



## MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

**Grade 'A++' Accredited by NAAC**

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# Value Added Course

## Personalized Wellness Program

  
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KAMOTHE, NAVI MUMBAI

## VALUE ADDED COURSE

Annexure-16 of AC-44/2022

❖ **Course name:** Personalized Wellness Program.

❖ **Introduction:** With advancement in modern technology, change in physical activity, nutrition, stress and environment have produced significant changes in human lives. Fast food, sedentary lifestyle, excessive stress has detrimental effects on human life. As a result the incidence of lifestyle diseases/ chronic diseases are on rise. Hence the prevention is best medicine to enjoy better quality of life. A better, healthy life is something that every person strives to attain. For that every person has to know how to take control of his/her personal life so as to practice positive, healthy activities.

❖ **Objective:**

- a. **Knowledge:** To learn about activities, health and diet concept of wellness and its components.
- b. **Skill:** To create personal wellness program.
- c. **Attitude:** Positive attitude towards healthy habits.

❖ **Course coordinator:** Dr. Yashoda R. Kattimani, Asso. Prof. Physiology, MGM Medical College, Navi Mumbai.

❖ **Department:** Physiology, MGM Medical College, Navi Mumbai.

❖ **Who can take this course:** Health Professional Students

❖ **Intake:** 10 students per batch.

❖ Course schedule:

Sr.No	Theory	No. of Hours[10]
1.	Health and diseases-holistic approach	1
2.	Concept of wellness and health promoting lifestyle	1
3.	Nutrition and wellness	1
4.	Exercise and physical fitness A)cardiovascular endurance B)muscle strength and endurance C)muscular flexibility	3
5.	Body composition	1
6.	Stress management	1
7.	Sleep and sleep hygiene	1
8.	Aging : how to slow down	1

Sr.No	Practical	No. of Hours [10]
1.	Assessment of physical fitness	2
2.	Assessment of body composition	2
3.	Assessment of stress/sleep hygiene	2
4.	Preparation of personalized wellness program	4

❖ Evaluation :

Theory: MCQ test

Practical: Creation of personalized wellness chart



**HOD Physiology  
MGM MC, NM**

**Professor & Head  
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