

SEMESTER – 1st to 3rd
VALUE ADDED COURSE

HAW022V HEALTH AND WELLNESS

CREDITS: 02

COURSE OBJECTIVES:

1. *To help understand the importance of a healthy lifestyle*
2. *To familiarize students about physical and mental health*
3. *To create awareness of various life style related diseases*
4. *To provide understanding of stress management*

UNIT I. INTRODUCTION TO HEALTH & WELLNESS

(15 lectures)

- Define and differentiate health and wellness.
- Importance of health and wellness Education.
- Local, demographic, societal issues and factors affecting health and wellness.
- Diet and nutrition for health & wellness.
- Essential components of balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals.
- Malnutrition, under nutrition and over nutrition.
- Processed foods and unhealthy eating habits.
- Body systems and common diseases.
- Sedentary lifestyle and its risk of disease.
- Stress, anxiety, and depression.
- Factors affecting mental health.
- Identification of suicidal tendencies.
- Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counselling and rehabilitation.

UNIT II. MANAGEMENT OF HEALTH AND WELLNESS.

(15 lectures)

- Healthy foods for prevention and progression of Cancer, Hypertension, Cardiovascular, and metabolic diseases (Obesity, Diabetes, Polycystic Ovarian Syndrome).
- Types of Physical Fitness and its Health benefits.
- Modern lifestyle and hypo-kinetic diseases; prevention and management through exercise.
- Postural deformities and corrective measures.
- Spirituality and mental health.
- Role of Yoga, asanas and meditation in maintaining health and wellness.
- Role of sleep in maintenance of physical and mental health.

SUGGESTED BOOKS:

1. Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell.
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.