

Gujarat University

K. S. School of Business Management and Information Technology
[Five Years' (Full – Time) M.B.A. Integrated Degree Course]

First Year B.B.A. (Sem - II)

Code: KS-MBA-VAC-127 A

Wellness Management

Course Credit: 2

Instructions: Everyone desires to live a healthy and meaningful life. To achieve physical and mental fitness, one needs to be aware about body structure and anatomy, various nutrients and different types of physical activities that keep human body healthy and fit. This course presents the anatomy of human body and the ways and means to keep it perfectly working. It is a Value Added Course requiring approximately 30 to 35 hours of direct teaching in the second semester. During the course minimum two assignments will be given.

Objective: There is an old saying that” Health is Wealth.” We need to maintain balance between earning wealth and managing good health. The objective of this course is to introduce to the students the significance of wellness of body and mind the ways to achieve them.

Program Outcomes: The MBA program, offered by the institute, tries to develop analytical and strategic thinking, decision making ability and communication skills of the students. It tries to make them competent and responsible professionals to be able to become a part of the growing business and corporate sector of India. As India is slowly paving its way ahead and emerging as a global superpower, the young generation should be the agent of positive change and development of the country. The program provides knowledge, skills and proficiency to create well-read responsible graduates who are an asset for the society.

Course Outcomes: This course promotes nutrition education and physical activity with the objective of improving students’ health. It focuses on overall mind and body fitness that creates positive attitude, knowledge building and enjoyable learning.

Detailed Syllabus:

Module 1:

[50%]

Human Anatomy and Body Systems

- Knowing human body, its organ systems and their functioning
- Cell and its types
- The 11 human body systems: nervous system, integumentary system, respiratory system, digestive system, excretory system, skeletal system, muscular system, circulatory system, endocrine system, reproductive system, lymphatic (immune) system

Food and Nutrition

- Food, Nutrition and Nutrients
- Balanced Diet -RDA, Food guide pyramid, Calorie standards

- Dietary patterns in youngsters, modifying diet behaviour.
- Eating disorders

Module 2:

[50%]

Health Management

- Common diseases in humans, immunity, AIDS, Cancer, Alcohol and Drug abuse
- Health Education: meaning, scope, aims and objectives.
- Challenges and opportunities of health care in India
- Types of health insurance policies

Mind Body Wellness

- Physical Fitness: importance, need, components, activities
- Yoga: importance, benefit, asanas
- Meditation: purpose, benefit and techniques

Reference Material:

- Human Anatomy and Body Systems:
<https://www.bisdtx.org/cms/lib/TX02218757/Centricity/Domain/2450/HumanBodySystems.pdf>
- Food and Nutrition : <https://ncert.nic.in/textbook/pdf/kehe103.pdf>
- Human Health and Disease: <https://ncert.nic.in/ncerts/l/lebo108.pdf>
- Health Education: <https://egyankosh.ac.in/bitstream/123456789/7846/1/Unit-1.pdf>
- Healthcare in India: Challenges and Opportunities
- Health Insurance: <https://nios.ac.in/media/documents/vocinsservices/m4-5f.pdf>
- Physical fitness: <https://ncert.nic.in/textbook/pdf/iehp104.pdf>
- Yoga and Meditation:
http://www.sinhgad.edu/sinhgad-institutes-acs/college-pages/SCOAC_Sr/pdf/aasana.pdf

Mode of Evaluation:

Continuous Evaluation 30%
Mid Semester Exam 20%
End Semester Exam 50%

Assessment Tools: Test, Quiz, Assignment, Presentation, Project etc.