



Syllabus
Gyanmanjari Institute of Management Studies
Semester-1(BBA)

Subject: Holistic Wellness & Mindful Living- BBA1XX11203

Type of course: Indian Knowledge System (IKS)

Prerequisite: Students should have general awareness about how habits, emotions, and routines affect well-being.

Rationale: The course is designed to create consciousness among the students towards health, fitness and wellness. Students will be introduced to fundamental concepts of health and wellness, nutrition, first aid as well as stress management in Indian context.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks		Total Marks
CI	T	P	C	ESE	CCE	
0	0	4	2	50	50	100

Legends: CI-Classroom Instructions; T – Tutorial; P - Practical; C – Credit; ESE - End Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.

Course Content:

Sr. No	Course Content	Hrs.	% Weightage
1	Introduction to Indian Health and Wellness Theory Topics: Meaning and scope of health and wellness WHO definition of health – physical, mental, social dimensions Indian concept of wellness – Panchamahabhuta, Tridosha (Vata, Pitta, Kapha), Importance of balanced lifestyle in Indian tradition Practical: Self-assessment of wellness habits Create a one-page personal health plan based on Indian wellness principles	12 P	20



Examination Style						
Sr. No	Evaluation Methods			ESE	CCE	
1	ALA 1: Design Your Daily Wellness Routine Students will prepare a one-week personal wellness schedule including yoga, diet, hydration, and sleep patterns. Upload report as PDF on the GMIU Portal.				10	
2	Case Study – Lifestyle Imbalance in Indian Wellness Students will be provided with a case study about a college student with poor sleep, stress, irregular meals, and excessive screen time.			10		
	Part	Criteria	Marks			
	A	Descripti on	10			
	Total			10	10	
2	Nutrition and Healthy Eating in Indian Context Theory Topics: Basics of nutrition: carbohydrates, proteins, fats, vitamins, and minerals Indian dietary guidelines and Satvik food concept Understanding Ayurvedic Aahar-Vihar Niyam Common dietary issues and solutions Practical: Prepare a one-day balanced diet chart based on Indian food patterns Identify local superfoods and their health benefits				12 P	20



Examination Style													
Sr. No	Evaluation Methods			ESE	CCE								
1	ALA 2: Healthy Plate Challenge Students will document one day of their meals and analyze nutritional balance using Indian guidelines.Upload report as PDF on the GMIU Portal.				10								
2	Food Classification chart: Students will prepare a visual chart classifying 20 common Indian foods into Satvik, Rajasic, and Tamasic categories. <table><tr><th>Part</th><th>Criteria</th><th>Marks</th><th>Description</th></tr><tr><td>A</td><td>Descripti on</td><td>10</td><td>At least 20 food items (e.g., khichdi, fast food, pickles, leafy vegetables). Colour-coded classification (Satvik-Green, Rajasic- Yellow, Tamasic-Red). Brief explanation of the impact of each type on body & mind.</td></tr></table>			Part	Criteria	Marks	Description	A	Descripti on	10	At least 20 food items (e.g., khichdi, fast food, pickles, leafy vegetables). Colour-coded classification (Satvik-Green, Rajasic- Yellow, Tamasic-Red). Brief explanation of the impact of each type on body & mind.	10	
Part	Criteria	Marks	Description										
A	Descripti on	10	At least 20 food items (e.g., khichdi, fast food, pickles, leafy vegetables). Colour-coded classification (Satvik-Green, Rajasic- Yellow, Tamasic-Red). Brief explanation of the impact of each type on body & mind.										
	Total			10	10								
3	Yoga, Meditation, and Stress Management Theory Topics: Introduction to yoga and its types Benefits of yoga for physical and mental wellness Meditation and mindfulness techniques Managing stress and emotional balance through Indian practices Practical: Daily yoga and breathing (Pranayama) practice Guided meditation sessions			12 P	20								



