



Hindi Vidya Prachar Samiti's

Ramniranjan Jhunjhunwala College

of Arts, Science & Commerce

(Empowered Autonomous College)

Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for the TY (under NEP)

Program: B.Sc. MEDICAL LABORATORY TECHNOLOGY

Title: VOCATIONAL SKILL COURSE

**Hindi Vidya Prachar Samiti's Ramniranjan Jhunjhunwala College of Arts, Science & Commerce
(Empowered Autonomous)**

NEP - T.Y.B.Sc Medical Imaging Technology Syllabus Semester V & VI 2025-26

SEMESTER	:	V
TITLE	:	VOCATIONAL SKILL COURSE
TITLE OF THE SUBJECT/COURSE	:	HEALTH AND WELLNESS
COURSE CODE	:	RJVSCMIT351
CREDITS	:	02
DURATION	:	30 hrs

LEARNING OBJECTIVES	
1	Understand the components of health and impact of healthy living.
2	Understand the effect of anxiety and stress on lifestyle.
3	Integrate various techniques to boost immunity.
4	Understand the benefits of exercise and physical activities.

Course Outcome No.	On completing the course, the student will be able to:	PSO Addressed	Bloom's Levels
CO1	Students will be able to understand various practices for healthy wellbeing and living.	PSO13	I, II, III
CO2	Students will be able to explain role of exercise and workout in physical fitness.	PSO13	I, II, III
CO3	Students will demonstrate awareness of diet and healthy lifestyle.	PSO17	I, II, III

SEMESTER V			
Course Code: RJVSCMIT351		Course Title: Health and Wellness	Credits
Unit	Unit Name	Topic	4
I	Foundation of Health and Wellness	Concept of Health and Wellness, Physical Fitness and Exercise, Nutrition and Balanced Diet, Mental Health and Stress Management, Sleep and Rest.	2
II	Parameters and preventive measures	Healthy Lifestyle Practices, Preventive Healthcare and Screening, Hygiene and Personal Care, Substance Abuse and Its Impact, Work-Life Balance and Wellness Strategies.	2
References: 1. Health and Wellness - Dr. Khushbu Gupta			

