SYLLABI FOR FOUR-YEAR UNDERGRADUATE PROGRAMME

VALUE ADDED COURSE ON

HEALTH & WELLNESS

AS PER NATIONAL EDUCATION POLICY (NEP), 2020

Approved by the 1st meeting of the Academic Council of Lakhimpur Girls' College (A), held on 28 June 2026, vide Resolution No. AC/1/2026/05.

LAKHIMPUR GIRLS' COLLEGE (AUTONOMOUS)

NORTH LAKHIMPUR, LAKHIMPUR -787031, ASSAM

DETAILED SYLLABUS OF 1ST SEMESTER

(General Course)

Course Code : UGP-VAC-2-102
Title of the Course : Health & Wellness
Nature of the Course: Compulsory for All UG Students
End Semester : 30 Marks
In Semester : 20 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.

COURSE OUTCOMES(CO):

The students will be able to:

- CO1:Explainbasicconceptsinhealthand wellness
    - LO1.1:Definehealthasholisticandincludingphysical,mental,socialandspiritual aspects
    - LO1.2:Describetheimportanceofhealthineverydaylife
    - LO1.3:Discussthemeaningofwellnessandtheroleofmentalhealthinmaintaining wellness
    - LO1.4: Discuss health behaviors and use of mass media in promoting health
- CO2:Explainthemind-bodyconnectioninwell-being
    - LO2.1:Describemind-bodyconnectionanditsimplications
    - LO2.2: Discuss the meaning of wellbeing
- CO3:Applyconceptsofhealthandwell-beingtoreallifesituations
    - LO3.1:Discusswaystoensuredigitalwellbeingincurrenttimes
    - LO3.2:Discussnon-mainstream,indigenoushealthbeliefpracticesofAssamandNorth-East India
    - LO3.3:Explain and differentiate basic concepts of wellness in Positive Psychology, such as hope, optimism. Strengths and virtues.

Cognitive Map of Course Outcomes with Bloom's Taxonomy

Knowledge Dimension	Remember	Understand	Apply	Analyse	Evaluate	Create
FactualKnowledge	CO1, CO2,CO3	CO1,CO2, CO3	CO3			
Conceptual Knowledge	CO1,CO2,	CO1,CO2,	CO3			
	CO3	CO3				
Procedural Knowledge						
Metacognitive Knowledge						

UNITS	CONTENTS	L	T	P
1 (15Marks)	**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 & wellness • Determinants of health behaviours • Use of mass media for health promotion	12	02	-
2 (15Marks)	**Mind–body and well-being** • Mind-Body connection in health-concept and relation • Implications of mind-body connections. • Meaning of Wellbeing and its importance • Meaning of Digital wellbeing and its importance • 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	-
	Total	**24**	**04**	**00**

MODESOFIN-SEMESTERASSESSMENT: **(20Marks)**

- One Internal Examination- 1**0 Marks**
- Others(**Anyone**) - **10 Marks**
    - Group Discussion
    - Seminar presentation on any of the relevant topics
    - Assignment

LEARNER OUTCOMES:

After completion of this course the learner will be able to:

- explaintheconceptandnatureofhealth,wellnessanditsvariousimplications
- demonstrateadequateknowledgeonwell-beingandpromotionofhealthybehavior.

Mapping of Course Outcomes to Program outcomes:

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO1	S	M	M	M	M	S	M	S	M	M
CO2	S	M	M	M	M	S	M	S	M	M
CO3	S	M	M	S	M	S	M	S	M	M

Where, ***S= Strong,*** ***M= Moderate***

READINGLIST

1. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.

2. Forshaw,M.(2003).*Advancedpsychology:Healthpsychology*.London:Hodderand Stoughton.

3. Hick,J.W.(2005).*FiftysignsofMentalHealth.AGuidetounderstandingmental health*.Yale University Press.

4. Snyder,C.R.,&Lopez,S.J.(2007).*Positivepsychology:Thescientificandpractical explorations of human strengths*. Thousand Oaks, CA: Sage.

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