**Name of Department:- Department of Biotechnology**

**THF 101/201**

**HEALTHY LIVING AND FITNESS**

1. Subject Code: Course Title:

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1

2. Contact Hours: L: T: P:

3. Semester: I

4. Pre-requisite: Basic Knowledge of Biology

5. Course Outcomes: After completion of course the students should be able to comprehend:

1. The benefits of healthy life style

2. Importance of balanced food and proper diet in daily

3. Problems related to addiction and benefits of yoga

4. Basic first aid procedures.

1. Detailed Syllabus

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| **UNIT** | **CONTENTS** | **Contact Hrs** |
| **Unit - I** | **Human Body**  Awareness of important body organs, their location and broad functions.  **Diet and Health**  Importance of breakfast, fruits, whole grains  Knowledge about constituents of diet, proteins, fats, carbohydrate, vitamins and minerals.  Importance of fiber. | **2** |
| **Unit - II** | **Life style Diseases**  Harmful effects of junk/ processed foods.  Dangers of obesity  Diseases ensuing because of lifestyle eg. Diabetes, heart diseases etc. | **3** |
| **Unit – III** | **Exercise**  Benefits of exercise and yoga.  **Addictions**  Chewing/ unhealthy harmful products  Drinking  Smoking | **3** |
| **Unit – IV** | **Importance of Mental Health**  Stress management  Anxiety and depression  Awareness of commonly encountered diseases/ailments | **3** |
| **Unit – V** | **First Aid**  First aid in commonly encountered emergency | **1** |
|  | **Total** | **12** |