

# UNDERGRADUATE SYLLABUS OF CHEMISTRY

Under FYUGP (NEP-2020)

**[VALUE ADDED COURSE]**



**Department of Chemistry**  
Jagannath Barooah College  
(An Autonomous College Affiliated to Dibrugarh University)  
Barpatra Ali, Jorhat-785001 (Assam)

## SEMESTER-I& II

|                           |   |
|---------------------------|---|
| <b>Paper Title</b>        | <b>: HEALTH &amp; WELLNESS (THEORY)</b>                     |
| <b>Paper Code</b>         | <b>: HLWVA-011 &amp; HLWVA-021</b>                          |
| <b>Course No</b>          | <b>: V- 01</b>  |
| <b>Credits</b>            | <b>: 02</b>   |
| <b>No. of Classes</b>     | <b>: 30</b>   |
| <b>Total Theory Marks</b> | <b>: 50 [End Semester: 35; In Semester (Practical): 15]</b> |

### **Course Objectives:**

- To creating consciousness among the students towards health, fitness and in developing and maintaining a healthy life style.
- To inspire students to integrate their physical, mental and spiritual faculties to maintain self-disciplined and self-controlled life.

### **Expected Learning Outcome: Students will be able to learn**

- Basic concept, dimensions and determinants of health and wellness.
- Importance of yoga education and nutrition, Ayurveda and traditional knowledge of health.
- And practice yoga, Asana and Pranayanama.

**UNIT- I: Introduction of Health and Wellness:** Concepts of health and fitness, importance of health and wellness education; Dimensions and determinants of health and fitness; Body system and basic concept of immunity; Common diseases, Sedentary Lifestyle and its risk of diseases; Body mass index, hypokinetic disease and importance of exercise and sports; Stress, anxiety and depression-factors affecting mental health; Substance abuse-Drugs, Tobacco, Alcohol-De-addiction-Counselling and rehabilitation.

**(10 Lectures; Marks: 15)**

**UNIT-II: Basic of Food and Nutrition:** Definition of terms used in Food and nutrition. Food, Nutrient, Nutrition, malnutrition, over and under nutrition, Food, Energy, Balanced diet, Health, Fitness and Hygiene. Food, its classification and functions- types of food, sources of food, Food groups and nutrient supplier. Concept and component of balanced diet. Balance diet recommended- balance diet for different age, sex and physiological state. Function of nutrients- macronutrients, Carbohydrate, Proteins, Fats; micronutrients- vitamins and minerals. Nutritional deficiency, disorder of macro and micro nutrient. Diet and health management. Traditional knowledge- Using of herbs.

**(10 Lectures; Marks: 20)**

**Practical-**Yoga practices, Asana, Kriya, Mudra, Bandha, Dhyana, Surya namaskar, meditation.

**(10 Lectures; Marks: 15)**

### **Recommended books**

1. Iyengar B. K. S., Light on Yoga, 67<sup>th</sup> Impression, Harper Collins
2. Roday S., Food Science and Nutrition, 3<sup>rd</sup> Ed, OXFORD