagements. Dr. Arsheed Iqbal, Research Officer Level IV, RRIUM Srinagar, attended the meeting on behalf of Dr. Irfat Ara. Dr. Tabasum Fatima also attended the meeting as the only Unani expert from IUST.

The meeting was chaired by Prof. Ayaz Hasan Moon, Dean Academic Affairs, IUST, who welcomed all the members and expressed his gratitude for their presence. Dr. Arsheed Ganaie, Coordinator, Center for AYUSH Science provided a brief overview of the meeting agenda.

*AP* *Rais Ahmad* *Muzafar*



## Agenda Item 1

**Agenda 1: To approve the introduction of multidisciplinary open electives in accordance with NEP-2020 at the Centre for AYUSH Science.**

To act on the recommendations of the advisory council, the Centre for AYUSH Science proposes the introduction of a basic Open Elective program. This program aims to provide students with an opportunity to explore and deepen their understanding of ancient and traditional healthcare practices. The program seeks to foster a dynamic learning environment that encourages interdisciplinary engagement, and the exchange of ideas, contributing to the holistic development of students interested in AYUSH science.

This multidisciplinary Open Elective will be offered by the Centre for AYUSH Science in accordance with the NEP-2020. The modus operandi will be as follows:

**Pedagogy:** Pedagogy will be experiential, holistic, integrated, inquiry-driven, discovery centered discussion-based, flexible, and enjoyable.

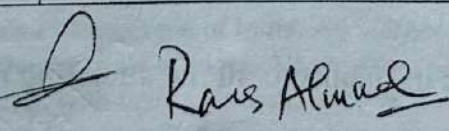
**Collaborative Learning:** Course will be based on collaborative learning opportunities, such as group projects or interdisciplinary seminars. These experiences can broaden students' perspective about the traditional knowledge

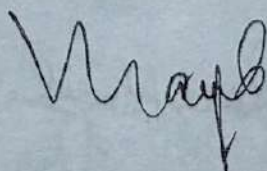
**Critical Thinking:** This OE course will be based on the NEP 2020 which emphasizes research on critical thinking skills.

**Emphasis on Active Learning via Flipped Classroom:** The NEP 2020 underscores the importance of active learning and critical thinking. We will deliver this course via flipped classroom model, where students will engage with content before class and participate in active discussions during class.

**Recommendations:** The committee recommended starting Open elective course at the Centre for AYUSH Science from the academic year 2024-25. The members recommended to devise a proper formative examination pattern for assessment of the students in the form of assignments, daily seminars etc. Weightage of formative assessment will be:

	Type of activity	Percentage of the marks
1	Class Quizzes	15 %
2	Home assignments and presentations	20 %
3	Attendance	5%
4	Response in the class room during the lecture	10%
5	Field activity	10 %
6	Subjective and objective questions	40%
	Total	100 %

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## Agenda 2

To approve the syllabus for open elective course titled "Herbal Medicine in Healthcare".

The course syllabus is given in Annexure I.

**Recommendations:** The members suggested changing the title of the course from "Herbal Medicine in Healthcare" to "Natural Medicine in Healthcare". They further suggested replacing the 'course outcomes' with 'course objectives' in the syllabus.

It was also proposed that the title of Unit I to be changed to "Introduction of Indian System of Medicine", and a new separate chapter with the title "Integration of traditional with modern medicine" to be included. The members also suggested to change the title of Unit II from "Concept of Herbal Medicine" to "Principles of Natural Medicine", where the focus would be on treatment modalities in herbal medicine, six essentials of life, basic introduction of temperaments in AYUSH. It was also suggested that practical demonstration of Yoga and visits to Hospital for learning regimenal therapies should be included in the unit.

Also, it was proposed that the title of unit III should be changed to "Natural Remedies for Various Diseases", with more stress to be given on preventive measures and natural remedies for non-communicable diseases & life style disorders like arthritis, anaemia, hypertension etc.

The members were of the opinion that a fourth Unit should be included in the syllabus "Integration of AYUSH with Modern Medicine" that will focus on the merits and demerits of traditional over modern medicine and the importance of integration of the of AYUSH with Modern medicine.

