

NIRMA UNIVERSITY

Institute:	Institute of Commerce
Name of Programme:	Bcom (Hons.) Programme
Course Code:	
Course Title:	Health, Wellness & Yoga
Course Type:	Common
Year of Introduction:	2022 (Semester-I)

Credit Scheme

L	T	Practical component				C
		LPW	PW	W	S	
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Course Learning Outcomes (CLOs):

At the end of the course, students will be able to –

<ul style="list-style-type: none"> explain the concept of health and nutrition and describe the significance of macronutrients and micronutrients 	(BL2)
<ul style="list-style-type: none"> list risk factors, causes, signs, symptoms, and diagnosis of selected disorders 	(BL4)
<ul style="list-style-type: none"> discuss the prevention and general management of lifestyle disorders & elaborate on substance abuse, their prevention, and management 	(BL5)
<ul style="list-style-type: none"> relate to the importance of Yoga in health and well-being and perform different Asanas properly 	(BL3)
<ul style="list-style-type: none"> practice pranayama and meditation in their life 	(BL3)

Syllabus:

Teaching Hours: 30 (lectures) +30 (Lab)

UNIT I	Introduction to health and nutrition Basic concepts of Health, nutrition, and nutritional status indicators, Macronutrients: Carbohydrates (including dietary fibers), fats and proteins, Micronutrients: Vitamins, minerals, anti-oxidants, gut flora, Significance of macronutrients and micronutrients for optimal health, Functional foods: Definition of functional foods, Role of functional ingredients and food in nutrition, Health attributes of functional foods	11 hours
UNIT II	Fundamentals, prevention, and management of certain lifestyle diseases: Hypertension and Heart attack, Diabetes and Obesity, Anxiety and Depression, Constipation, Diarrhea and Acidity	11 hours
UNIT III	Addiction and drug abuse: Nature of drug abuse and addiction, diagnostic criteria and factors associated with the development of addiction, General prevention and treatment approaches for addiction and abuse, Alcohol, smoking,	8 hours

	cannabis, marijuana, opiates addiction and abuse, Mental health and psychological support for drug abuse and addiction	
UNIT IV	Health and Wellness through Yoga Introduction to Yoga - Nature of Yoga science, Definition of yoga, Characteristics of a Yogi, Importance of balanced diet	04 hours
UNIT V	Asanas Benefits and limitations of the Asanas, Performance of Asanas: Sarvangasan, Uttanapadasan, Halasan, Naukasan, Vajrasan, Shashakasan, Mandukasan, Paschimotasan, Gomukhasan, Janusirasan, Ardhkatichkrasan, Tadasan, Vrikshasan, Trikonasan, Bhujangasan, Shalbhasan	18 hours
UNIT VI	Pranayama and meditation Different types of Pranayama, meditations, and Bandhas, the advantages and the limitations of all these practices.	08 hours

Laboratory Work:

This shall consist of at least 10 practicals based on the above syllabus.

Suggested Reading:

- *Yogi Svatmarama*, The Hatha Yoga Pradipika, Motilal Banarsidass publishers.
- *Swami Ramdev*, Yog Its Philosophy and Practice, Divya Prakashan.
- *Swami Ramdev*, Pranayama Rahasya, Divya Prakashan
- Michelle McGuire and Kathy Beerman. Nutritional Sciences: From fundamental to food. Cassio.
- Pressman, Alan H., Sheila Buff, and Gary Null. The Complete Idiot's Guide to Vitamins and Minerals. New York: Alpha Books.
- Carolyn D. Berdanier, Lynnette A. Berdanier, Janos Zemleni. Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism. Publisher: CRC Press.
- Functional Foods and Nutraceuticals By Aluko, Rotimi E. Publisher: Springer
- Egger, G., Binns, A., Rossner, S., & Sagner, M. *Lifestyle medicine: Lifestyle, the environment and preventive medicine in health and disease*. Academic Press, USA.
- Kumar, M. K. R. *Guide to Prevention of Lifestyle Diseases*. Deep and Deep Publications, India
- DiPiro, J. T., Talbert, R. L., Yee, G. C., Matzke, G. R., Wells, B. G., & Posey, L. M. *Pharmacotherapy: A Pathophysiologic Approach*. McGraw-Hill Medical, USA.
- Walker, R. *Clinical pharmacy and therapeutics*. Elsevier Health Sciences, Netherland.

Suggested List of Exercises (not restricted to the following):

(Only for Information)

- To introduce the Yoga system and its impact on the human body and mind
- To prepare the body for the performance of the Asanas through sukshma vyayam and loosening exercises
- To introduce and perform the standing position Asanas.
- To explain and perform the sitting position Asanas.
- To explain and perform the supine position Asanas.
- To describe and perform the prone position Asanas.
- To learn and perform relaxation practices.
- To explain and practice the pranayama.
- To introduce and practice Bandhas.
- To explain and practice the Jyoti Tratak and Meditation.

L = Lecture, T = Tutorial, P = Practical, C = Credit

w.e.f. the academic year 2022 - 23 and onwards