

(ii) Balanced Education

B.A. (PEHE)

DSE-II (ii)
Time: 3 Hrs
Max. Marks: 75

THEORY

Unit 1

Balanced Education: Introduction, Meaning, definition, Significance, Aims & Objectives; Components- Health; Wealth; Physical Fitness, Wellness; Longevity, Success; Happiness approach. Components of Balanced Education as Body, Mind, Intellect, Heart, Social, Spiritual, Environment and Genetics etc.

Unit 2

Health : Introduction, Meaning, Definition of Positive & Negative Health; Relation to Fitness, Illness, Wellness Continuum, Personality; Components of Health-Physical, Emotional, Mental, Spiritual, Social, Environmental, Genetic, Interdependence of health on sound body, mind, heart, soul, environment, genetics; wholistic nature of health with examples of all components role on each component concept of divisions for convenience of understanding. Goal setting, Decision making for healthy behaviours; Analysing information, Awareness to current status, Measurement & management of Health.

Unit 3

Wealth: Introduction, Meaning, Generation by work for all, Relation to MDG-2015; Right to Work, Equality, Occupational Skills; Vocational decision making, Goal Setting, Application of knowledge and enriching knowledge for progress harmony and development.

Unit 4

Physical Fitness: Introduction, relation to health, Definition, health related physical fitness and its components, skill related physical fitness and its components exercises to improve and maintain physical fitness with physical fitness technology and principles of development of physical fitness.

Wellness : Introduction, meaning, definition, components, development of wellness prevention of illness, Measurement & management of Wellness.

Unit 5

Longevity: Introduction, Meaning, Definition, age, expected healthy years of age; lifestyles and their impact on longevity. Measurement and management by change in behaviours.

Success : Introduction, Meaning, Definition, relation to best efforts and results, understanding the satisfactory level of success; goal setting, critical thinking and decision making with respect to success and performance.

Happiness: Introduction, Meaning, Definition, Concepts, relation to success; dependence on success, wealth, health etc. Acquiring happiness irrespective to possessions of health, wealth, fitness, role of genes & environment.

PRACTICALS

1. Measurement of body height, weight, BMI, and Pulse rate.
2. Demonstration of Meditation techniques.
3. Demonstration of the importance of man made and natural environment.
4. Demonstrations of healthy environmental choices with the help of meditation, exercise and nutritional habits.
5. Demonstrate management of wellness.

BOOKS RECOMMENDED

1. Anspaugh, D.J., M.H. Hamrick & F.D. Rosato (2005). Wellness: Concepts and Application. McGraw Hill, USA.
2. Chopra, D. (1994). The Seven Spiritual Laws of Success. Amber-Allen Publishers, New World Library, New Delhi.
3. Covey, S.R. (2004). The Eighth Habit: From Effectiveness to Greatness. Franklin Covey Co., USA.
4. Kansal, D.K. (2013) Wholistic Personality Development. Sports & Spiritual Science Publications, New Delhi.
5. Kansal, D.K. (2015) Balanced Education . Sports & Spiritual Science Publications. In Press.
6. Loehr, J. And T. Schwartz (2003). The Power of Full Engagement : Managing Energy, not Time, Is the Key to High Performance and Personal Renewal. Free Press Paperbacks; New York, USA.