## Agenda-3

**Agenda 3:** To approve the syllabus of the open elective (OE) course titled "Ethno botany of Medicinal Plants in J&K".

The proposed syllabus is given in Annexure II.

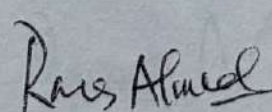
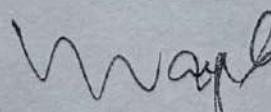
**Recommendations:** The members recommended changing the course title from "Ethno botany of Medicinal Plants in J&K" to "Natural Remedies for Better Health." They suggested that the title should be modified to "Medicinal Plants of J&K", and a separate unit titled "Aromatic Plants and Their Uses" should be added. Additionally, they proposed inclusion of common Kashmiri medicinal plants along with their local names in Unit I.

The committee advised to replace Unit III, "Tribal Medicine," with "Aromatic Plants and Their Uses," focusing on common aromatic plants of J&K, their applications in the perfumery and cosmetic industries, and the role of aromatherapy in various mental disorders.

The members also recommended introduction of Unit IV, titled "Spiritual Healing". They suggested that the Centre should coordinate with the Centre for Spiritual Studies at IUST to devise a comprehensive syllabus.

The meeting concluded with a vote of thanks to all the attending members.

The revised syllabus as per the recommendations of the members is given in Annexure III and IV

AR  Rais Ahmad  Wajid



**Title "Herbal Medicine in Healthcare."**

Course	L	T	P	S	Credits	Code
<b>Title: Herbal Medicine in Healthcare</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>OEAY1</b>

**Course Description:** This course provides an in-depth exploration of traditional Indian system of medicine, with specific focus on herbal medicine, and herbs used for various diseases. It covers the basic concepts of AYUSH medicine

**Course Objectives:**

- Preservation of traditional wisdom of India.
- To promote holistic Health.
- To explore natural remedies for disease prevention and treatment
- Medicinal Plant knowledge of J&K.

**Unit: I: Basic Concept of Indian System of Medicine:**

Concept of AYUSH (Ayurveda, Yoga, Unani, Sidda, and Homeopathy) System, Brief historical background of AYUSH System of Medicine, Importance of traditional system of medicine, Concept of health and disease, Principles of prevention and treatment of disease in AYUSH, Importance of Integration of traditional systems with modern medicine, merits and de-merits of traditional medicine over modern system of medicine. Challenges and opportunities in promotion of AYUSH on Global scale.

**Unit II: Concept of Herbal Medicine:**

Introduction to herbal medicine, classification, identification of common herbal medicine, principles of storage and collection of crude drugs, standardization and quality control of ASU&H drugs and their importance in present scenario. Causes for the decline and revival of traditional medicine.

**Unit III: Herbs for various Body Systems:**

Brief concept of common medicinal plants of Kashmir used for the common diseases of the Respiratory system, Nervous System, Mental health, Skin, Hair, Gastrointestinal system, Immune system, Cardiovascular system, Reproductive & Urinary system.

**Books:**

- ❖ Introduction to Unani Medicine by Hakim Zillul Rehman.
- ❖ The Science of Self-Healing by Dr Vasant Lad
- ❖ Ayurvedic Medicine: The Principles of Traditional Practice" by Dr. Sebastian Pole"
- ❖ National Formulation of Unani Medicine (All volumes). By CCRUM
- ❖ A Textbook of Single Drugs by Abdul Wadood.
- ❖ Usool e Tibb English version. Muhammad Abdul Haq Ansari
- ❖ The Ayurveda Pharmacopoeia of India. All volumes CCRAS
- ❖ The Unani Pharmacopoeia of India. All volumes. CCRUM.
- ❖ Medicinal herbs with their formulations by M.P. Singh and Himadri Pand

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## Title "Ethno botany of Medicinal Plants in J&amp;K."

Course	L	T	P	S	Credits	Code
Ethnobotany of Medicinal Plants in J&K	2	1	0	0	3	OEAY2

**Course Description:** This course provides an in-depth knowledge of the aromatic plants found in J&K. It also lays stress on tribal medicine and herbs used in day-to-day life.

