



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Pharmacy
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2024–25), VI 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				
GUBHW601	GE	Health and wellness of Adolescent	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.

Health And Wellness of Adolescent

Scope: This syllabus provides a comprehensive understanding to increase knowledge, inculcate positive and progressive attitudes and enhance life skills to promote informed, responsible and healthy behaviors among adolescent

Objectives:

- To makes choices for healthy habits and personal hygiene
- To demonstrates a positive self-image
- To Demonstrates healthy expression of needs, thoughts and emotions in different situations
- To build healthy relationships with peers, friends and family
- Recognizes and challenges gender based violence.

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Syllabus

Unit I: Emotional Well-Being & Mental Health

- ❖ Describe Emotions
- ❖ Needs, thoughts and emotions: its interlinkage with each other w.r.t. adolescent well-being
- ❖ Regulation of emotion for well-being (relaxation, self-soothing skills)
- ❖ Management of expectations (self and others)
- ❖ Resources and support systems including youth and friendly services
- ❖ Mindfulness, and problemsolving skills
- ❖ Thought and Emotional regulation

Unit II: Inter Personal Relationships

- ❖ Nonverbal and verbal ways of communication
- ❖ Body language and gestures for communication
- ❖ Importance of patience
- ❖ Importance of listening Initiates relationships with non-primary care givers
- ❖ Communication with others (positive body language, choice of words, verbal and non verbal)
- ❖ Exposure to different socio- economic background, cultures, nationality
- ❖ Importance of love, care and compassion
- ❖ Listening to thoughts and opinion of others
- ❖ Awareness on healthy/unhealthy relationship

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Unit III:Gender Equality

- ❖ Awareness on types of genders
- ❖ Importance of inclusiveness and oneness
- ❖ Inequalities related to gender at home, college, society and access to other opportunities
- ❖ Engages with stereotypes related to gender and sexuality
- ❖ Possibilities of guilt and shame related to gender
- ❖ Variety of roles viable for all gender (related to work, household responsibilities, career options, sports and others)
- ❖ Positive gender roles

Unit IV:Nutrition, Health & Sanitation

- ❖ Differentiate between healthy and unhealthy foods
- ❖ Every day and regular good habits for personal hygiene. Identifies everyday food to keep oneself healthy and strong prevention.
- ❖ Why do we need food , Sources of food
- ❖ Healthy and Unhealthy food
- ❖ Health and Hygiene
- ❖ Keeping oneself healthy (exercise, yoga, sleep, healthy food)

Unit V:Safety and Security Against Violence and Injuries

- ❖ Different forms and causes of violence, (gender based violence including bullying, sexual, physical, emotional) sites where violence occurs.

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- ❖ Forms of violence, (physical, sexual and emotional violence) sites where violence occurs (in and around schools, home, communities, cyberspace)
- ❖ Rights, Laws and provisions addressing violence Explain effective ways to respond and seek help to keep self and others safe

Book References:

- 1) Harry's Cosmeticology, Wilkinson, Moore, Seventh Edition, George Godwin.
- 2) Cosmetics – Formulations, Manufacturing and Quality Control, P.P. Sharma, 4th Edition, Vandana Publications Pvt. Ltd., Delhi.
- 3) Text book of cosmeticology by Sanju Nanda & Roop K. Khar, Tata Publishers.

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