

Department of Zoology and Botany
(Prof. Rajendra Singh (Rajju Bhैया) University, Prayagraj)

(2024-2025 onwards)

COURSE STRUCTURE WITH CREDITS DISTRIBUTION

VAC Course: HEALTH, WELLNESS AND YOGA

Programme: Undergraduate		Year: 2	Semester: IIIRD
Offered by : Department of Zoology and Botany			
Course Code: S040302T		Course: HEALTH, WELLNESS AND YOGA	
Credit: 2		Value Added Course (Elective Course)	
Course Outcome: after completion of the course, student will be able to:			
CO1: Demonstrate an understanding of the fundamental concepts of health and wellness, including physical, mental, emotional, and social aspects.			
CO2: Analyze and apply nutritional information to develop balanced meal plans that support healthy living and disease prevention.			
CO3: Create a lifelong wellness plan that incorporates balanced nutrition, physical activity, mental health, and preventive care strategies			
CO4: Gain knowledge of the basic principles of yoga, including its history, philosophy, and ethical guidelines.			
CO5: Acquire skills in managing stress through relaxation techniques such as meditation, deep relaxation, and mindfulness.			
Unit	Course Contents		
1	HEALTH & WELLNESS Define and differentiate health and wellness - Components of health wellness and their relationship between physical activity - Local, demographic, societal issues and factors affecting health and wellness.		
2	CONCEPT OF FOOD AND NUTRITION (a) Definition of Food, Nutrients, Nutrition, Health, balanced Diet (b) Types of Nutrition- Optimum Nutrition, under Nutrition, Over Nutrition (c) Meal planning- Concept and factors affecting Meal Planning (d) Food groups and functions of food		
3	NUTRIENTS 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.		
4	MANAGEMENT OF HEALTH AND WELLNESS Meaning & importance of various dimensions of wellness. Relationship of physical fitness in achieving wellness. Drugs, doping and wellness. Role of diet and exercise in health management.		
5	1000 DAYS NUTRITION (a) Concept, Requirement, Factors affecting growth of child (b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy (c) Breast / Formula Feeding (Birth – 6 months of age) (d) Complementary and Early Diet (6 months – 2 years of age)		
6	YOGA EDUCATION Meaning and definition of yoga and its aims and objectives - Basic principles of yoga and its importance in our daily life - Yoga for mental attitude - Mind, body, breath and emotional level for higher plan of living.		
7	YOGA PRACTICES Types and limbs of yoga - Yoga postures - Asana - Breathing Practices - Pranayama - Relaxation-Meditation - Mudra		
8	FITNESS ACTIVITIES Types of fitness activities - Outdoor activities - Basic movement patterns. Indoor activity - Aerobics/Dance Fitness, Resistance Training for fitness		
Suggestive Books:			
➤ Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell. 2. Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021.			
➤ Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well Being by Nashay Lorick, 2022			
➤ Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.			
➤ Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013.			
➤ The Fitness Mindset by Brian Keane			
➤ Health Promotion: Mobilizing Strengths to Enhance Health, Wellness, and Well-being [1 ed.] F.A. Davis Company.			
➤ Yoga RX: A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments, Broadway.			
➤ Advanced Hatha Yoga: Classic Methods of Physical Education and			
➤ Concentration [1 ed.], Inner Traditions.			
➤ Yoga and Physical Education, National Council of Educational Research and Training (NCERT), India.			
➤ Wealth First: Winning at Weight Loss and Wellness.			
➤ Administration of Health and Physical Education Programme. Bucher, Charles A.			
➤ Treaties of Hygiene and Public Health, Ghosh, B.N.			
➤ Principles of Public Health Administration 2003, Hanlon, John J.			

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- The School Health and Health Education, Turner, C.E.
- Health Education (National Education Association of U.T.A.), Moss et. al.
- The School Health Education (Harber and Brothers, New York), Nemir A.
- Nutrition Encyclopedia, edited by Delores C.S. James, The Gale Group, Inc.
- The Stone Age Health Programme: Diet and Exercise as Nature Intended. Angus and Robertson, Boyd-Eaton S. et al (1989)
- Stress, How Your Diet Can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thorons, Terras S. (1994).