



**Sub Committee for Curriculum Development
Faculty of Health Sciences**

Name of the Institute: Symbiosis School for Liberal Arts

Course Name: Health Care Elective: Introduction to Wellness Management, Complementary and Alternative Medicine

(UG/PG): UG / Elective

Number of Credits: 4

Level: 2

Course Description:

The objective of this course is to make the student understand the different types of CAMs (complementary and alternative medicine), which are broadly classified into three types. Mind and body interaction. This includes yoga, meditation, pranayama etc. to harmonize the mind, body and soul. Understanding diet and the diet-need according to the lifestyle, gender and age of a person, and the use of nutritional supplements in offsetting the deficiency. Knowing the adverse effects of nutritional supplement abuse etc. The use of massage, acupressure, reflexology, and light. to ease physical pains, mental stress. Understanding wellness management helps the student to identify and understand various stresses and disease factors at work and at home and in his daily life and to make decisions positively, to find and work a solution to the problem.