

## DETAILED SYLLABUS OF 1<sup>ST</sup> SEMESTER

(General Course)

Course Code	:	GEN – H &W
Title of the Course	:	Health & Wellness
Nature of the Course	:	Compulsory for All UG Students
End Semester	:	30 Marks
In Semester	:	20 Marks
Total Credits	:	02

### COURSE OBJECTIVES:

- To introduce the learners to the concept of health and wellness and its relevance in daily life.
- To introduce the learners to the relation between mind-body and its relevance.
- To introduce learners to health behavior and promotion of human strengths for well-being.

### COURSE OUTCOMES (CO):

*The students will be able to:*

- CO1: Explain basic concepts in health and wellness
  - LO 1.1: Define health as holistic and including physical, mental, social and spiritual aspects
  - LO 1.2: Describe the importance of health in everyday life
  - LO1.3: Discuss the meaning of wellness and the role of mental health in maintaining wellness
  - LO 1.4: Discuss health behaviors and use of mass media in promoting health
- CO2: Explain the mind-body connection in well-being
  - LO 2.1: Describe mind-body connection and its implications
  - LO 2.2: Discuss the meaning of wellbeing
- CO3: Apply concepts of health and well-being to real life situations
  - LO 3.1: Discuss ways to ensure digital wellbeing in current times
  - LO3.2: Discuss non-mainstream, indigenous health belief practices of Assam and North-East India
  - LO 3.3: Explain and differentiate basic concepts of wellness in Positive Psychology, such as hope, optimism. Strengths and virtues.

### Cognitive Map of Course Outcomes with Bloom's Taxonomy

Knowledge Dimension	Remember	Understand	Apply	Analyse	Evaluate	Create
Factual Knowledge	CO1, CO2, CO3	CO1, CO2, CO3	CO3			
Conceptual Knowledge	CO1, CO2,	CO1, CO2,	CO3			

	CO3	CO3				
Procedural Knowledge						
Metacognitive Knowledge						

UNITS	CONTENTS	L	T	P
1 (15 Marks)	<b>Introduction to health &amp; wellness</b> <ul style="list-style-type: none"> <li>• Definition of health- WHO definition</li> <li>• Importance of health in everyday life</li> <li>• Components of health- physical, social, mental, spiritual and its relevance</li> <li>• Concept of wellness</li> <li>• Mental Health &amp; wellness</li> <li>• Determinants of health behaviours</li> <li>• Using the mass media for health promotion</li> </ul>	12	02	02
2 (15 Marks)	<b>Mind – body and well-being</b> <ul style="list-style-type: none"> <li>• Mind- Body connection in health- concept and relation</li> <li>• Implications of mind-body connections.</li> <li>• Wellbeing- why it matters?</li> <li>• Digital wellbeing</li> <li>• Understanding health beliefs, and perspectives of indigenous people pertaining to Assam and North East India</li> <li>• Promoting Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism</li> </ul>	12	02	02
	<b>Total</b>	<b>24</b>	<b>04</b>	<b>04</b>

**MODES OF IN-SEMESTER ASSESSMENT:**

**(20 Marks)**

- One Internal Examination -
- Others (**Any one**) -
  - Group Discussion
  - Seminar presentation on any of the relevant topics
  - Debate

**10 Marks**

**10 Marks**

**LEARNER OUTCOMES:**

After completion of this course the learner will be able to:

- explain the concept and nature of health , wellness and its various implications
- demonstrate adequate knowledge on well-being and promotion of healthy behavior.

**Mapping of Course Outcomes to Program outcomes:**

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	M	M	M	M	S	M	S	M	M
CO2	S	M	M	M	M	S	M	S	M	M
CO3	S	M	M	S	M	S	M	S	M	M

Where,

*S = Strong,*

*M = Moderate*

**READING LIST**

1. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
2. Forshaw, M. (2003). *Advanced psychology: Health psychology*. London: Hodder and Stoughton.
3. Hick, J.W. (2005).*Fifty signs of Mental Health.A Guide to understanding mental health*.Yale University Press.
4. Snyder, C.R., &Lopez, S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

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