

MINUTES OF MEETING OF THE 5th MEETING OF BOARD OF STUDIES

The Agenda of the 5th meeting of the Board of Studies of Department of Health and Life Sciences of TLSU is to be circulated and approved through circulation on 13th September 2021 and all members sent comments, suggestions, feedback and approval.

Item No 1: Introduction of Value added courses to be offered by the Department of Health, Life and Applied Sciences

The proposal to introduce value added courses was approved

Item No 2: Proposal of Value added courses to be offered by the Department of Health, Life and Applied Sciences

The following value added were approved as suggested:

1. Value Added Course: Physiological Health Parameters
2. Value Added Course: General Human Anatomy and Physiology
3. Value Added Course: Food, Nutrition and General Dietetics

The following suggestions were incorporated as follows.

1. Dr. Margeyi Mehta suggested to add Liver parameters in the course Physiological Health Parameters in unit III.
2. Dr. Margeyi Mehta suggested to add all vitamins deficiency in activities area rather than selected vitamins for the course food, nutrition and general dietetics.

The approved value added courses are hereby attached as Annexure 1

Approved

IDEAN (ACADEMIC)
Team Lease Skills University



Annexure 1

Value Added Course: Physiological Health Parameters

Course Name: Physiological Health Parameters

Course Overview: Developing physiological health risk parameters is a scientific approach concerned with establishing typical or desirable values for behavior, education, health, or other cultural or societal aspects. Physiologic parameters measured included body mass index (BMI), percentage body fat (%BF), blood serum cholesterol (BSC), and systolic (SBP) and diastolic (DBP) blood pressure. Examining patient health and behavioral parameters at the earliest stage of development may increase longevity by reducing mortality, morbidity, injury, and disability, and may reduce the gross national product for healthcare costs by introducing preventive interventions earlier in life. Physiologic age- and gender-specific health parameters have been identified and examined in adults for several decades, especially regarding the development of chronic diseases such as cardiovascular, diabetes, cholesterol, and hypertension.

Eligibility: The eligibility condition for Physiological health parameters shall be 12th Pass in any stream.

Course Objectives:

1. Aimed to provide physiologic health risk parameters by gender and age among all.
2. To promote chronic disease prevention and ameliorate health.
3. To understand the association of "unhealthy" behavioral health practices of physical inactivity, poor diet, and overuse/abuse of licit drug use with physiologic parameters.
4. To help students know their health status, identify health problems and be informed for taking appropriate remedial measures.
5. Learners will interpret indicators that can be used to measure physiological health.

Medium of instruction

English shall be the medium of instruction for study and for examination of the course.

Duration: 30 hours

Course Content: Theory

Unit No	Name of Unit	Content	Hours
I	Importance of Understanding indicators	<ul style="list-style-type: none">• Early age detection• Record tracking• Recommendation about health• Future health risk	5
II	Factors affecting Health and well Being	<ul style="list-style-type: none">• Definition of health and well being• Physical and lifestyle factors (Diet, exercise , Personal Hygiene)• Social, emotional and cultural factors (Social Interaction, stress)• Economic factors (Financial Resources)• Environmental factors (Environmental conditions- levels of pollution, noise : Housing- conditions, location)	5

