

# Science of Wellbeing

Subject Code : SOWB

## Syllabus for Higher Secondary Curriculum 2024

### Course Overview and Scope of the Subject

Science of Wellbeing is an evolving science with contributions from multiple disciplines including Psychology , Sociology , Health & Physical Education , Nutrition , Environmental Science and Finance. With the distinct knowledge base of social and behavioral science at its core , it began as a branch of social science and has since evolved. The term Wellbeing encompasses Holistic Health and Happiness, in addition to positive functioning of physical , emotional and social domains.

In modern world, “ Wellbeing “ is referred as stress free living and happiness in terms of positive psychological interventions, good physical functioning in terms of health, nutrition and physical education as well as financial security in terms of commercial studies.

The subject being offered at the Higher Secondary level under the West Bengal Council of Higher Secondary Education provides the scope for the students to choose higher education and vocation at degree course involving Psychology , Physical Education , Sociology and Nutrition for career opportunities as Psychologist , Motivational speaker , Wellbeing Counsellor , Physical educator and Yoga Therapist , Nutritionist and Diet Therapist etc.

### Course Objective and Learning Objective

The Science of Wellbeing course at the Senior Secondary level under the West Bengal Council of HS Education has been framed to enable the learners,

- To orient the students to understand the psychological , biological , economical , social , spiritual and environmental factors that contribute to individual happiness and life satisfaction
- To help the students equip with evidence-based strategies and practices to enhance personal wellbeing and resilience , as well as to promote positive relationships and social wellbeing
- To focus on overall development including critical thinking skills to evaluate research findings and apply concepts to real life situations
- To appreciate the discipline for professional career
- To become enriched and equipped for higher studies in the related fields interdisciplinary in nature namely Psychology , Physical Education , Nutrition , Sociology and Philosophy
- To develop thinking and functional skills in the learners for their domain of career and employment

### Course Outcome and Learning Outcome

After undertaking the course the students will be able to,

- Apply the basics of Wellbeing with respect to health of self , community and society

- Utilize the knowledge and skills learnt in Wellbeing science
- Be satisfied to the different aspects of the subject and take informed career choices related to it
- Inculcate healthy life style and enable prevention of and management of diseases / disorders
- Relate to various topics of other interdisciplinary subjects like psychology , Health & Physical Education , Nutrition and Sociology
- Analyze and practice strategies and skills for Holistic Health , happiness , life satisfaction and reduction in stress level.

**Class – XI Semester -1**

**Theory Marks – 40**

**Contact Hours : 80**

| <b>Sl No</b>  | <b>Topics</b>   | <b>Marks allotted</b> | <b>Contact Hours</b> |
|---|---|-----------------------|----------------------|
| <b>Unit 1 : Concept of Holistic Health and Wellbeing in Education</b> |   |                       |                      |
| 1   | What is the meaning of Holistic Health and Wellbeing.<br>Definition of Health and Wellbeing   | 10                    | 3                    |
| 2   | What are the holistic ways of Wellbeing   |                       | 3                    |
| 3   | Seven Components of Wellbeing ( Physical , Mental , Emotional , Social , Spiritual , Financial , Environmental )  |                       | 4                    |
| 4   | What is the difference between Holistic Health and Wellbeing  |                       | 2                    |
| 5   | Implication od Wellbeing for the youth in the coming decade   |                       | 2                    |
| 6   | Importance of Wellbeing in school ( Increasing academic achievement and decreasing disciplinary problems )  |                       | 4                    |
| 7   | Scope of vocationalization , internet and network , Artificial Intelligence for enhancing Wellbeing   |                       | 4                    |
| 8   | Wellbeing for restoring peace and equity in Education   |                       | 2                    |
| <b>Unit 2 : Concept of Physical Wellbeing</b>                         |   |                       |                      |
| 1   | Indicators of Physical Wellbeing : Height , Weight . Muscle .Bone . Eye sight , Heart , Kidney , Appetite , Gut health , BMI , Brocas Index   | 30                    | 5                    |
| 2   | Food and Wellbeing - <ul style="list-style-type: none"><li>• Introduction to food , nutrients and Nutrition</li><li>• Role of Nutrients in Physical Wellbeing</li><li>• Basic food group for planning a balanced diet ( ICMR 4 food groups )</li><li>• Healthy food pyramid guide , meal planning and pattern</li></ul>   |                       | 12                   |
| 3   | Sleep and Wellbeing – Significance and problems related to sleep deprivation  |                       | 4                    |
| 4   | Physical activity and Wellbeing - <ul style="list-style-type: none"><li>• Physical exercise ( Warming up , limbering down , conditioning , calisthenics , walking , Running , Aerobic and Anaerobic exercise )</li><li>• Massage and Physiotherapy</li></ul>  |                       | 6                    |
| 5   | Avioding risky behaviors – <ul style="list-style-type: none"><li>• Alarm Phase</li><li>• Injury and first aid management</li><li>• Dietary patterns affecting health ( Binging , snacking on fast food and junk food , crash dieting , intermittent fasting and keto dieting )</li></ul>  |                       | 8                    |
| 6   | Improving Physical Wellbeing through management – <ul style="list-style-type: none"><li>• Dietary Management : Role of high fiber and fermented food in gut health , good fats for healthy heart and brain , supplements- Prebiotic , Probiotic , antioxidants and neutraceuticals , food for immunity , Role of water and staying hydrated</li><li>• Activity Management : Proper posture for physical exercises , recreations through physical movement and remedies for postural deformities</li></ul> |                       | 21                   |