**Course objective:**

- Knowledge of Medicinal Plants of J&K
- Explore natural remedies for disease prevention and treatment.
- Herbs used in the household
- Tribal medicine and folklore
- Aromatherapy and its application
- To encourages sustainable harvesting and cultivation of medicinal plants to preserve biodiversity

**Unit I: Medicinal and Aromatic plants of J&K:**

Commonly used medicinal plants of J&K, Identification, morphology, collection, botanical names, common names, medicinal uses. Common Aromatic plants of J&K, uses in perfume & Cosmetic industry, Various essential oils derived from these plants and uses in aromatherapy, importance of Aromatherapy in various illnesses especially mental illnesses.

**Unit II: Herbs used in everyday life:**

Introduction to various herbs used in day-to-day life, e.g. culinary herbs, medicinal herbs used daily, the medicinal and nutritive values. Various household remedies for common illnesses, Fruits and Vegetable with medicinal value (identification, part used as medicine).

**Unit III: Tribal medicine:**

Tribal cultures and their healing practices, commonly used medicine in tribal practices, Spiritual and healing practices, Importance of traditional medicines in tribal healing practices, Study of important plants used as tribal medicines and traditional tribal remedies for common ailments. Some endangered medicinal plants of J&K.

**Books:**

- ❖ Introduction to Unani Medicine by hakim Zillul Rehman.
- ❖ The Science of Self-Healing by Dr Vasant Lad
- ❖ Ayurvedic Medicine: The Principles of Traditional Practice" by Dr. Sebastian Pole"
- ❖ A Textbook of Single Drugs by Abdul Wadood.
- ❖ Usool e Tibb English version. Muhammad Abdul Haq Ansari
- ❖ The Ayurveda Pharmacopia of India. All volumes CCRAS
- ❖ The Unani Pharmacopia of India. All volumes. CCRUM.
- ❖ Textbook of Ayurveda by Dr. Vasant Lad
- ❖ Medicinal herbs with their formulations by M.P. Singh and Himadri Pande

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**Title: Natural Medicine in Healthcare. Code OEA1**

Course	L	T	P	S	Credits	Code
Natural Medicine in Healthcare.	2	1	0	0	3	OEAY1

**Course Description:** This course will provide an in-depth exploration of traditional Indian system of medicine, with specific focus on herbal medicine, and herbs used for various diseases. It covers the basic concepts of AYUSH medicine

**Course Outcomes:**

- Preservation of traditional wisdom of India.
- To promote holistic Health.
- To explore natural remedies for disease prevention and treatment.
- Medicinal Plant knowledge of J&K.
- Practical knowledge of Ilaji-Bil-Tadbeer.

**Unit: I**

**Introduction of Indian System of Medicine:**

Principles of AYUSH System, Brief historical background of Unani System of Medicine, Importance of traditional system of medicine, Concept of health and disease, Principles of prevention, Health promotion and treatment of disease and health in AYUSH,

**Unit II:**

**Principles of Natural Medicine:**

Treatment modalities in Herbal medicine (Dietotherapy, Pharmacotherapy, Regimenal therapy), Six essential principles of life (air, diet, rest and physical activity, psychological activity and rest, sleeping and waking habits & elimination and retention), brief introduction of temperaments in AYUSH, field visits to various AYUSH hospitals for demonstration of Regimenal therapies.

**Unit III:**

**Natural remedies for various diseases:**

Natural remedies and preventive measures for various non-communicable and life style disorders (Arthritis, Hypertension, Diabetes, Cancer, Dyslipidaemia), Practical demonstration of different techniques of Yoga, health benefits of Yoga and different poses of yoga for treatment of diseases.

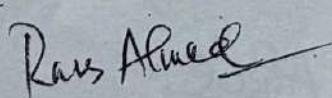
**Unit IV:**

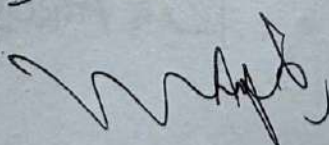
**Integration of AYUSH with modern medicine:**

Importance of Integration of traditional systems with modern medicine Merits and De merits of traditional medicine over modern system of medicine, Challenges and opportunities in promotion of ISM (Indian System of Medicine) on global scale, recent gain in popularity of herbal medicine.

