



GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Bachelor of Business Administration

Level: UG

Course / Subject Code: BB03001051

Course / Subject Name : Health and Wellness

w. e. f. Academic Year:	2025-26
Semester:	3
Category of the Course:	Skill Enhancement Courses

Prerequisite:	--
Rationale:	Health plays a critical role in the prevention of disease, and empowerment of individuals to manage illness and disabilities. Understanding the relationship between your body's physical health and mental health is crucial in order to develop a balanced physical wellness.

Course Outcome:

After Completion of the Course, Student will able to:

No	Course Outcomes	RBT Level
01	To understand the importance of a healthy lifestyle	Understand
02	To explain the students about physical and mental health	Understand
03	To create an awareness of various lifestyle related diseases	Create
04	To examine the concept of stress management	Analyze

*Revised Bloom's Taxonomy (RBT)

Teaching and Examination Scheme:

Teaching Scheme (in Hours)			Total Credits L+T+ (PR/2)	Assessment Pattern and Marks				Total Marks
L	T	PR	C	Theory		Tutorial / Practical		
				ESE (E)	PA / CA (M)	PA/CA (I)	ESE (V)	
2	0	0	2	50	30	20	0	100

Course Content:

Unit No.	Content	No. of Hours	% of Weightage
1.	Unit 1: Introduction to Health & Wellness <ul style="list-style-type: none">● Definition of Health● Importance of health in everyday life● Components of health – physical, social, mental, spiritual and its relevance	7	25



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	<ul style="list-style-type: none">● Concept of wellness● Mental health and wellness● Determinants of health behaviour		
2.	Unit 2: Mind Body and Well-Being <ul style="list-style-type: none">● Mind body connection in health – concept and relation● Implications of mind-body connection● Wellbeing – why it matters?● Digital wellbeing	7	25
3.	Unit 3: Deficiency & Diseases <ul style="list-style-type: none">● Malnutrition, under nutrition and over nutrition● Body system and common diseases● Sedentary lifestyle and risk of disease● Modern lifestyle and associated health risks	7	25
4.	Unit 4 : Indian system of well being <ul style="list-style-type: none">● Health beliefs of India● Health systems in India – AYUSH.● Perspective of indigenous people towards health● Happiness and well-being in India	9	25
	Total	30	100

Suggested Specification Table with Marks (Theory):

Distribution of Theory Marks (in %)					
R Level	U Level	A Level	N Level	E Level	C Level
10	15	25	20	20	10

Where R: Remember; U: Understanding; A: Application, N: Analyze and E: Evaluate C: Create (as per Revised Bloom's Taxonomy)

References/Suggested Learning Resources:

(a) Books:

- Carr, A. Positive Psychology: The science of happiness and human strength. UK: Routledge
- C. Nyambichu & Jeff Lumiri, , Lifestyle Disease: Lifestyle Disease management

(b) Open source software and website:

1. Ministry of AYUSH (India)

Website: <https://www.ayush.gov.in>, Source for authentic content on Yoga, Ayurveda, and Indian traditional wellness systems.



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2. Global Wellness Institute (GWI)

Website: <https://www.globalwellnessinstitute.org> Research, trends, and reports on global wellness economies, practices, and mental health initiatives.

3. World Health Organization (WHO) Website: <https://www.who.int>

Suggested Activities for Students, if any:

- Guided session: Pranayama and basic Asanas
- Mindfulness meditation session (breath-based awareness)
- Guided Meditation & or Yoga session

CO- PO Mapping:

Semester 3	Course Name : Health and Wellness				
	POs				
Course Outcomes	PO1	PO2	PO3	PO4	PO5
CO1	2	2	2	2	2
CO2	2	2	2	2	2
CO3	2	3	2	2	2
CO4	1	2	2	3	3

Legend: '3' for high, '2' for medium, '1' for low and '-' for no correlation of each CO with PO.

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