

Course Code	Course Title	L	T	P	C
AEXC137N	Health and Wellness	0	0	0	2
Pre-requisite	NIL	Syllabus version			
		1.0			
Course Objectives:					
<ol style="list-style-type: none"> 1. To conduct various events/awareness programmes/ trainings thereby improving their leadership, management and coordinating skills 2. To build a network in showcasing skills, talents and contribute individually and collectively, as responsible members of the local / national / international community 3. To learn how teamwork, cooperation and collaboration can bring changes to society 					
Course Outcomes:					
<ol style="list-style-type: none"> 1. To identify and solve problems prevalent in the society 2. To gain practical knowledge about best practices in chosen domain 3. To master team building and leadership skills 					
General Guidelines				90 hours	
<ol style="list-style-type: none"> 1. Regular activities: Participation in events like orientation session, training, awareness programmes, guest lecture, workshop & internal competitions, organized by associated club and understanding the societal problems 2. Gaining of practical knowledge through participation in outreach activities, field visits and relevant events 3. Participating / Organizing / Volunteering for events during Riviera/ Vibrance organized by associated club thereby enhancing and exhibiting the team building and leadership skills 4. Representing the institute as a part of Club in events or competitions conducted by other institutes 5. Report – report on all the activities for a duration of 90 hours needs to be submitted 					
Mode of Evaluation: (No FAT) Participation in activities for 90 hours and report					
Recommended by Board of Studies		23-11-2022			
Approved by Academic Council		No. 68	Date	19-12-2022	