**Books:**

- ❖ Introduction to Unani Medicine by Hakim Zillul Rehman.
- ❖ The Science of Self-Healing by Dr Vasant Lad
- ❖ Ayurvedic Medicine: The Principles of Traditional Practice" by Dr. Sebastian Pole"
- ❖ National Formulation of Unani Medicine (All volumes). By CCRUM
- ❖ A Textbook of Single Drugs by Abdul Wadood.
- ❖ Usool e Tibb English version. Muhammad Abdul Haq Ansari

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Title: Natural Remedies for Better Health Code: OEAY2

Course	L	T	P	S	Credits	Code
Natural Remedies for Better Health	2	1	0	0	3	OEAY2

**Course Description:** This course provides an in-depth knowledge of the aromatic plants found in J&K. It also lays stress on tribal medicine and herbs used in day-to-day life.

**Course Outcome:**

- Knowledge of Medicinal Plants of J&K
- Explore natural remedies for disease prevention and treatment.
- Herbs used in the household
- Aromatherapy and its application
- To encourage sustainable harvesting and cultivation of medicinal plants to preserve biodiversity
- Role of spirituality in the wellbeing of humans.

**Unit I: Medicinal plants of J&K:**

Common medicinal plants of J&K, Identification, morphology, collection, common name, medicinal uses, (*Taraxacum Officinale*/Hand, *Solanum nigrum*/Kambayi, *Artemisia Absinthium*/Tethwan, *Althea Officinale*/Saz posh, *Urticaria dioica*/Soi, *Viola Odorata*/Banafshi, *Adiantum Cappillus*/Gewtheer, *Rhem Emodi*/ Pamb Tchalan )

**Unit II: Herbs used in everyday life:**

Introduction to various herbs used in day-to-day life, eg culinary herbs, medicinal herbs, medicinal and nutritive value. Various household remedies for common illnesses; medicinal value of different fruits and vegetables.

**Unit III: Aromatic Plants and their uses:**

Common Aromatic plants of J&K (Lavender, Menthol/Mint, Rose), uses in perfume and cosmetic industry, various essential oils derived from these plants and uses in aromatherapy, importance of Aromatherapy in various illness especially mental illnesses.

**Unit IV: Spiritual Healing:**

Nature and concerns of Spirituality. Tilawah (Recitation of Quran), Ruqyah (Remedy for illnesses from Quran and Sunnah), Sadaqah (Charity), Dua as Psychotherapy, Jyoti shastra (Astrology), Yatra (Pilgrimage), Yoga. Discuss some case studies

**Books**

- ❖ Introduction to Unani Medicine by hakim Zillul Rehman.
- ❖ The Science of Self-Healing by Dr Vasant Lad
- ❖ Ayurvedic Medicine: The Principles of Traditional Practice" by Dr. Sebastian Pole"
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- ❖ Usool e Tibb English version. Muhammad Abdul Haq Ansari
- ❖ The Ayurveda Pharmacopoeia of India. All volumes CCRAS
- ❖ Case Study: Rafique R, Anjum A, Raheem SS. Efficacy of Surah Al-Rehman in Managing
- ❖ Depression in Muslim Women. J Relig Health. 2019;58(2):516-526. doi:10.1007/s10943-017-0492-z

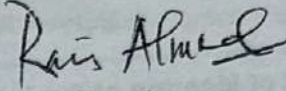
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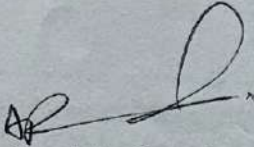


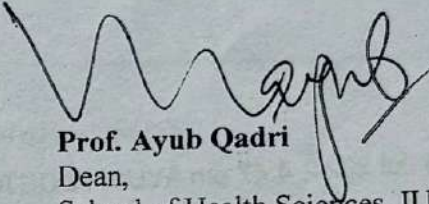
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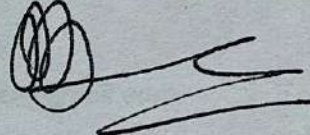
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