

SWAMI VIVEKANAND SUBHARTI UNIVERSITY SHAHEED BABA DEEP SINGH COLLEGE DEPARTMENT OF HOME SCIENCE

HEALTH AND FITNESS

VAC-HSC-22



OBJECTIVE: The aim of the course is to make students learn about importance of health and fit in life and to teach them how to achieve it in life.

PROGRAMME OVERVIEW: This is our value adde course of 16 hours and is the Department of Hon Science's initiative to generate knowledge of healt and fitness so as to spread awareness among sturand society. The course will be facilitated by experienced faculty member.

ELIGIBILITY: Students who are XII pass can appl

CONTACT PERSON: Dr Nishma Singh



SHAHEED BABA DEEP SINGH DEPARTMENT OF HOME SCIENCE SUBHARTI COLLEGE OF ARTS & SOCIAL SCIENCES

Website: www.subharti.org, e-mail: hsc@subharti.org, Ph.: 0121-2439043 / 52 (Ext.n: 3299), Tele fax: 0121-3058030, 2439067

A constituent college of



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

Overview of syllabus: Health and Fitness VAC-HSC-22

16 hours

- > UNIT 1. Introduction to Fitness and Training Benefits of Exercise.
 - o Component of physical fitness
 - o Assessment of nutritional status
 - Holistic approach to management of health and fitness including diet and exercise (Aerobic and anaerobic
- > UNIT 2. Introduction of Cardio-respiratory System.
 - o Effect of aerobic exercise on heart rate, blood pressure and lung function.
 - o Assessment of Cardio-respiratory fitness using Maximum aerobic capacity
 - o Recognizing symptoms to stop any exercise, Emergency procedures.
- > UNIT 3. Introduction of Water and Electrolyte Balance
 - o Regime of hydration and dehydration.
 - o Symptoms and effect of dehydration.
 - Sports Drink.
- > UNIT 4. Effect of Specific nutrients on Work Performance, Physical Fitness and Training.
 - o Diets for physical fitness & training.
 - o Consumption pattern of nutragenic aids & supplements.
 - o Merits and demerits of nutragenic aids and supplements.
- > Unit 5. Formulating dietary guidelines for fitness, health & disease conditions.
 - o Critically analyzing different established weight reduction diet plans.
 - Management of obesity and CVDs.

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REPORT ON VALUE ADDED COURSE - HEALTH AND FITNESS (2020-21)

Department of Home Science conducted value added course on Health and fitness from 1st of March 2021 which lasted for around 16 hours course duration and was of prime importance since the pandemic was spreading widely.

This course was an attempt to generate knowledge among our students about various components of physical fitness and how to assess nutritional status of one and all during the time of crisis like pandemic such corona.

The course was conducted by our HOD Dr Nishma Singh, in the course she taught students about various aerobic exercises for heart and lung health and when to stop these exercises depending on the symptoms while exercises and what emergency procedures we can do if such situation arises. Further, she taught about water and electrolyte balance and why one should keep oneself hydrated and what various sport drinks are available in market. Students were also made aware about the effect of specific nutrients on work performance and also dietary guidelines for fitness were made aware to the students. In all, this course made our students get knowledge about our body needs and how one can meet those needs through nutrition and exercises.



Dr. Nishma taking lecture on VAC: Health & Fitness

DEPARTMENT CONTRIBUTION MAGRIN

VAC-HSC-22

Health and Fitness (2020-2021)

Sr		Signature
1	Heema Singh	Hupse
2	Muskan Jain	Mukan Jain
3	Vanshika Gulati	, Vanshika Gulati
4	Aakansha Bharadwaj	-en surge
5	Vanshika Dixit	Hudist
6	Vaishnavi Som	Vaishavi Som.
7	Saloni Singh	folonit.
8	Pranjali Yadav	Lawill
9	Nishu	1 listes
10	Nupur Chaudhary	Mukud
11	Poonam	Too nam
12	Rajan Kumar	Rukuman
13	Roshan Singh Mawri	R. SManui
14	Shivangi Agarwal	Jamos Agazwal
15	Shivani Tomar	Shinam
16	Siddharth	Salmaheath
17	Somya Kaushik	Somya Kaustik
18	Гаrun Bharti	Tarun
9 [Urvashi	Usuashi.
7 0.	Varsha Sharma	Varieta
1 \ \	/ishesh Tomar	Victory
2 V	randa Maheshwari	Vacarrola
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4 S	ancha Maya Rai	Sandho
5 K	arma Wangchuk	Kay mg
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St	ephen	Stephen
M	uskan Sharma	meharma



