



Symbiosis College of Arts and Commerce  
(An Autonomous College under Savitribai Phule Pune University)  
LIFESKILLS COURSE FOR 'DEGREE WITH HONOURS' PROGRAMME

**Title of the Course: HEALTH AND WELLNESS MANAGEMENT**

**No. Of Hours: 45**

**Course Code: 50411L16**

**Faculty: Dr. Zubbin Motafram**

**Learning 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

**Teaching Methodology:**

- Classroom
- The use of physical therapies to reduce physical discomforts.
- Field Trips

Unit	Contents of the syllabus	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.	9

	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.	<p><b>HYDRATION:</b></p> <p>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.</p>	7
4.	<p><b>RESPIRATION:</b></p> <p>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.</p>	7
5.	<p><b>SLEEP:</b></p> <p>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.</p>	7
6.	<p><b>EXERCISE:</b></p> <p>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.</p>	7
7.	<p><b>FINALE:</b></p> <p>Presentation and Viva Voce.</p>	5
	<b>Total Number of Hours</b>	<b>45</b>

### **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