



**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), VI 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				
GUPMS602	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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