



Subject: Indian Health and Wellness - DETXX11104

Type of course: Indian Knowledge System

Prerequisite: Nil

Rationale:

The course is designed to create consciousness among the students towards health, fitness and wellness and to develop and maintain a healthy life style. Students will be introduced to fundamental concepts of health and wellness, nutrition, first aid as well as stress management in Indian context. Awareness regarding hypo-kinetic diseases and its management will be created.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks					Total Marks
CI	T	P		C	Theory Marks		CCE		
			ESE		MSE	V	P	ALA	
0	0	4	2	00	00	10	40	50	100

Legends: CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE – End Semester Examination; MSE- Mid Semester Examination; V – Viva voce; CA-Continuous Assessment; ALA- Active Learning Activities



Continuous Assessment:

Sr. No	Active Learning Activities	Marks
1	Heal Yourself Student need to prepare a report (Importance /Usefulness) on any five routine food ingredient / spices necessary for healthy wellbeing.	10
2	Food Pyramid (Nutritional Advice) Students need to prepare a poster (Pyramid) demonstrating routine suggestive food habit (Names, Pictures etc.) and upload on portal. <ul style="list-style-type: none"> • Eat sparingly: Lowest (Top of Pyramid) • Eat moderately • Eat liberally Consume adequately: Highest (Base of Pyramid)	10
3	Case Study Analysis Faculty will provide a case based on Lifestyle Management and students will do the analysis and upload on GMIU Portal	10
4	Customs and Traditions in Indian Culture (Essay) Student need to write an essay and upload on GMIU portal. (Min 500 words with pictures / photos) Inclusion; <ul style="list-style-type: none"> • Food • Families • Festivals • Greetings • Religion • Temples • Clothing • Dancing • Literature • Language 	10



5	<p>Mindfulness and Meditation</p> <ul style="list-style-type: none"> Students need to give suggestive tips for "Stress Management through Positive Psychology" and upload on GMIU portal.(min. 5 tips) 	10
Total		20

Course Content:

Unit. No	Course content	% Weightage
1	<p>Introduction to Health & Wellness</p> <ul style="list-style-type: none"> Definition, Aims and Objectives of Health & Wellness Importance and Scope of Health & Wellness Components of Health- Physical, Social, Mental, Spiritual and its relevance Modern concept of Health, Physical Fitness and Wellness 	10 %
2	<p>Lifestyle Management</p> <ul style="list-style-type: none"> Nutrition & Balanced Diet, Immunity, Relationship between Diet & Fitness Mental Health & wellness: Stress, Anxiety & Depression Substance abuse (Drugs, Tobacco, Alcohol), de-addiction, counseling and rehabilitation Postural deformities and corrective measures. Digital wellbeing 	30 %
3	<p>Lifestyle Disease and its Management</p> <ul style="list-style-type: none"> Lifestyle/Hypo-kinetic Diseases Prevention & Management <ul style="list-style-type: none"> Diabetes Hypertension Obesity Osteoporosis CHD Back pain 	30%



4	<p>Spirituality & Mental Health</p> <ul style="list-style-type: none"> • Promoting Human strengths and life enhancement • Classification of human strengths and virtues • Cultivating inner strengths: Hope and optimism • Meditation <ul style="list-style-type: none"> ○ Definition, Background of Meditation, Indian Meditation Techniques <ul style="list-style-type: none"> ▪ Transcendental Meditation ▪ Sahaja Yoga Meditation ▪ Vipassana ▪ Zen Meditation ▪ Mindfulness Meditation ○ Effects of Meditation on Indian psychology • Yoga <ul style="list-style-type: none"> ○ Need & Importance ○ Origin & History of Yoga in Indian Context ○ Classification of Yoga 	30 %
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Suggested Specification table with Marks (Theory): NA

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	NA	NA	NA	NA	NA	NA

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course, the students should be able to:	
CO1	Understand the concept and nature of health, wellness and its various implications
CO2	Demonstrate adequate knowledge on well-being and promotion of healthy behavior.
CO3	Apply stress management techniques like Yoga & Meditation



Suggested Practicum:

Sr. No	Descriptions	Unit No	Hrs
1	Practical lessons in Yoga & Yoga Practice	4	4
2	To study essential components of balanced diet carbohydrates, proteins, fats, vitamins & minerals.	2	2
3	Sports & Team Games	2	6
4	Reflective Exercise	1	2
5	First Aid Techniques & Application	3	2
6	CPR Demonstration, Training & Practice	3	2
7	Postural Deformities – Corrective Measures	2	2
8	Demonstration & Practice Stress Management and Relaxation Techniques	4	4
9	Practicing general & specific Warm up, Aerobics, Zumba workout	2	2
10	Demonstration & Practice BMR, Pulse Rate, Blood Pressure Measurement	3	4
	TOTAL		30

Instructional Method:

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, e-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.

