

COURSE DETAIL

INDIAN TRADITIONAL WELLNESS

Country

Thailand

Host Institution

Thammasat University

Program(s)

Thammasat University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

South & SE Asian Studies

UCEAP Course Number

29

UCEAP Course Suffix**UCEAP Official Title**

INDIAN TRADITIONAL WELLNESS

UCEAP Transcript Title

INDIAN WELLNESS

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

The course provides a study of Indian traditional wellness, including the origin, classification, and development of Yoga, and the principles and concepts of Ayurveda. Topics include Yoga therapy; applications of Yoga; practical Yoga (Asana, Pranayama, Dharana Dhyana, Bandha, Mudra, Shat Kriya); methods of teaching Yoga; and government policy towards Yoga in India. The course also explores the philosophy and history of Ayurveda; the basic principles of Ayurveda; Ayurvedic treatment in contemporary India, and government policy on the Ayurvedic Industry.

Language(s) of Instruction

English

Host Institution Course Number

IDS 249

Host Institution Course Title

INDIAN TRADITIONAL WELLNESS

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Thai Studies

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