

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.**



Circular No./SU./H&W/2-Credits/Curriculum-UG/NEP.2020/20/2024.

It is hereby inform to all concerned that, in Continuation Circular Ref.No.SU/Complutory/2-Credits/Curriculum-UG/NEP.2020/43/2023,20705-17 dated 18.12.2023, recommended by the Board of Dean's and the Academic Council at it's meeting held on 30 November, 2023 has accepted the Revised Syllabus of "**Health & Wellness**" for **B.A., B.Sc., B.Com., B.S.W. & B.F.A. etc.** as per the Norms of New Education Policy-2020 **as Compulsory Course of two Credits for all Faculties** of Gradute Level for the all Affiliated Colleges, as appended herewith.


This is effective from the Academic Year 2024-2025 and Onwads .

This Circular is also available on the University Website www.bamu.ac.in

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus,
Chhatrapati Sambhajinagar.-431004.
Ref.No.SU/H&W/2 Cret./2024/ 2456-65
AC. AOB-I.No.-08
Date:- 29-06-2024.

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Deputy Registrar,
Academic Section
(Syllabus)

Copy forwarded with compliments to :-

- 1] **The Principals, All affiliated Colleges,** University Campus & Sub-Centere, Dharashiv, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.
- 2] **The Director of Recognized Institutions,** Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.
- 3] **The Director, Board of Examinations & Evaluation,** Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.
- 4] The Librarian, University Library, Dr. Babasaheb Ambedkar Marathwada University,
- 5] The Programmer [Computer Unit-1] Examinations,
- 6] The Director, University Network & Information Centre, UNIC, with a request to upload the Circular along with its enclosures on University Website.
- 7] The Public Relation Officer,
- 8] The Deputy Registrar, Under Graduate Section,
- 9] The In-charge, [E-Suvidha Kendra],
- 10] The Record Keeper,

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**DR. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR**



Syllabus of Health & Wellness

For B.A., B.Sc., B.Com., B.S.W., & B.F.A. etc.

(Common Across Faculty)

Two Credits

As Per National Education Policy-2020

From the Academic Year 2024-2025 & Onwards.

[Four handwritten signatures in blue ink]

HEALTH AND WELLNESS

(2 Credits – 30 Hours)

Objectives:

1. To make aware about the concept of health and wellness with respect to physical, mental, social and emotional also to detail about the lifestyle of an individual with hypo-kinetic diseases.
2. To clear the idea about the nutritional aspects viz. balance diet, malnutrition and harmful effects of ergo-genic aids.
3. To make aware about obesity, overweight, underweight etc. and how to deal with these problems.
4. To make the students apply the theoretical knowledge into practicality through the assignments and practical projects.

Unit – I: (12 Hours):

Concept of Health and Wellness: Definition, Aims and Objectives of Health (Physical, Mental, Social and Emotional) and Wellness; Importance and Scope of Health (Physical, Mental, Social and Emotional) and wellness; Modern concept of Health (Physical, Mental, Social and Emotional) and Wellness; Dimensions of Health and Wellness; **Wellness and Lifestyle:** Fitness – Understanding of Wellness; Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management; Physical Activity and Health (Physical, Mental, Social and Emotional) Benefits

Unit – II: (10 Hours):

Introduction to nutrition, and types of nutrition: proteins, carbohydrates, fats, vitamins, minerals, water; balanced diet, daily caloric requirement and expenditure; Nutritional Value and requirement of food in relation to exercise, Malnutrition and obesity causes, effect, prevention and treatment, Harmful effects of nutritional ergo-genic aids.

Unit – III: (8 Hours):

Weight management, meaning and concept, concept of BMI (Body Mass Index), WHR (Waist- Hip Ratio) Obesity, meaning, definition and types of obesity, obesity- causes and solutions of or over coming obesity; weight gain and weigh loss diets; Steps of planning of weight

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management; balance diet for Indian school children; diet program for sports children.

Practical:

1. Visit personally to any gym (or) ground (or) sports club where people come for regular exercises and fitness and calculate the BMI of minimum 50 members.
2. Make a survey on 50 members with hypokinetic diseases on their diet and life style habits.
3. Prepare a diet plan for healthy life-style of either young children (or) adults (or) Age old (or) Working Women (or) Pregnant women (or) those with hypertension and hyper glycaemia.
4. Make a survey on health and lifestyle of those who are suffering from occupational hazards on any one of them viz. Bankers, Corporate sectors, IT employees, teachers, beauticians, tailors, traffic policeman, flour mill workers, cooks, cobblers etc.

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11. Steven Gundry, M.D. The Energy Paradox: What To Do When Your Get-Up-and-Go Has Got Up and Gone
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Outcomes:

1. After completion of first unit the students will have the conceptual idea about health and wellness with respect to physical, mental, social and emotional also they are enlightened with the lifestyle of an individual with hypo-kinetic diseases.
2. The students will have clear idea about the nutritional aspects viz. balance diet, malnutrition and harmful effects of ergo-genic aids.
3. The students can make out about the awareness of obesity, overweight, underweight etc. and how to deal with these problems.
4. Through implementation of practical the students will able to apply the theoretical knowledge into practicality through the assignments and practical projects.

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