

Course Title: Health & Wellness
Nature of Course: VAC
Course Code: VAC1B
Total Credit: 02
Distribution of Marks: 40 (End-Sem) + 10 (In-Sem) = 50

COURSE OBJECTIVES:

- To introduce the learners to the concept of health and wellness and its relevance in daily life.
- To introduce the learners to the relation between mind-body and its relevance.
- To introduce learners to health behavior and promotion of human strengths for well-being.

LEARNER OUTCOMES:

After completion of this course the learner will be able to:

- Explain the concept and nature of health, wellness and its various implications.
- Demonstrate adequate knowledge on well-being and promotion of healthy behavior.

UNITS	CONTENTS	L	T	P
1 (20 Marks)	INTRODUCTION TO HEALTH & WELLNESS • Definition of health- WHO definition • Importance of health in everyday life • Components of health- physical, social, mental, spiritual and its relevance • Concept of Mental Health & wellness • Determinants of health behaviors	12	02	02
2 (20 Marks)	MIND -BODY AND WELL-BEING • Mind-Body connection in health: concept and relation • Implications of mind-body connections • Mental Stress & Management • Digital wellbeing • Understanding health beliefs, and perspectives of indigenous people pertaining to Assam and North East India • Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism • Promoting Human strengths and life enhancement	12	02	02
	Total	24	04	04

MODES OF IN-SEMESTER ASSESSMENT:**(10 Marks)**

- One Internal Examination -
- Others (Any one) -
 - Group Discussion
 - Seminar presentation on any of the relevant topics
 - Home Assignment

05 Marks**05 Marks****READING LIST**

- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
- Forshaw, M. (2003). *Advanced psychology: Health psychology*. London: Hodder and Stoughton.
- Hick, J.W. (2005). *Fifty signs of Mental Health. A Guide to understanding mental health*. Yale University Press.
- Snyder, C.R., & Lopez, S.J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

Course Title: Understanding India
Nature of Course: VAC
Course Code: VAC 1A
Total Credit: 02
Distribution of Marks: 40 (End-Sem) + 10 (In-Sem) = 50

COURSE OBJECTIVES:

The objective of the paper is to have a thorough as well as a comprehensive understanding about India, its cultural development through art and architecture, religions and philosophies of ancient India. The paper also deals with various constituent assembly debates along with the formation of the Indian Constitution.

LEARNING OUTCOME:

- To have an understanding on history and culture of ancient India.
- The students will be acquainted with the literature, philosophy, art and architectural developments in India during the period concerned.
- The students will also get to know about their constitutional rights and duties.

Units	Contents	L	P
1 (14 Marks)	• The idea of Bharatvarsha; Ancient Indian literature: Sanskrit, Pali, Prakrit • Scientific literature and development of science in Ancient India • Religions and philosophies of ancient India: Vedic, Buddhism, Jainism • Education and educational Institutions in Ancient India	08	04
2 (13 Marks)	• Art and architecture of ancient India • Art and architecture of Medieval India • Medieval Bhakti Movement and The Sufi Tradition	06	03
2 (13 Marks)	• Main currents of Indian National Movement: Growth and development of Indian nationalism and Independence • Making of the Indian Constitution • Basic features of Indian constitution: Fundamental rights and duties, Directive principles, Independence of Judiciary and the Parliamentary system	07	03

MODES OF IN-SEMESTER ASSESSMENT:

(10 Marks)

- One Internal Examination - **05 Marks**
- Others (Any one) - **05 Marks**
 - Group Discussion
 - Seminar presentation on any of the relevant topics
 - Home Assignment

Suggested Reading List:

- A.L. Basham, *The Wonder that Was India*, Picador India, 1971
- R.S. Sharma, *India's Ancient Past*, New Delhi, OUP, 2007
- Upinder Singh, *The History of the Ancient and Early Medieval India*, Pearson, 2008
- Satish Chandra, *History of Medieval India*, Arihant Publication, 2020
- Durga Das Basu, *Introduction to the Constitution of India*, Lexis Nexis, 2018