

DETAILED SYLLABUS OF 1ST SEMESTER

(General Course)

Course Code	:	VAC2
Title of the Course	:	Health & Wellness
Nature of the Course	:	Compulsory for All UG Students
End Semester	:	40 Marks
In Semester	:	10 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.

UNITS	CONTENTS	L	T	P
1 (20 Marks)	INTRODUCTION TO HEALTH & WELLNESS <ul style="list-style-type: none">• Definition of health- WHO definition• Importance of health in everyday life• Components of health- physical, social, mental, spiritual and its relevance• Concept of wellness• Mental Health & wellness• Determinants of health behaviours• Using the mass media for health promotion	12	02	02
2 (20 Marks)	MIND – BODY AND WELL-BEING <ul style="list-style-type: none">• Mind- Body connection in health- concept and relation• Implications of mind-body connections.• Wellbeing- why it matters?• Digital wellbeing• Understanding health beliefs, and perspectives of indigenous people pertaining to Assam and North East India• Promoting Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism	12	02	02
	Total	24	04	04

MODES OF IN-SEMESTER ASSESSMENT:

(10 Marks)

- One Internal Examination - **05 Marks**
- Others (Any one) - **05 Marks**
 - Group Discussion
 - Seminar presentation on any of the relevant topics
 - Debate

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..

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.