Examination style:					ESE	CCE
Sr. No	Evaluation Methods					
1	ALA 3: Mindful Morning Routine Students will follow a 7-day yoga and meditation plan and reflect on improvements in focus and calmness. Upload report as PDF on the GMIU Portal.				10	
2	Breathing Technique Performance: Live practical where students demonstrate one Pranayama technique.			10		
	Part	Criteria	Marks			Description
	A	Evaluation	10			Correct posture Proper breathing pattern Duration control Calmness and concentration
Total			10	10		
4	Preventive Healthcare and Lifestyle Disorders Theory Topics: Importance of preventive healthcare Common lifestyle diseases: diabetes, hypertension, obesity Role of yoga, diet, and exercise in prevention Indian home remedies and natural healing Practical: Identify lifestyle gaps through self-evaluation Group discussion on preventive health strategies			12 P	20	



Examination style:													
Sr. No	Evaluation Methods			ESE	CCE								
1	ALA 4: Health Awareness Presentation Students will prepare a 5-slide presentation on prevention of one lifestyle disease using Indian wellness approaches. Upload report as PDF on the GMIU Portal.				10								
2	Preventive Home Remedies Students will demonstrate knowledge of Indian home remedies. <table><tr><th>Part</th><th>Criteria</th><th>Marks</th><th>Description</th></tr><tr><td>A</td><td>Viva</td><td>10</td><td>Select one lifestyle disorder. Explain one natural remedy. Explain how the remedy supports prevention.</td></tr></table>			Part	Criteria	Marks	Description	A	Viva	10	Select one lifestyle disorder. Explain one natural remedy. Explain how the remedy supports prevention.	10	
Part	Criteria	Marks	Description										
A	Viva	10	Select one lifestyle disorder. Explain one natural remedy. Explain how the remedy supports prevention.										
	Total			10	10								

5	Community Wellness and Sustainable Living Theory Topics: Role of community in promoting wellness Swachh Bharat and Fit India initiatives Sustainable lifestyle choices Role of technology and media in spreading health awareness Practical: Conduct a small wellness awareness activity in campus/community Group project report submission	12 P	20	
Examination style:				
Sr. No	Evaluation Methods		ESE	CCE
1	ALA – 5: Title: Campus Wellness Drive Students will plan a small activity (poster, talk, or survey) promoting health awareness among peers. Upload report as PDF on the GMIU Portal.			10



2	Technology for Wellness: App Review Activity			10				
	Students will select any health/wellness app (such as Aarogya Setu, Fitbit, MyFitnessPal, Step Tracker).							
	<table><thead><tr><th>Part</th><th>Criteria</th><th>Marks</th><th>Description</th></tr></thead><tbody><tr><td>A</td><td>Analysis</td><td>10</td><td>Describe features (steps tracking, nutrition log, reminders). Explain how the app can support community. Suggest improvements for the app.</td></tr></tbody></table>	Part	Criteria					Marks
Part	Criteria	Marks	Description					
A	Analysis	10	Describe features (steps tracking, nutrition log, reminders). Explain how the app can support community. Suggest improvements for the app.					
Total				10	10			

Suggested Specification Table:

Distribution of Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage %	10 %	20 %	30 %	20 %	10 %	10 %

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	Explain the Indian perspective of health, wellness, and balanced living.
CO2	Interpret and apply Indian dietary guidelines along with the principles of Satvik food in daily meal planning.
CO3	Demonstrate meditation and stress management practices.
CO4	Develop preventive health habits and awareness about lifestyle disorders.
CO5	Promote wellness and sustainability within community environments.



Instructional Method:

The course delivery method will depend upon the requirement of content and needs of students. The teacher, in addition to conventional teaching methods by black board, may also use any 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 the Active Learning Assignment.

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

Reference Books:

- [1] Dr. Vasant Lad, Ayurveda: The Science of Self-Healing, Lotus Press.
- [2] Dr. H. R. Nagendra, Yoga for Wellness, SVYASA Publications.
- [3] NIN Hyderabad, Dietary Guidelines for Indians, ICMR.
- [4] Ministry of AYUSH, Yoga and Naturopathy: A Guide to Healthy Living, Govt. of India.
- [5] Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha, Bihar School of Yoga.

