



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2026-2027), III SEM

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUPMS301	GE	Health and Lifestyle Management	60	20	20	-	-	4	0	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; *

Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEOs 1: Understand the principles of healthy living and disease prevention.

CEOs 2: Develop awareness about nutrition, exercise, mental health, and lifestyle disorders.

Course Outcomes (COs): Students should be able to:

COs 1: Understand the components of a healthy lifestyle.

COs 2: Understand common lifestyle diseases and preventive measures.

COs 3: Learn different methods for basic health promotion practices in daily life.

Unit-1: Foundations of Health

- Concept of health and wellness
- Dimensions of health
- Personal hygiene
- Immunity

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Unit-2: Nutrition and Healthy Diet

- Balanced diet
- Macronutrients and micronutrients
- Malnutrition
- Food safety and healthy eating habits.

Unit-3: Physical Fitness

- Exercise and fitness
- Obesity and weight management
- Ergonomics

Unit-4: Mental Health

- Stress management
- Anxiety and depression awareness
- Sleep hygiene
- Digital addiction

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Unit-5: Lifestyle Disorders

- Metabolic Disorders
- Cardiac Disorders
- Systemic Disorders
- Musculoskeletal Disorders

Suggested Books:

1. Indian Council of Medical Research, National Institute of Nutrition. (2024). *Dietary guidelines for Indians*
2. Pal, G. K., & Pal, P. (2020). *Textbook of practical physiology* (5th ed.). Universities Press.
3. Park, K. (2009). *Park's textbook of preventive and social medicine* (20th ed.). Bhanot.
4. Srilakshmi, B. (2018). *Food science* (7th ed.). New Age International.

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