

**Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce, and Science College, Ahmednagar
(Autonomous)
(Affiliated to Savitribai Phule Pune University, Pune)**



**National Education Policy (NEP)
Choice Based Credit System (CBCS)**

**Syllabus for
Value Education Course (VEC)
Health and Wellness
For
UG Programmes**

**Implemented from
Academic Year 2023-24**

Credit Distribution: UG Programme

	Type of Courses	III Yr	IV Yrs (Honours)	IV Yrs Research
Major Marathi	Discipline-Specific Courses (DSC)	46	74	66
	Discipline Specific Elective (DSE)	08	16	16
	Skill Enhancement Courses (SEC)	06	06	06
	Vocational Skill Courses (VSC)	08	08	08
	On-Job Training (OJT)	04	08	04
	Field Project (FP)	04	04	04
	Community Engagement and Service (CEP)	02	02	02
	Research project	00	00	12
	Research Methodology	00	04	04
	Indian Knowledge System	02	02	02
	Total (I, II and III Year)	80	124	124
Minor	Minor	20	20	20
Other Courses	Open Elective (OE)/ Multidisciplinary Courses	12	12	12
	Co-Curricular Courses	08	08	08
	Ability Enhancement Courses	08	08	08
	Value Education Courses	04	04	04
	Total	132	176	176

Bucket List of Value Education Courses(VEC)

Sr. No.	Course Code	Year	Semester	Humanities	Commerce	Science	Credits
1.	VEC-01	I	I	Democracy, Election and Governance	Democracy, Election and Governance	Democracy, Election and Governance	02
2.	VEC-02	I	II	(Any One of the following) 1. Digital and Technical Solutions 2. Ethics and Values 3. Critical Thinking 4. Understanding India 5. Scientific Temper 6. Health and Wellness 7. Gender Studies			02

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Title of the Course: Health and Wellness								
Year: I				Semester: II				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
VEC	VEC-1	02	00	02	30	15	35	100

Learning Objectives:

1. The objectives of the course is to make Physical Education as an integral part of educational system and Promote physical activity among sedentary students / non-sportsmen.
2. Students studying in the colleges should have the benefit of physical education to improve their health during the course of college education.
3. It is designed to ensure that on completion of this course, they would attain the minimum prescribed standard.

Course Outcomes (Cos)

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

Detailed Syllabus: Example

UNIT I. INTRODUCTION TO HEALTH & WELLNESS (Allowed 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. ➤ Dopintg-Advantage and Disadvantage, de-addiction, counselling and rehabilitation.

UNIT II. MANAGEMENT OF HEALTH AND WELLNESS. (Allowed 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 Readings/Material:

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 WellBeing 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.