

Structure and Detailed Syllabus of the Four Year  
Undergraduate Programme (FYUGP)  
of  
**VALUE ADDED COURSE (VAC)**  
under NEP-2020



Department of Chemistry  
**JAGANNATH BAROOAH UNIVERSITY**  
Barpatra Ali, Jorhat-785001 (Assam)

## **SEMESTER –I & II**

<b>Paper Title</b>	<b>: HEALTH &amp; WELLNESS</b>
<b>Category</b>	<b>: THEORY</b>
<b>Paper Code</b>	<b>: HWEVA-011 &amp; HWEVA-021</b>
<b>Course No</b>	<b>: VA- 01</b>
<b>Credits</b>	<b>: 02</b>
<b>No. of Classes</b>	<b>: 30</b>
<b>Total Theory Marks</b>	<b>: 50 [End Semester: 35; In Semester: 15]</b>

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**Course Objectives:**

- To creating consciousness among the students towards health, fitness and in developing and maintaining a healthy life style.
- To inspire students to integrate their physical, mental and spiritual faculties to maintain self-disciplined and self-controlled life.

**Course Outcome:** Students will be able to learn:

- Basic concept, dimensions and determinants of health and wellness
  - Nutrition, nutrients, balance diet, food groups, traditional knowledge systems related to health
  - Economics of food, food expenditure, food budget, Kitchen garden etc.
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**UNIT- I: Introduction of Health and Wellness:** Concepts of health and fitness, importance of health and wellness education; Dimensions of health and fitness; Recommended Dietary Allowances (RDA), Body system and basic concept of immunity; Common diseases, Sedentary Lifestyle and its risk of diseases; Body mass index (BMI), hypokinetic disease and importance of exercise and sports; Stress, anxiety and depression-factors affecting mental health; Substance abuse-Drugs, Tobacco, Alcohol-De-addiction-Counselling and rehabilitation.

**(10 Lectures; Marks: 12)**

**UNIT-II: Basics of Food and Nutrition:** Definition of food, nutrition, nutrient, nutritional status, malnutrition, over and under nutrition. Factors determining food acceptance: Physiological factors, Socio-cultural factors and Psycho-social factors. Functions of food: Physiological function & Social function. Micronutrients and Macronutrients, Functions of macronutrients: Carbohydrates, Fats, Proteins and Water. Functions of micronutrients: Vitamins (A, D, E, K, C and B complex), Iron, Calcium and Iodine. Basic food groups: Energy giving foods, Body building foods and Protective foods. Food safety and hygiene, Preventing spread of diseases, Preservation of food, Balanced diet: Definition, balance diet for different age, sex and physiological state. Traditional knowledge in good health practice in Assam

**(12 Lectures; Marks: 15)**

**UNIT-III: Utilization of Food and Economics of Food:** Nutrition during pregnancy, Infancy, Preschool age, Old age. Factors influencing food expenditure, Kitchen garden, Public distribution, systems, Mid Day Meals, Street foods and Package foods.

**(08 Lectures; Marks: 08)**

**Recommended books**

1. Roday S., Food Science and Nutrition, 3<sup>rd</sup> Ed, Oxford

2. SWAYAM
3. IGNOU (Food and Nutrition)