VAC-HSC-22

Health and Fitness

Attendance Sheet, Session (2020-2021)

Sr.	Student Name											_						0		-
Va.	Heema Singh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	Muskan Jain	P	1	P	P	P	P	P	P	A	P	P	P	A	9	P	P	P	P	
3	Vanshika Gulati	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	
4	Aakansha Bharadwaj	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	
5	Vanshika Dixit	P	P	P	P	P	P	P	P	7	7	P	A	P	P	P	P	7	A	
6	Vaishnavi Som	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	Þ	
7	Saloni Singh	P	7	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8	Pranjali Yadav	P	A	P	P	0	A	0	0	A	0	P	D		/	1	1			
9	Nishu	P	P	0	D	1			1	,	1	1	1	P	P	P	P	P	P	
10	Nupur Chaudhary	p	0	0	0	P	P	P	1	P	A	P	9	P	P	P	P	P	P	
11	Poonam	0	P					P	P	P	P	P	P	P	9	P	P	P	P	
12	Rajan Kumar	0		A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	D	
3	Roshan Singh Mawri	P	9	_	A	P	P	P	P	P	P	P	P	0	0	0	P	0	0	
		1	P	P	T	P	P	P	P	P	D	A	7	1	1	P	1	7	P	

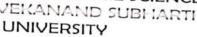


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15	hivangi Agarwal	P	A	P	P	P	P	P	1	P		P	P	P	P	P	P	P	P	_	_
1	ivani Tomar	P	P	P	P	A	P	P	P	0	P	10	0	P	P	P	P	P	P		
Si	ddharth	P	P	A	P	P	P	P	P	P	P	_	1	P	P	P	P	P	P		
So	omya Kaushik	P	P	P	P	P	P	A	P	P	P	P	P	P	D	P	P	P	P		
T	arun Bharti	P	P	P	P	P	P	P	P	P	P	PO	A	0	T	P	P	P	P		
-	Irvashi	P	P	P	P	P	P	P	P	P	A	1	7	Y	P	P	0	P	0		
	Varsha Sharma	P	P	P	P	P	P	P	P	P	A	P	P	P	1	1	1	0	0		
	Vishesh Tomar	P	P	P	P	P	P	9	P	P	P	P	P	P	7	A	1	1	1		
	Vranda Maheshwari	P	P	P	P	P	P	P	P	P	P	P	P	A	P	9	P	P	1		
23	Divya Ahuja	P	P	9	P	P	P	P	P	7	P	P	P	P	P	P	9	P	P		
24	Sancha Maya Rai	P	P	P	P	P	P	P	P	9	P	P	9	2	A	P	A	P	P		
25	Karma Wangchuk	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	7		
26	Jigme Zangmo	P	P	P	P	P	P	P	P	P	P	P	P	P	P	9	P	A	P		
27	Moin Shekh Rehman	P	9	9	P	P	P	9	P	P	P	P	P	P	P	P	P	P	A		-
28	Stephen	P	P	P	P	P	P	P	9	P	P	P	P	P	P	P	P	P			
29	Muskan Sharma	P	P	0	P	P	P	P	P		D	D	P	P	P	P	P	P	A		



Signature of Course Cordinator

DEPARTMENT OF HOME SCIENCE



Subhartipuram,NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

CERTIFICATE OF COMPLETION

This is to certify that

Peranjali Yadar

has successfully completed 16 hours Value added course on " HEALTH AND FITNESS"

(March 1- March 18, 2021)

Dr Jyoti Gaur Head , Department of Home Sc

Dr Nishma Singh



DEPARTMENT OF HOME SCIENCE SWAMI VIVEKANAND SUBHARTI

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Head , Department of Home Science

Dr Nishma Singh Program Coordinator



DEPARTMENT OF HOME SCIENCE SWAMI VIVEKANAND SUBHARTI UNIVERSITY



Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

CERTIFICATE OF COMPLETION

This is to certify that

Stephen

has successfully completed 16 hours Value added course on " HEALTH AND FITNESS"

(March 1- March 18, 2021)

Dr Jyoti Gaur Head , Department of Home Science Dr Nishma Singh Program Coordinator