

# **SEMISTER-I**

## **Inter Disciplinary Course :( Any One)**

### **Paper No: 105 (Health and Wellness)**

#### **1. Main Objectives:**

- To impart knowledge about Health Fitness and Yoga
- To make student understand the nature and cause or various Diseases.
- To make the student Familiar with Various Yogic Processes.

#### **Unit:1 Introduction:**

- Health, Physical Fitness, wellness.
- Component of Physical Fitness.
- Type of Physical Fitness.
- Activities for Development of Physical Fitness.
- Exercise Physiology.
- Function of Anatomy and Biomechanics.
- Components & Assessment.
- Activities and Safe Heart Rate.

#### **Unit:2 Hypo Kinetic/ Life Style Diseases and il Management:**

- Obesity, Hypertension, Diabetes, Menopause, Osteoporosis, Thyroid, Depression, Memory, Phobia.
- Male Reproductive Disorders.
- Asthma, Addiction, Backache.

## Unit:3 Yoga, Suryanamskar and its Effects of Human Body/

### Alternative Therapy for Health and Wellness/ Nutrition:

- Astangyog
- Naturopathy, Acupressure Aryurved and other.
- The Balanced Diet.
- Principal of weigh Control.
- Physiology of weight Loss.
- Basic First Aid & Cardiac Life Support (CPR).

### Unit:4 Practice, Education Tour And Project:

- Introduction Prayers, Mantra, bhavgeet.
- Loosening Exercises Program.
- Kriyas.
- Yogasan, Suryanamskar.
- Pranayam, Meditation.
- Bandh and Mantras.
- Health care card.

### References:

1. Dr. P.M. Kasundra& K.R. Patel, Physical Fitness and Wellness, Roma Prakashan, Gandhinagar (Gujarati).
2. Swami Rajashi Muni, Yog Darshika 1 to4 Life Mission, Vadodara (Gujarati, English).
3. Swami Adhyatmanand, Yoga & Health, Gujarat Grantha Ratna Karyalaya, A'bad (Gujarati, English).
4. Yoga, Asan, Pranayam, Mudra Krya, Vivekanand Kendra A'bad (Gujarati, English).
5. Suryanamaskar, Yoga Publication Trust Munger, Bihar (Hindi English).
6. Dr. Nagendrakumar Niraj, Prakrutik Chikitsa Avam Yoga, Maa Sita Smruti Swasthya Prakashan Mala, Jaypur-20 ( Hindi).
7. Dr. MuKund Meheta, Fitness, Ahmedabad.