



# SYMBIOSIS COLLEGE OF ARTS AND COMMERCE

An Empowered Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

## UG Curriculum

PROGRAM	BA	BA(Hon)	B.Com	B.Com(Hon)	M.Com	MA - Eng	MA- Eco	MA- Psy
Tick ✓								

SEMESTER	1	2	3	4	5	6	7	8
Tick ✓								

SPECIALIZATIONS									
BA	Eco	Eng	Psy	Gen					
Tick ✓									
BCOM	Costing	Banking	Entrep	MKT	Fin & Acc	Mgt Acc	HRM	Bus Analytics	Gen
Tick ✓									

<b>Name of the Department</b>	Symbiosis Centre for Liberal Arts
<b>Name of Head of Department</b>	Prof.Dr.Hilda David
<b>Title of the Course</b>	Health and Wellness management
<b>Course Code</b>	SC04
<b>Type of Course (New / Revised)</b>	New
<b>Number of Credits</b>	3

Course Outcomes
CO1: Identify where the students are going wrong with regards to their lifestyle.
CO 2: Differentiate Mind and body interaction. (This includes yoga, meditation, pranayam etc. to harmonize the mind, body and soul)
CO3: Examine the diet and the diet needs according to the lifestyle, gender, and age of a person, and the use of nutritional supplements in offsetting the deficiency.
CO 4: Classify the use of health and wellness management to improve the quality of one's life, to ease physical discomforts, mental stress etc.
CO 5: Write coherently about wellness management which helps the student to identify and understand various stresses and disease factors at work, home and in his daily life and to make

## DETAILS OF SYLLABUS



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UNIT NUMBER	DETAILS	NUMBER OF LECTURES
1	<b>INTRODUCTION:</b> Overview of the subject and the human physiology.	3
2	<b>DIET AND NUTRITION:</b> Evidence based nutrition. The science of food. Studies to know how food affects individuals. Varieties of food. Balanced diet. Acid and alkali foods. Food additives and their role in health and sickness. Visit to hotels and fast food joints and investigate the method of cooking; the oil used etc. and write an essay on the same.	
3	<b>HYDRATION:</b> The role of water in promoting health. Water poisoning and water borne diseases. Water contamination at a global and local level. Methods of water purification at municipal and domestic level.	7
4	<b>RESPIRATION:</b> The role of air and its importance. Composition of air in places of air pollution. Impact of air pollution on human beings. Indoor versus outdoor air pollution.	7
5	<b>SLEEP:</b> What the science of sleep tells us about the need for sleep. Understanding the circadian rhythm. Changes in the body and endocrine system due improper sleep pattern. Results of sleep deprivation and that of excessive sleep.	7
6	<b>EXERCISE:</b> Understanding what exercises are. Need for different types of physical exercises. Impact of exercise in different forms on the body. Understanding the heart rate and blood pressure in relation to exercises.	7
7	<b>FINALE:</b> Presentation and Viva Voce.	5
	Total Number of Hours	45
<b>Reference List</b>		



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## Suggested Reference Books

- [Herbs that Heal: Natural Remedies for Good Health Orient Paperbacks Edition](#) By [H K Bakhru](#)
- [Foods That Heal Orient Paperbacks Edition](#)  
By [H K Bakhru](#)
- [Yoga Your Home Practice Companion \(Hardcover\)](#)  
By [Sivananda Yoga Vedanta Centre](#)
- How not to die.  
By Dr. M Greger.
- [Health in Your Hands.](#)  
By [Devendra Vora](#)
- [Urine Therapy: Nature's Elixir for Good Health 01 Edition \(Paperback\)](#)  
By [Gisela Schreiber](#), [Flora Peschek-Bohmer](#)
- [Harmonizing Your Craniosacral System: Self-Treatments for Improving Your Health \(Paperback\)](#)  
By [Daniel Agustoni](#)
- [Reflexology: A Practical Approach 2nd Ed 0002 Edition \(Paperback\)](#)  
By [Kay MacKenzie](#), [Vicki Pitman](#)

Prof.Dr.Hilda David

Name and Sign of Head