Subject: Health Education

Semester: **5th**

Subject Teacher: Dr. Rozia Bashir

**Objectives:**

1. Understand the complexity and dilemmas of diverse perspectives in the field of Health Education.

2. Identify various collaborative management plans and therapeutic interventions to facilitate clinical and personal recovery in people with psychological issues.

3. Understand the Importance of Yoga and Meditation for the mental and physical well-being

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| S No | Topic | Duration | Remarks |
|  | Concept of health education | 9th 10th |  |
|  | Concept of health | 11th, 14th, 15th, October |  |
|  | Concept of Physical Fitness | 16th, 17th, 18th October |  |
|  | Concept of wellbeing | 19th, 21st, 22nd October |  |
|  | Factors Affecting Health | 23rd, 24th 25th, 28th October |  |
|  | Meaning of Mental health | 29th 30th, 31st October |  |
|  | Elements of Mental health | 1st, 2nd 3rd November |  |
|  | Purpose of Mental health | 4th, 5th 6th,November |  |
|  | Characteristics and Causes of Poor Mental health | 7th 8th, 9th, 10th 11th November |  |
|  | Mental health and role of teachers | 12th, 13th, 14th, 15th  November |  |
|  | Meaning and importance of Personal hygiene | 16th, 18th, 19th, 20th November |  |
|  | Factors influencing the Personal hygiene | 21st, 22nd, 23rd November |  |
|  | Principles for the Protection of mental illness | 24th, 25th, 26th November |  |
|  | Understanding Yoga Philosophy | 27th, 28th, 29th, 30th November |  |
|  | Aims and Objectives of Yoga and Meditation | 1st, 2nd, 3rd, 4th December |  |
|  | Need and Importance of Yoga and Meditation | 5th, 6th, 7th,9th December |  |
|  | Practicals | 10th to 20th December |  |