

THF 101/201 HEALTHY LIVING AND FITNESS

L T P C
0 0 2 1

UNIT I

Human Body

1hr

Awareness of important body organs, their location and broad functions.

UNIT II

Diet and Health

2hrs

Balance Diet, Pyramid of Diet

Importance of breakfast, Fruits, Whole grains

Knowledge about constituents of Diet, Proteins, Fats, Carbohydrate, Vitamins and Minerals.

Importance of fiber, Whole grains.

UNIT III

Life Style Diseases

1hr

Life Style Disorders

Junk/ Processed Foods

Obesity

Diseases ensuing because of lifestyle eg. Diabetes, Heart Diseases etc.

UNIT IV

Exercise and Yoga

1hr

Exercise

Yoga

UNIT V

1hr

Addictions

Chewing/ Unhealthy harmful Products

Alcoholism

Smoking

Drug Abuse

UNIT VI

Mental Health

1hr

Stress Management

Anxiety and Depression

Awareness of commonly encountered disease/ Ailments

UNIT VII

First Aid

1hr

First Aid

Commonly encountered Emergencies and their Management

UNIT VIII

Achieving Holistic Health

What is holistic Health

Steps to achieve holistic health

