



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Sciences
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2024 – 25), IV SEM

| Subject Code | Category | Subject Name | Teaching and Evaluation Scheme | | | | | | | | |
|--------------|----------|-------------------|--------------------------------|---------------|----------------------|-------------------------|----------------------|---|---|---|---------|
| | | | Theory | | | Practical | | L | T | P | CREDITS |
| | | | End Sem University Exam | Two Term Exam | Teacher's Assessment | End Sem University Exam | Teacher's Assessment | | | | |
| GUPMS401 | GE | Health & Wellness | 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: To understand the importance of healthcare.

CEOs 2: To know about the principle of healthcare, their techniques, benefits, and precautions.

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

COs 1: Know the general principles of healthcare systems.

COs 2: Develop understanding of health and disease.

COs 3: Learn the application of total health.

Contents:

Unit-1

Medical Ethics and Laws

Patients' Rights & Responsibilities.

Confidentiality and privacy in healthcare.

Health care worker Rights & Responsibilities.

Effective patient communication.

Unit-2

Health & Wellness

Nutrition and dietetics basics.

Mental health and meditation.

Preventive health care hygiene.

Health monitoring and self-care practices.

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Unit-3

First Aid and Emergency care

Basic life support (BLS)

Wound care and bandaging.

Hand hygiene.

CPR (Cardiopulmonary resuscitation), Emergency care for cardiac arrest.

Unit-4

Environmental health & safety

Biomedical waste management

Common infectious diseases and vaccines.

Physical exercise and its benefit.

PPE (Personal Protective Equipment)

Effects of climate change on Human health.

Unit-5

Blood banking & Basics of blood donation

Basics about blood, function of blood, composition of blood.

Basics of blood bank and blood groups.

Basics about blood donation procedure & physical examination.

Benefits of blood donation.

Transfusion reactions and diseases & safety protocols.

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Suggested Books:

1. A Textbook of MLT by GB Godkar & Prafull Godkar 3rd edition.
2. Textbook of microbiology by Dr CP Baveja. 4th edition.
3. **"Infection Control: A Guide for Healthcare Providers" (1st Edition, 2015):** Emily L. P. Crawford
4. Hematology & blood banking by Ms. Usha DPMI 2017 Edition.
5. General anatomy & physiology by Dr. BD chourasiya.
6. **"First Aid Manual" (10th Edition, 2020)** American College of Emergency Physicians (ACEP)
7. **"Textbook of Adult Emergency Medicine" (5th Edition, 2019)** Peter J. Cameron and Stephen D. Walters

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