**Class – XI Semester -2**

**Theory Marks – 40**

**Contact Hours : 70**

| <b>Sl No</b>                                | <b>Topics</b>   | <b>Marks allotted</b> | <b>Contact Hours</b> |
|---|---|-----------------------|----------------------|
| <b>Unit 3 : Concept of Mental Wellbeing</b> |   |                       |                      |
| 1   | Indicators of Mental Wellbeing : Hope , Self-care , personal responsibility , Positive relationship with others , Purpose in life , Productivity , Clarity of thinking , emotion , cognition  | 20                    | 9                    |
| 2   | Stress and Wellbeing : Problems of depression , anxiety , burn-out , cardiac dysfunction , muscle fatigue , insomnia  |                       | 8                    |
| 3   | Risk factors in Mental illness : Genetic predispositions , homelessness and unemployment , alcohol and other drug use , discrimination and other racial injustice , family conflict and domestic violence , stressful life events   |                       | 9                    |
| 4   | Techniques for improving mental wellbeing : Effective , affordable and feasible strategies to promote , protect and restore mental wellbeing- Counselling , Psychotherapy , Assertiveness training , Relaxation technique , Biofeedback   |                       | 9                    |
| <b>Unit 4 : Concept of Social Wellbeing</b> |   |                       |                      |
| 1   | Indicators of Social Wellbeing :Poverty , Hunger , Quality Education , Gender Equality , Equitable distribution of resources , clean water and sanitation , Affordable clean energy , work opportunity  | 20                    | 8                    |
| 2   | Life Skills :Self awareness , Interpersonal relationship , Interpersonal communication , empathy and Quality of life.<br>Enhancing healthy social life style by developing life skills  |                       | 9                    |
| 3   | Health Issues , Different life style disorders and related problems due to poor social wellbeing : Heart ailment , mobility issues , high blood pressure , raised stress hormone leading to inflammation , obesity , DiabetisMelitus , Cancer , Anxiety and Depression , poor immune system |                       | 9                    |
| 4   | Ways of improving Social Wellbeing : Approaching friends and family for support , Treating others with respect , Balancing own social and personal time , Engaging in conflict resolution and softening barriers  |                       | 9                    |

## **Project Guidelines for Class XI**

**Total Marks – 20 | 2 X 10 marks |**

**Contact Hours :30**

Project Report to be prepared on any two topics of your choice from the topics given below :

- Body Mass Index (BMI) or Aerobic and Anaerobic Exercise ( 10 samples )
- Food and Wellbeing or Importance of Balanced Diet
- Behavioral Pattern of a well adjusted person based on the indicators of mental wellbeing
- Socio – Economic factors affecting Wellbeing

