



Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS)

(Also known as R. J. College of Arts, Science & Commerce as per UGC Notification)

Affiliated to UNIVERSITY OF MUMBAI II Recognized by UGC under 2f & 12B
NAAC Accredited 'A GRADE' with CGPA 3.50

Knowledge is all Ambrosia

CERTIFICATE
COURSE IN

APPROACH TO
HOLISTIC HEALTH

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Opposite Railway Station, Ghatkopar (W),
Mumbai 400 086, Maharashtra, INDIA.



ABOUT US

Hindi Vidya Prachar Samiti was incepted on the auspicious day of Shri Krishna Janmashtami, 15th August 1938. A brain child of a visionary Late Shri Nandkishore Singh Jairamji, samiti was established with the objectives of catering to the educational needs of the Hindi speaking community. Ramniranjan Jhunjhunwala College came into existence in 1963, enabling a larger section of the society to take advantage of the facilities provided for higher education.

From 1999-2000 the College has added a number of self-financing courses like B.M.S., B.B.I., B.Sc. in Computer Science, Information Technology, Biotechnology, M.Sc. in Computer Science, Biotechnology and Information Technology as well as add on courses, which further hone the special skills of the students.

The college has been reaccredited with 'A' Grade by NAAC in 2014 with a CGPA 3.50 and received the Best College Award (2007-2008) of the University of Mumbai. The College has been bestowed with IMC "Ramkrishna Bajaj Performance Excellence Trophy", 2010.

The Principal of the college was awarded "Best Teacher" by Government of Maharashtra in 2011.

Government of Maharashtra conferred the college with "JAAGAR JAANIVANCHA" (First in Mumbai Suburban- in 2013 and Second in Mumbai Suburban- in 2014) for safety of girls.

Course Code: **RJZOOC03**

Duration: **30** hours

Credits : **02**

INTRODUCTION

Holistic health is an approach to wellness that simultaneously addresses the physical, mental, emotional, social and spiritual components of health. This can help to achieve improved overall physical health, sustained and balanced emotions, reduced levels of stress, depression and anxiety. The aim of the course is to introduce the students to different health aspects, values and attitudes to lead a healthy and fulfilled life.





COURSE OBJECTIVES

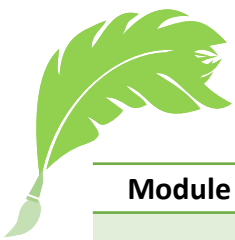
- Introduce students to the concepts of Holistic health and wellness.
- Provide understanding of physical, mental, emotional, social and spiritual wellbeing.
- Integrate healthy life styles for holistic health aspects.

COURSE OUTCOME

- Information on physical health and means to achieve it.
- Identify mental abilities for meaningful contributions to community.
- Recognition and dealing of social and emotional stress.
- Knowing spirituality and its benefits in everyday life.

COURSE STRUCTURE

- Online / Offline (Blended mode).
- Guest Lectures
- Tutorials/Videos
- Practical/Demonstrations
- Reading/Presentations.
- Assignments
- Evaluative tests



COURSE CONTENT

Module	Content
I	PHYSICAL HEALTH Introduction to physical, mental, emotional, social and spiritual health, understanding human physique, Diet and nutrition, Significance of Yoga and exercise.
II	MENTAL HEALTH Causes of mental stress and means to overcome it, Science of Sleep for mental fitness, Anger and anxiety management.
III	EMOTIONAL HEALTH Emotional Quotient, Emotional health Vs Mental health, Habits to boost emotional well being, Psychological insights.
IV	SOCIAL HEALTH Concept of social health, Social determinants of health, inter-personal relationships, Society and Lifestyles.
V	SPIRITUAL HEALTH Meaning of Spiritual health, Types of spirituality, difference between spirituality and religion, Impact of spirituality on health.

English

MEDIUM OF INSTRUCTION



EVALUATION

- Assignments (2): 20 mks
- MCQ test (5) : 10 mks each (5x10=50mks) : Based on each module.
- PowerPoint Presentation : 10 mks.
- Self Assessment Tests: 10 mks
- Student attendance : 5 mks
- Student participation: 5 mks
- Students who attend all sessions, submit the assignments and attempt tests

100

MARKS



PASSING 40

WHO SHOULD DO IT?

Any one who is interested