

Course Overview and Scope of the Subject :

Science of Well-being 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 Well-being encompasses Holistic Health and Happiness, in addition to positive functioning of physical, emotional and social domains.

In modern world, “ Well-being“ 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, Well-being Counsellor, Physical educator and Yoga Therapist , Nutritionist and Diet Therapist etc.

Course Objective and Learning Objective :

The Science of Well-being 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 well-being and resilience, as well as to promote positive relationships and social well-being
- 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 Well-being with respect to health of self, community and society
- Utilize the knowledge and skills learnt in Well-being 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

SUBJECT: SCIENCE OF WELL-BEING (SOWB)

SEMESTER – I

FULL MARKS: 40

CONTACT HOURS: 80 Hours

COURSE CODE: THEORY

Sl. No.	TOPICS	MARKS	CONTACT HOURS
<u>Unit 1 : Concept of Holistic Health and Well-being in Education</u>			
i	What is the meaning of Holistic Health and Well-being. Definition of Health and Well-being	10	3
ii	What are the holistic ways of Well-being		3
iii	Seven Components of Wellbeing (Physical, Mental, Emotional, Social, Spiritual, Financial, Environmental)		4
iv	What is the difference between Holistic Health and Wellbeing		2
v	Implication of Well-being for the youth in the coming decade		2
vi	Importance of Well-being in school (Increasing academic achievement and decreasing disciplinary problems)		4
vii	Scope of vocationalization, internet and network, Artificial Intelligence for enhancing Wellbeing		4
viii	Well-being for restoring peace and equity in Education		2
<u>Unit 2 : Concept of Physical Well-being</u>			
i	Indicators of Physical Well-being : Height, Weight, Muscle, Bone, Eye sight, Heart, Kidney, Appetite, Gut health, BMI, Brocas Index	30	5
ii	Food and Well-being - • Introduction to food , nutrients and Nutrition • Role of Nutrients in Physical Well-being • Basic food group for planning a balanced diet (ICMR 4 food groups) • Healthy food pyramid guide , meal planning and pattern		12
iii	Sleep and Well-being – Significance and problems related to sleep deprivation		4
iv	Physical activity and Well-being - • Physical exercise (Warming up, limbering down, conditioning, calisthenics, walking, running, aerobic and anaerobic exercise) • Massage and Physiotherapy		6
v	Avoiding risky behaviors – • Alarm Phase • Injury and first aid management • Dietary patterns affecting health (Binging , snacking on fast food and junk food , crash dieting , intermittent fasting and keto dieting)		8
vi	Improving Physical Well-being through management – • Dietary Management : Role of high fiber and fermented food in gut health, good fats for healthy heart and brain, supplements- Prebiotic, Probiotic, Antioxidants and Nutraceuticals, Food for immunity, Role of water and staying hydrated • Activity Management : Proper posture for physical exercises, recreations through physical movement and remedies for postural deformities		21

CLASS - XI

SUBJECT: SCIENCE OF WELL-BEING (SOWB)

SEMESTER – II

FULL MARKS: 40

CONTACT HOURS: 70 HOURS

COURSE CODE: THEORY

Sl. No.	TOPICS	MARKS	CONTACT HOURS
<u>Unit 3 : Concept of Mental Well-being</u>			
i	Indicators of Mental Well-being : Hope, Self-care, Personal responsibility, Positive relationship with others, Purpose in life, Productivity, Clarity of thinking, Emotion, Cognition	20	9
ii	Stress and Well-being : Problems of depression, anxiety, burn-out, cardiac dysfunction, muscle fatigue, insomnia		8
iii	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
iv	Techniques for improving mental well-being : Effective, affordable and feasible strategies to promote, protect and restore mental well-being — Counselling, Psychotherapy, Assertiveness training, Relaxation technique, Biofeedback		9
<u>Unit 4 : Concept of Social Well-being</u>			
i	Indicators of Social Well-being : Poverty, Hunger, Quality Education, Gender Equality, Equitable distribution of resources, clean water and sanitation, Affordable clean energy, work opportunity	20	8
ii	Life Skills : Self awareness, Interpersonal relationship, Interpersonal communication, Empathy and Quality of life. Enhancing healthy social life style by developing life skills		9
iii	Health Issues, Different life style disorders and related problems due to poor social well-being : Heart ailment , mobility issues, high blood pressure, raised stress hormone leading to inflammation, obesity, Diabetes Mellitus, Cancer, Anxiety and Depression, poor immune system, Eating disorders		9
iv	Ways of improving Social Well-being : Approaching friends and family for support, Treating others with respect, Balancing own social and personal time, Engaging in conflict resolution and softening barriers		9

