



Mahatma Gandhi University Kottayam

Programme	BBA/ BBA (HONOURS) / BBA (HONOURS WITH RESEARCH)					
Course Name	Indian Systems of Health and Wellness					
Type of Course	MULTIDISCIPLINARY ELECTIVE COURSE					
Course Code	MG1MDEBBA100					
Course Level	NA					
Course Summary	<p>This course aims to emphasize the significance of maintaining a healthy lifestyle by educating students on the essential aspects of physical and mental well-being. It seeks to raise awareness about lifestyle-related diseases and equips students with knowledge and strategies for effective stress management.</p> <p>Course Objectives:</p> <ol style="list-style-type: none"> 1. To understand the importance of a healthy lifestyle. 2. To familiarize students about physical and mental health. 3. To create an awareness of various lifestyle related diseases. 4. To provide understanding of stress management. 					
Semester	One	Credits			2	Total Hours
Course Details	Learning Approach	Lecture	Tutorial	Practical	Others	
		2	0	0	0	2
Pre-requisites, if any	NA					

COURSE OUTCOMES (CO)

CO No.	Expected Course Outcome	Learning Domains *	Annual PO No	MGU PO
1	Explain the concept and nature of health, wellness and its various implications	U	Y1-PO1, Y1-PO3	10

2	Demonstrate adequate knowledge on well-being and promotion of healthy behaviour	U	Y1PO1	10
*Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)				

COURSE CONTENT

Content for Classroom transaction (Units)

Module	Course description	Hrs	CO No.
1	Introduction to Health & Wellness: Definition of Health, Importance of health in everyday life, Components of health – physical, social, mental, spiritual and its relevance, Concept of wellness, Mental health and wellness, Determinants of health behaviour, Health and Wellness at work place.		CO1
2	Mind Body and Well-Being: Mind body connection in health – concept and relation, Implications of mind- body connection, Wellbeing – why it matters? Digital wellbeing.		CO2
3	Deficiency & Diseases: Malnutrition, under nutrition and over nutrition, Body system and common diseases, Sedentary lifestyle and risk of disease, Modern lifestyle and associated health risks.		CO1
4	Indian system of well being Health beliefs of India, Health systems in India – AYUSH. Perspective of indigenous people towards health, happiness and well-being in India.		CO2

Teaching and Learning Approach	<p>Classroom Procedure (Mode of transaction)</p> <ul style="list-style-type: none"> • Conduct interactive sessions and classes by health/medical/Ayush practitioners. • Students will have to create a comprehensive report and presentation on any one topic highlighting key findings and recommendations for promoting mental/ physical wellness in communities. A suggestive list of projects topics is provided below.
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Assessment Types	MODE OF ASSESSMENT			
	A. Continuous Comprehensive Assessment (CCA) (Maximum Marks: 15)			
	Sl. No	Component	Activity	Marks
	1	Internal Exam 30 minutes (Best out of two)	Multiple Choice Question (30 questions of 1 mark each) (The marks obtained to be converted to 10)	10
2	Assignments	(Any assignment topic related to the course objective)	5	
Total Marks			15	
B. End Semester Evaluation (Maximum Marks: 35)				
Sl. No	Component	Activity	Max. Marks	
1	Project Presentation (Final Assessment)	Project presentation (Group project – 3 students in a group) 15 marks for project report and 20 marks for project presentation. (List of topics provided below)	35	
Total Marks			35	

Project Topics

- ✓ The Role of Mental Health in Overall Wellness
- ✓ The Comprehensive Definition of Health: Exploring the Multi-Dimensional Nature of Well-being
- ✓ The Role of Health in Daily Life: Enhancing Quality of Life Through Healthy Practices
- ✓ Components of Health: Analyzing the Interconnectedness of Physical, Social, Mental, and Spiritual Health
- ✓ Understanding Wellness: Beyond the Absence of Disease
- ✓ Mental Health and Wellness: Strategies for Promoting Mental Well-being in Modern Society
- ✓ Exploring the Mind-Body Connection: Understanding Its Impact on Physical Health

- ✓ Implications of the Mind-Body Connection in Chronic Disease Management
- ✓ Well-Being: Its Importance and How to Enhance It
- ✓ Digital Well-Being: Balancing Technology Use for Better Health
- ✓ Mind-Body Interventions: Evaluating Their Effectiveness in Promoting Well-Being
- ✓ The Impact of Malnutrition on Public Health: Addressing Under-nutrition and Over-nutrition
- ✓ Understanding the Human Body Systems and Common Diseases: Prevention and Management
- ✓ The Sedentary Lifestyle Epidemic: Assessing the Risks and Solutions
- ✓ Health Risks of Modern Lifestyles: Balancing Convenience with Well-being
- ✓ Nutritional Deficiencies and Their Impact on Health: Identification and Intervention
- ✓ Health Beliefs in India: Understanding Traditional and Modern Perspectives
- ✓ AYUSH: A Comprehensive Overview of India's Traditional Health Systems
- ✓ Indigenous Health Perspectives: The Role of Traditional Knowledge in Modern Health Practices
- ✓ Happiness and Well-being in India: Cultural and Societal Influences
- ✓ Integrating Traditional and Modern Health Systems in India: Challenges and Opportunities.

"This is a list of project topics, but it is not an exhaustive list."

Text Books / References:

1. Carr, A. Positive Psychology: The science of happiness and human strength. UK: Routledge
2. C. Nyambichu & Jeff Lumiri, Lifestyle Disease: Lifestyle Disease management.

Syllabus
