

CONSTITUTION OF INDIA AND HEALTH & WELLNESS

VALUE ADDED COURSE

VAC-2

TOTAL NUMBER OF CLASSES-60

Group—A

COURSE OBJECTIVES (Constitution of India)

- To make the students aware of the process of making the Constitution of India that is considered as the highest law of the land
- To make the students conscious about the Fundamental Rights of a citizens of India or of any individual residing within the territory of India
- To inform the students about the working of the Indian Polity

COURSE OUT-COME (Constitution of India)

- Completion of the Part of the course curriculum of 3rd Semester under NCCF
- Being aware of
- Analyse the Indian political system, the powers and functions of the Union, State and Local Governments in detail

UNIT-I: THE CONSTITUTION OF INDIA

- 1, **Unit : 1** Making of Indian Constitution: Constituent Assembly, Composition, Functions.....1 classes
2. **Unit:2** Preamble to the Constitution of India.....2 Classes
3. **Unit :3** Citizenship of India..... 1 Class
4. **Unit :4** Fundamental Rights in India.....6 Classes
5. **Unit :6** Union Executive in India- President And Prime Minister, their Relations..... .4 Classes
6. **Unit : 7** Union Legislature in India- Composition, Power and Functions, Parliamentary sovereignty
.....3 Classes
7. **Unit : 8** Judiciary in India- Supreme Court, High Court, their composition, powers and functions
.....4 Classes

Group—B

COURSE OBJECTIVES (Health & Wellness):

- *To help understand the importance of a healthy lifestyle*
- *To familiarize students about physical and mental health*
- *To create awareness of various life style related diseases*

COURSE OUT-COME (Health & Wellness) :

- Improved understanding of the importance of maintaining a healthy lifestyle

Improved understanding of movement and the human body

UNIT – II: HEALTH EDUCATION

LH-12

- 1.1. Health- Meaning, Definition, Dimension and Factor Effecting health. Function- (NIHFW), (WHO), (UNESCO), AYOUSH
- 1.2. Health Education- Meaning, Definition, Aims, Objectives and Principles
- 1.3. School Health Program- Health Service, Health Instruction, Health Supervision, Health Appraisal and Health Record, Personal hygiene

Unit –III: WELLNESS

LH-08

- 4.1 Wellness- Concept, Definition, Dimensions and Significance with reference to Positive Lifestyle
- 4.2 Relationship between Physical Activities and Wellness. Factor affecting wellness
- 4.3 Scope of Wellness. Modern trends in Wellness

SUGGESTED BOOKS (Constitution of India):

- Merunandan, “Multiple Choice Questions on Constitution of India”, 2 nd Edition,Meraga publication,2007
- M.V.Pylee, “Introduction to the Constitution of India”,4th Edition, Vikas publication,2005
- Durga Das Basu(DD Basu) , “Introduction to the constitution of India”,(Student Edition),19th edition,Prentice-Hall EEE, 2008

Suggested Books for Group A:

1. Bidyut Chakrabarti and Rajendra Kumar Pandey, Indian Government and Politics, Sage, New Delhi
2. D. C. Bhattacharyya, Indian Government and Politics, Vijaya Publishing House, Kolkata
3. D. D. Basu, Introduction to the Constitution of India, Lexis Nexis, New Delhi
4. K. K. Ghai, Indian Government and Politics, Kalyani Publication, Delhi
5. பரமசிவன் குமார், இந்திய அரசியல் அமைப்பு, லீக்ஸ் நெக்சிஸ், நியூ டெலி
6. அனந்த் குமார், இந்திய அரசியல் அமைப்பு, கல்யாணி பப்ளிகேஷன்ஸ், டெலி
7. சேஷ் குமார், இந்திய அரசியல் அமைப்பு, ரிசர்ச் பப்ளிகேஷன்ஸ், டெலி
8. அம்லால் ஜய்-மீர்ஜிடேயு, இந்திய அரசியல் அமைப்பு, நேஷனல் பப்ளிகேஷன்ஸ், டெலி
9. பீஷ் குமார் சிம்ரம், இந்திய அரசியல் அமைப்பு, ஹால் டிபிரிண்ட்-லிவ் பீசு: டிபிரிண்ட்-லிவ், டெலி

SUGGESTED BOOKS (Health & Wellness):

- Physical Activity and Health by Claude Bouchard, Steven N. Blair, William L. Haskell
- Mental Health Workbook by Emily Attached & Marzia Fernandez, 2021
- Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve WellBeing by Nashay Lorick, 2022
- Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
- Physical Activity and Mental Health by Angela Clow & Sarah Edmunds, 2013