

VALUE ADDED COURSE

HEALTH AND WELLNESS

CREDITS: 02

PROGRAMME OUTCOMES:

- 1) Knowledge of Health and Wellness is needed for good development and to maintain healthy lifestyles
- 2) Students will learn about challenges in life and how to cope with them.
- 3) Students will learn the ability to demonstrate life skills

COURSE OUTCOMES:

1. To help understand the importance of a healthy lifestyle
2. To provide a general understanding of physical and mental health
3. To create awareness of various lifestyle-related diseases
4. To provide an understanding of stress management.

UNIT I. INTRODUCTION TO HEALTH & WELLNESS

(15 lectures)

- 1) Define and differentiate health and wellness.
- 2) Factors affecting health and wellness.
- 3) Malnutrition, undernutrition and overnutrition affect health and wellness.
- 4) Body systems and common diseases.
- 5) Sedentary lifestyle and its risk of disease.
- 6) Healthy foods for prevention and progression of Cancer, Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome)
- 7) Stress, anxiety, and depression.
- 8) Factors affecting mental health

UNIT II. MANAGEMENT OF HEALTH AND WELLNESS. (15 lectures)

- 1) Types of Physical Fitness and its Health Benefits.
- 2) Modern lifestyle and hypo-kinetic diseases; prevention and management through exercise.
- 3) Postural deformities and corrective measures.
- 4) Spirituality and mental health.
- 5) Meditation for maintaining health and wellness.
- 6) Role of sleep in the maintenance of physical and mental health.
- 7) Identification of common mental illness.
- 8) Substance abuse (Drugs, Cigarettes, Alcohol), de-addiction, counselling and rehabilitation.

SUGGESTED BOOKS:

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell. (2012)
2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.

3. Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being by Nashay Lorick, 2022
4. Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
5. Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.
6. Overcoming Insomnia and Sleep Problems: A self-help guide using Cognitive Behavioral Techniques by Colin A. Espie (2012)
7. An Introduction to Coping with Insomnia and Sleep Problems by Colin Espie (2017)
8. Health psychology: Concepts in Health and Wellbeing by Ghosh, M. (2015).
New Delhi: Dorling Kindersley (India) Pvt. Ltd
9. Stress, Appraisal and Coping by Lazarus, R. S., & Folkman, S. (1984).