

Semester – I
Skill Enhancement Courses (SEC -1)
Title of the Course:
HEALTH AND WELLNESS
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	28hrs
Content of Course (1+0+1)	
Unit I:- Theory <ul style="list-style-type: none"> • Meaning, Definition and Importance of Health and Wellness • Dimensions of Health and Wellness • Role of Exercise in maintaining Health and Wellness • Causes of Stress & Stress relief through Exercise • Nutrition for Health and Wellness 	14
Unit II:- Practicals - Exercises for Health and Wellness <ul style="list-style-type: none"> • Warming-Up • Stretching exercises • Strengthening Exercises • Cardiovascular Exercises • Flexibility and Agility Exercises • Relaxation Techniques <p>Note: The program shall be designed at college level for Specially challenged students</p>	14
Formative Assessment	
Assessment	Weightage of Marks
Theory and Practicals	Internal Assesment – 25 Marks

Pedagogy: The course shall be taught through Lecture, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals and Extramurals.