

## 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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