

INDIAN INSTITUTE OF TECHNOLOGY ROORKEE

NAME OF DEPT./CENTRE: Center for Indian Knowledge Systems

Subject Code: IK0-103

Course Title: Holistic Wellbeing from Indic Perspective

L-T-P: 3-0-0 **Credits:** 03

Subject Area: OEC

Course Outline:

Definitions of Health, Tri-doshas, Body-Mind-Intellect, Consciousness, Tri-guna system, Dealing with distractions and emotions, Science of Good health, Art of emotional intelligence, Stress management, Balance aspects of life, Mindfulness and meditation, Addressing youth concerns, habits that destroy peace and sanity, Empathetic communication, Cultivating positive relationships, Yoga, Necessary exercises, Positive principles of recreation, the purpose of life, Making a positive impact on society