



**Subject:** Indian Health and Wellness - BDEXX11203

**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	SEE		CCE		
			Theory		Practical	LWA	V	ALA	
0	0	4	2	00	50	20	10	20	100

*Legends: CI-Class Room Instructions; T - Tutorial; P - Practical; C - Credit; SEE - Semester End Evaluation; MSE- Mid Semester Examination; LWA - Lab Work Assessment; V - Viva voce; CCE- Continuous and Comprehensive Evaluation; ALA- Active Learning Activities*

3 Credits \* 25 Marks = 75 Marks (each credit carries 25 Marks) Theory

1 Credits \* 25 Marks = 25 Marks (each credit carries 25 Marks) Practical

SEE 100 Marks will be converted in to 50 Marks

CCE 100 Marks will be converted in to 50 Marks

It is compulsory to pass in each individual component.



**Continuous Assessment:**

Sr. No	Active Learning Activities	Marks
1	<b>Heal Yourself</b> Student need to prepare a report (Importance /Usefulness) on any five routine food ingredient /spices necessary for healthy wellbeing.	10
2	<b>Food Pyramid (Nutritional Advice)</b> 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"> <li>• Eat sparingly: Lowest (Top of Pyramid)</li> <li>• Eat moderately</li> <li>• Eat liberally</li> <li>• Consume adequately: Highest (Base of Pyramid)</li> </ul>	10
Total		20

**Course Content:**

Unit No	Course content	% Weightage
1	<b>Introduction to Health &amp; Wellness</b> <ul style="list-style-type: none"> <li>• Definition, Aims and Objectives of Health &amp; Wellness</li> <li>• Importance and Scope of Health &amp; Wellness</li> <li>• Components of Health- Physical, Social, Mental, Spiritual and its relevance</li> <li>• Modern concept of Health, Physical Fitness and Wellness</li> </ul>	10 %
2	<b>Lifestyle Management</b> <ul style="list-style-type: none"> <li>• Nutrition &amp; Balanced Diet, Immunity, Relationship between Diet &amp; Fitness</li> <li>• Mental Health &amp; wellness: Stress, Anxiety &amp; Depression</li> <li>• Substance abuse (Drugs, Tobacco, Alcohol), de-addiction, counseling and rehabilitation</li> <li>• Postural deformities and corrective measures.</li> <li>• Digital wellbeing</li> </ul>	30 %



3	<p><b>Lifestyle Disease and its Management</b></p> <ul style="list-style-type: none"> <li>• Lifestyle/Hypo-kinetic Diseases Prevention &amp; Management                             <ul style="list-style-type: none"> <li>○ Diabetes</li> <li>○ Hypertension</li> <li>○ Obesity</li> <li>○ Osteoporosis</li> <li>○ CHD</li> <li>○ Back pain</li> </ul> </li> </ul>	30%
4	<p><b>Spirituality &amp; Mental Health</b></p> <ul style="list-style-type: none"> <li>• Promoting Human strengths and life enhancement</li> <li>• Classification of human strengths and virtues</li> <li>• Cultivating inner strengths: Hope and optimism</li> <li>• Meditation                             <ul style="list-style-type: none"> <li>○ Definition, Background of Meditation, Indian Meditation Techniques                                     <ul style="list-style-type: none"> <li>▪ Transcendental Meditation</li> <li>▪ Sahaja Yoga Meditation</li> <li>▪ Vipassana</li> <li>▪ Zen Meditation</li> <li>▪ Mindfulness Meditation</li> </ul> </li> <li>○ Effects of Meditation on Indian psychology</li> </ul> </li> <li>• Yoga                             <ul style="list-style-type: none"> <li>○ Need &amp; Importance</li> <li>○ Origin &amp; History of Yoga in Indian Context</li> <li>○ Classification of Yoga</li> </ul> </li> </ul>	30%

**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
	<b>TOTAL</b>		<b>30</b>



**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.

