



Notes

# DIRECTORATE OF PHYSICAL EDUCATION & SPORTS

UNIVERSITY OF KASHMIR

NAAC ACCREDITED GRADE A+

HAZRATBAL, SRINAGAR, KASHMIR-190006

No. F(Minutes-Meeting-DPE&S)KU/

Dated:-26-05-20

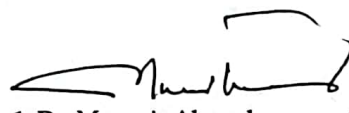

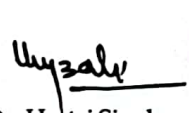



## Minutes of Meeting


A meeting of the committee constituted of the board of undergraduate studies for physical education was held today on 26-05-2023 at 2:30 pm in the office chamber the Coordinator Directorate of Physical Education & Sports. The following were present.

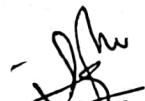
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|--|----------|
| 1. Dr. Musavir Ahmad<br>Coordinator, DPE&S   | Chairman |
| 2. Dr. Touseef Rizvi<br>Head, Deptt of Psychology<br>University of Kashmir                                   | Nominee  |
| 3. Dr. Hartej Singh<br>Principal<br>Govt. College of Phy. Edu. Ganderbal                                     | Member   |
| 4. Dr. Surjeet Singh<br>Sr. Assistant Professor, DPE&S   | Member   |
| 5. Dr. Nazir Ahmad<br>Assistant Professor<br>Govt. College of Phy. Edu. Ganderbal                            | Member   |
| 6. Dr. Mushtaq Ahmad<br>Assistant Professor<br>Govt. College of Phy. Edu. Ganderbal                          | Member   |
| 7. Dr. Ravinder Kour<br>Physical Director<br>Amar Singh College, Srinagar                                    | Member   |
| 8. Dr. J.S Mehta<br>Physical Director<br>Govt. Women College M.A Road  | Member   |
| 9. Mr. Sarfaraz Hussain<br>Physical Director<br>Govt. College of Engineering & Tech.<br>Safapora, Ganderbal  | Member   |
| 10. Dr. Ishtiyaz Ahmad<br>Physical Director<br>Abdul Ahad Azad Memorial Degree College,<br>Bemina, Srinagar, | Member   |
| 11. Ms. Qurat ul Ain<br>Physical Director<br>GDC Pattan  | Member   |


The committee discussed the syllabus in vogue and suggested modification to bring organization and clarity in it. Towards the conclusion, the committee finalized the syllabus submission to authorities for approval (duly signed copy enclosed).


### Committee Members :


- |   |   |  |
|---|---|--|
| <br>1. Dr. Musavir Ahmad<br>Coordinator, DPE&S | <br>2. Dr. Touseef Rizvi<br>Head, Deptt of Psychology | <br>3. Dr. Hartej Singh<br>Principal, GCPEG |
| <br>4. Dr. Surjeet Singh                       | <br>5. Dr. Nazir Ahmad                                 | <br>6. Dr. Mushtaq Ahmad                    |

  
7. Dr. Ravinder Kour  
Physical Director

  
8. Dr. J.S. Mehta  
Physical Director

  
9. Mr. Sarfraz Hussain  
Physical Director

  
10. Dr. Ishfaq Ahmad  
Physical Director

  
11. Ms. Qurat ul Ain  
Physical Director

  
COORDINATOR

HAWA

SEMESTER -1<sup>st</sup> to 3<sup>rd</sup>  
VALUE ADDED COURSE

HAW022V HEALTH AND WELLNESS

CREDITS : 02

**COURSE OBJECTIVES**

1. To help understand the importance of a healthy lifestyle.
2. To familiarize students about physical and mental health.
3. To create awareness of various life style related disease.
4. To provide understanding of stress management.

**UNIT I. INTRODUCTION TO HEALTH & WELLNESS**

(15 lectures)

- Definition and significance of health and wellness, factors affecting health and wellness (Local, Demographic, Societal).
- Balanced diet and essential component of balanced diet (Carbohydrates, Proteins, Fats, Vitamins & Minerals)
- Malnutrition, Under-Nutrition and Over-Nutrition.
- Substance abuse and factor affecting substance abuse : Drugs, Cigarette, Alcohol.
- Mental health and factors affecting it. Stress, Anxiety, and Depression.

**UNIT II. MANAGEMENT OF HEALTH AND WELLNESS.**

(15 lectures)

- Physical Fitness, components and its health benefits.
- Modern lifestyle and Hypo-kinetic diseases : Hypertension, Obesity, Diabetes (Type II), Prevention and management through exercise.
- Postural deformities and corrective measures : Kyphosis, Lordosis, Sclerosis, Knock Knee, and Bowleg.
- Role of Yoga in health and wellness.
- Significance of sleep in health and wellness.

*[Handwritten signatures and marks]*