Radiation protection standards, basics of radiation hazards, international guidelines on radiation protection, disposal of nuclear waste, nuclear disaster and it's managements, Effect of radiation on health: Biological effects of radiation, radiation monitors, dose limits for workers and public,

Practicals: **(30 Hours)**

(Laboratory periods: 30)

1. Study the background radiation in different places and identify the probable source. (Data to be provided).
2. Survey the diagnostic procedures involving radio-chemistry in different diagnostic laboratories.
3. Write a report on the radio isotopes used in various diagnostic procedures.
4. Write a report on safety measures taken in diagnostic labs.
5. Write a report on any two nuclear and radiation accidents focusing on their impact on human life, environment and economy.

References:

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GE 21: Chemistry in Indology and Physical & Mental Well Being

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits		Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
			Lecture	Tutorial	Practical/ Practice		
Chemistry in Indology and Physical & Mental Well Being (GE-21)	4		3		1		

Learning Objectives

The Learning Objectives of this course is as follows:

- To illuminate the students about the scientific basis and approaches related to the practices that promote physical and mental health/balance, that includes meditation,

sports, Yoga and nutrition. The chemical/biochemical mechanisms that underscore the various states of the mind and body, which drives the general homeostasis or anomalies thereof, shall also be illustrated.

- To make students aware about role of metals in ancient and medieval India
- To make students aware of how Alchemists used metals, chemicals, compounds and ores in medicines
- To make students aware of the different types of instruments used in the ancient and medieval India
- To make students aware of the life and work of ancient and medieval scientists/chemists.

Learning Outcomes:

By the end of the course, the students will:

- Understand about the scientific basis and approaches that promote physical and mental health.
- Know about the chemical/biochemical mechanisms that underline the states of the mind and body
- Understand the role of metals in ancient and medieval India
- Understand how alchemists used metals and chemical compounds in medicines
- Know about the life and contributions of ancient scientists and chemists

SYLLABUS OF GE-21

Theory:

Unit 1: Physical Health Practices (9 Hours)

Principles of Physical Education, Body composition with respect to health and fitness and different methods of body composition analysis, Calculation of energy expenditure (at rest and during exercise), VO_2 and calculation of VO_2 max, respiratory exchange ratio, blood pressure, Means of fitness development- aerobic and anaerobic exercises, yoga and physical fitness, Exercises and their intensities related to heart rate zone, Different fitness levels for different age groups and gender, Kinesiology, Physiology of Exercise

Unit 2: Mind-body Practices (6 Hours)

States of mind and types of brain waves, mindfulness meditation in clinical psychology and psychiatry, Desbordes' recent studies on brain activities (Harvard's studies), MRI & functional MRI studies.

Types of meditations- focused attention meditation (FA), open monitoring meditation (OM), transcendental meditation (TM), loving–kindness meditation (LKM), mindfulness meditation (MM) and body–mind meditation (B-M).
Biochemical alterations, such as changes in activity/production of hormones, cytokines, chemokines, interferons, etc., oxygen saturation/desaturation, redox-condition and oxidative balance, progression/regression of certain diseases/health conditions, in response to various states of physical and mental well-being.

Unit 3: Nutrition for Mind/body Homeostasis (6 Hours)

Role of nutrition in physical and mental health. Nutrients: carbohydrates, Protein, Fat, Vitamins, Minerals, Water-their functions, role of hydration (water balance) during exercise, daily caloric requirement and expenditure.
Metabolism: An overview of ATP release in glycolysis, TCA cycle, electron transport chain. basic concept of balanced diet vs. fad diet (Atkins, ketogenic etc.), Concept of BMI (Body mass index) and BMR (Basal metabolic rate), Obesity and its hazard, Dieting versus exercise for weight control.

Unit 4: Concepts of Atoms, Molecules and Laws of Motion (3 Hours)

Concepts of atoms and molecules, properties and categories of atoms and molecules, Laws of motion.

Unit 5: Metallurgy (6 Hours)

Gold, Silver, Copper, Bronze and other alloys; Copper smelting blast furnace and copper extraction; Tron and Steel; Iron smelting blast furnaces from Southern India; Ironworks in Ancient and medieval India; Delhi Iron Pillar; Dhar and Kodachadri Iron pillars; Wootz steel; Zinc and its extraction.

Unit 6: Chemicals (3 Hours)

Drugs, dyes, pigments, glass, cosmetics and perfumes, etc.

Unit 7: Drugs (6 Hours)

Eight categories of Gandhasara; Compounds of mercury (Hg) made and used by the Indian Alchemists for medicinal purposes; Use of chemical, compounds and ores in medicines.

Unit 8: Life and work of Ancient Indian Scientists/Chemists (6 Hours)

(i) Maharshi Kanada (Ancient text and manuscripts), (ii) Nagarjuna (Ras Ratnakar, Kakshaputtantra, Arogya Manjari, Yog Saar, Yoasthak), (iii) Vaagbhatt (Rasratna Samuchchay), (iv) Govindacharya (Rasarnava), (v) Yashodhar (Ras Prakash Sudhakar), (vi) Ramachandra (Rasendra Chintamani), (vii) Somdev (Rasendra Chudamani)

Practicals: (30 Hours)

(Laboratory periods: 30)

1. Extraction of essential oil from rose petal.
2. Extraction of casein from milk.
3. Determination of pulse rate/blood pressure/oxygen saturation before and after exercise.
4. Determination of acid value of given oil sample.
5. Isolation of piperine from black pepper.
6. Determination of Copper in a brass turnings.
7. Extraction of Butea monosperma (Palash) dye for its use in coloration of cloth.
8. Determination of mass loss in mild steel in acidic/basic media.
9. **Project on (Do any one):**
   Ayurveda as alternate medicine system,
   Homeopathy in India,
   Yogic Practices for mental wellness
   Ancient Chemists of India
   Other titles can also be suggested by the teacher.
10. **Visit to**
    Iron Pillar, the metallurgical marvel and prepare a brief report.
    Industries like Dabur India Ltd.

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4. Blanck P, Perleth S, Heidenreich T, Kröger P, Ditzen B, Bents H, Mander J (March 2018). "**Effects of mindfulness exercises as stand-alone intervention on symptoms of anxiety and depression: Systematic review and meta-analysis**". Behaviour Research and Therapy. 102: 25–35. doi:10.1007/s12671-014-0379-y. PMID 29291584.
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