

Course Type: Foundation/Introductory Course	Credits: (L-2, T-0, P-0)
Units: 2	Max Marks:
Course Title: Health and Wellness	Course Code:

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.