Project topic may also be decided by the Subject teacher , not mentioned above

**Extra 20 Hours would be kept aside for remedial classes and practice sessions**

**Class – XII Semester -3**

**Theory Marks – 40**

**Contact Hours : 80**

| <b>Sl No</b>                                       | <b>Topics</b>  | <b>Marks allotted</b> | <b>Contact Hours</b> |
|--|--|-----------------------|----------------------|
| <b>Unit 1 : Concept of Environmental Wellbeing</b> |  |                       |                      |
| 1  | Indicators of Environmental Wellbeing : Clean Air , Adequate water , stable climate , healthy and safe workplace , protection from radiation hazards , safe use of carcinogenic chemicals , health supportive agricultural and industrial practices , conserving energy , Recycling and reducing waste , checking soil erosion , pest and disease control  | 20                    | 16                   |
| 2  | 7 R's for Environmental Wellness – Rethink , Refuse , Reduce , Repair , Reuse , Recycle , Replace  |                       | 8                    |
| 3  | Life Skills to ensure Environmental Wellbeing <ul style="list-style-type: none"><li>• By developing critical thinking , analytical thinking , decision making , problem solving</li><li>• By reducing emission of polluting gases , staying safe in the face of global warming , reducing allergies , making home healthier by using eco-friendly products , lowering screentime , replacing chemicals with nature</li></ul> |                       | 16                   |
| <b>Unit 2 : Concept of Financial Wellbeing</b>     |  |                       |                      |
| 1  | Indicators of Financial Wellbeing :Income , Networth , consumption , Cash Management , Emergency savings , Credit Management , Loan and Debt , Risk management , Estate Planning , Payment of loan , Money Diversification , Retirement plan , Purchasing and Selling bonds , Profit and Loss , time , value of Money , Inflation , Planned expense and G.D.P  | 20                    | 8                    |
| 2  | Concept of budgeting , saving , investing , risk and debt management with the help of separate case study  |                       | 8                    |
| 3  | Steps to manage financial load : Lowering monthly expenses, paying off debt , creating and utilizing a budget plan , creating an emergency fund , lowering use of credit card , planning for retirement savings  |                       | 8                    |
| 4  | Problems associated with financial crisis : steep decline in value of asset prices , failures of business companies and individual consumer to repay loans and debts , shortage of liquidity , price hiking of consumable goods , devaluation of currency , anxiety , depression , behavioral changes , physical symptoms  |                       | 8                    |
| 5  | Financial stress and coping skills : create extra sources of income , decluttering budget , Resource Management , Reaching out for support   |                       | 8                    |

**Class – XII Semester -4**

**Theory Marks – 40**

**Contact Hours : 70**

| <b>Sl No</b>                                   | <b>Topics</b>  | <b>Marks allotted</b> | <b>Contact Hours</b> |
|--|--|-----------------------|----------------------|
| <b>Unit 3 : Concept of Spiritual Wellbeing</b> |  |                       |                      |
| 1  | Indicators of Spiritual Wellbeing : Acceptance , Faith , Happiness , Courage , Honesty , Patience , Humility , Willingness , Love , Integrity , Self-discipline , Service  | 20                    | 10                   |
| 2  | Morals , Ethics and Spiritual Wellbeing : citing different stories , events , case study   |                       | 7                    |
| 3  | Behaviors associated with Spiritual Wellbeing : Volunteering with examples , contributing to society with examples , connecting with others , practicing self-care and feeling a sense of belonging  |                       | 9                    |
| 4  | Ways of nurturing Spiritual Wellbeing : know your intention and its regular reinforcement , Avoiding traps of selfishness , irresistible urge to cheat others and delusions , revering holy things words of a saint or sage , resisting temptations , learning to Let Go , Embracing the unknown and new                   |                       | 9                    |
| <b>Unit 4 : Concept of Emotional Wellbeing</b> |  |                       |                      |
| 1  | Indicators of Emotional Wellbeing : Eliminating negative emotions , bouncing back from difficulties , saying 'NO' without feeling guilty , feeling content , developing a strong supportive network , being able to relax , talking with someone about emotional concerns , sharing feelings with others                   | 20                    | 10                   |
| 2  | Mood Meter and Emotional Wellbeing : Measuring emotional state , low energy ↔ high energy , knowing where you are on the Mood Meter at any given time  |                       | 7                    |
| 3  | Emotional Intelligence and its relationship with Emotional Wellbeing   |                       | 4                    |
| 4  | Factors supporting or challenging Emotional Wellbeing : Stress and Resilience , Daily activities and habits , communication and assertiveness , Mindfulness and Meditation , Biofeedback , Medical Care , Events and Workshops on enhancing Emotional Wellbeing , counselling and Coaching , Habit Formation , Art Therapy |                       | 14                   |

## **Project Guidelines for Class XII**

**Total Marks – 20 | 2 X 10 marks |**

**Contact Hours :30**

Project Report to be prepared on any two topics of your choice from the topics given below :

- Different Pollutants affecting Positive Environmental Wellbeing and suggest their remedial measures.
- 5 steps of Financial Wellbeing – gaining financial literacy , budgeting , managing debt , savings , investing.
- Technique of managing stress in Adolescence.
- Practical ways to enhance Spiritual Wellbeing in daily life like ,
  1. Concept with your faith and acceptance
  2. Volunteering or helping others
  3. Practice of Yoga
  4. Meditation
  5. Keeping a journal
  6. Spending time in nature
  7. Focusing on hobbies
  8. Speaking with some one you trust

Project topic may also be decided by the Subject teacher , not mentioned above

**Extra 20 Hours would be kept aside for remedial classes and practice sessions**