CLASS - XII

SUBJECT: SCIENCE OF WELL-BEING (SOWB)

SEMESTER – III

FULL MARKS: 40

CONTACT HOURS: 80 Hours

COURSE CODE: THEORY

Sl. No.	TOPICS	MARKS	CONTACT HOURS
<u>Unit 1 : Concept of Environmental Well-being</u>			
i	Indicators of Environmental Well-being : 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
ii	7 R's for Environmental Wellness – Rethink, Refuse, Reduce, Repair, Reuse, Recycle, Replace		8
iii	Life Skills to ensure Environmental Well-being - By developing critical thinking, analytical thinking, decision making, problem solving - 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 screen time, replacing chemicals with nature		16
<u>Unit 2 : Concept of Financial Well-being</u>			
i	Indicators of Financial Well-being : Income, Net worth, Consumption, Cash Management, Emergency savings, Credit Management, Loan and Debt, Risk Management, Payment of Loan, Money Diversification, Retirement Plan, Profit and Loss, Inflation.	20	8
ii	Concept of budgeting, saving, investing, risk and debt management with the help of separate case study		8
iii	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
iv	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
v	Financial stress and coping skills : Create extra sources of income, decluttering budget, Resource Management, Reaching out for support		8

CLASS - XII

SUBJECT: SCIENCE OF WELL-BEING (SOWB)

SEMESTER – IV

FULL MARKS: 40

CONTACT HOURS: 70 HOURS

COURSE CODE: THEORY

Sl. No.	TOPICS	MARKS	CONTACT HOURS
<u>Unit 3 : Concept of Spiritual Well-being</u>			
i	Concept of Spiritual Well-being, Indicators of spiritual well-being, connectedness with self and others, gratitude, forgiveness.	20	7
ii	Relationship between morals, ethics and spirituality		8
iii	Behaviors associated with Spiritual Well-being : Personal domain-practising self care and self development Inter personal relationship domain : Sense of belongingness, connecting with others. Environment domain : Connecting with nature, Transcendence and bliss.		10
iv	Techniques of nurturing Spiritual Well-being : Development of self awareness, Resisting temptation, Embracing the unknown and new, Unconditional acceptance, Mindfulness, Meditation, Yoga.		10
<u>Unit 4 : Concept of Emotional Well-being</u>			
i	Concept, Definition and indicators of emotional Well-being : Resilience, empathy.	20	8
ii	Emotional Intelligence and its relationship with Emotional Well-being		7
iii	Factors affecting emotional Well-being : Physiological and Psychological factors.		10
iv	Techniques used to improve emotional Well-being : Assertiveness, Mindfulness, Meditation, Yoga, Biofeedback.		10

CLASS - XI

SUBJECT: SCIENCE OF WELL-BEING (SOWB)

Project Guidelines

Total Marks – 20 [2 X 10 marks]

Contact Hours : 30 hours

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 Well-being or Importance of Balanced Diet
- Behavioural Pattern of a well adjusted person based on the indicators of mental well-being
- Socio- Economic factors affecting Well-being 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

SUBJECT: SCIENCE OF WELL-BEING (SOWB)

Project Guidelines

Total Marks – 20 [2 X 10 marks]

Contact Hours : 30 hours

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

- Different Pollutants affecting Positive Environmental Well-being and suggest their remedial measures.
- 5 steps of Financial Well-being – gaining financial literacy , budgeting , managing debt , savings , investing.
- Technique of managing stress in Adolescence.
- Practical ways to enhance Spiritual Well-being 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 someone 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