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|-----------------------|----------------------------------|
| <b>COURSE TITLE</b>   | <b>HEALTH, WELLNESS AND YOGA</b> |
| <b>COURSE CODE</b>    | <b>10BH1507</b>                  |
| <b>COURSE CREDITS</b> | <b>2</b>                         |

**Objective:**

- 1 To promote an optimal state of physical, emotional, intellectual, social & spiritual well-being of all the citizens of the country.
- 2 To organize sports and fitness activities outside the regular institutional working hours.
- 3 To focus on creating the ability for self-discipline and self-control in students by Yoga education.
- 4 To make the students aware of various diseases and benefits of good food habits.
- 5 To prepare such a citizen who is physically and mentally fit and can handle all the situation in the life.

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Physical health
- 2 Mental health
- 3 Spiritual well-being
- 4 Emotion and social connect

**Pre-requisite of course:**None

**Teaching and Examination Scheme**

| <b>Theory Hours</b> | <b>Tutorial Hours</b> | <b>Practical Hours</b> | <b>ESE</b> | <b>IA</b> | <b>CSE</b> | <b>Viva</b> | <b>Term Work</b> |
|---------------------|-----------------------|------------------------|------------|-----------|------------|-------------|------------------|
| 1                   | 1                     | 0                      | 0          | 0         | 0          | 50          | 50               |

| <b>Contents : Unit</b> | <b>Topics</b>                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Contact Hours</b> |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1                      | <b>Health and Wellness</b><br>Meaning, dimensions and approaches to health and wellness, Factors influencing health, Indicators of good health and poor health, Status of health in Gujarat and India. , Common diseases- introduction, types & etiology, Communicable diseases- causes & prevention, Obesity, Cardiovascular disorder, Diabetes, Liver diseases, Adverse effect of alcohol and tobacco on human health. | 5                    |

| Contents :<br>Unit | Topics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Contact<br>Hours |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| 2                  | <b>Yoga education</b><br>Definition, explanation and importance of yoga., Historical perspective yoga, Definition, types and mental & physical benefits asanas, Different types of asanas – Padmasana, Bhujangasana, Halasana, Shalabhasana, Dhanurasana, Vajrasana, Chakrasana, Shavasana, Pawanmuktasana, Mandukasana and Uttanpadasana., Pranayama and its health benefits- Bhastrika, Kapalbhathi, Bhya pranayama, Anulomvilom, Bhramari, Udgeeth, Meditation and its health benefits | 5                |
| 3                  | <b>Sports and fitness</b><br>Definition, Meaning & Importance of Physical education, Components of physical fitness and wellness , Sports Training Institutions in India , Physical Education and sports as a need for the Society, Stretching exercises, warming up and limbering down exercises, Cardiovascular exercises, Rules and regulations of some important games-Football, Volleyball, Basketball, Badminton, Table tennis, Hockey and Cricket                                  | 5                |
| <b>Total Hours</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>15</b>        |

#### Suggested List of Experiments:

| Contents :<br>Unit | Topics                                                                                            | Contact<br>Hours |
|--------------------|---------------------------------------------------------------------------------------------------|------------------|
| 1                  | <b>Issues Related to Health, Wellness and Yoga</b><br>Issues Related to Health, Wellness and Yoga | 15               |
| <b>Total Hours</b> |                                                                                                   | <b>15</b>        |

#### Textbook :

- 1 Yoga Deepika, , B.K.S Iyengar , Vivekanand Kendra Publisher , 2000
- 2 Modern Textbook of Physical Education, Health and Sports , Ajmer Singh, Bains Jagdish, Gill J.S., Brar R.S. , Kalyani Publishers, 2022

#### References:

- 1 Health and Physical Education, Health and Physical Education, K. K. Verma,, Prakash Brothers, 2005
- 2 Principles of Sports Training , Principles of Sports Training , A.K. Upal, Friends Publication,, 2001

#### Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery

| <b>Remember / Knowledge</b> | <b>Understand</b> | <b>Apply</b> | <b>Analyze</b> | <b>Evaluate</b> | <b>Higher order Thinking / Creative</b> |
|-----------------------------|-------------------|--------------|----------------|-----------------|-----------------------------------------|
| 10.00                       | 15.00             | 20.00        | 20.00          | 20.00           | 15.00                                   |