

Lecture Plan							
Name of the College: Government College of Arts, Science and Commerce. Sanquelim- Goa							
Name of Faculty: Mr. Sanjeet Gaonkar		Subject: Zoology					
Paper code: ZOO 131		Program: F.Y BA				Division:	
Academic year: 2025- 2026		Semester: I				Total Lectures: 15	
Course Objectives:							
1. To examine the impact of nutrition on health. 2. Understand the basic principles of nutrition and its role in human health. 3. To recognize the importance of managing Health and Wellness. 4. Identify the functions and sources of essential nutrients in the human diet.							
Expected Course Outcome: At the end of the course, students will be able to:							
1. Explain the constituents of food. 2. List the components of a balanced diet, special nutritional requirements in various age groups and the diet related disorders in humans. 3. Plan a meal with ideal dietary requirements for various stages of life. 4. Demonstrate understanding of health and wellness.							
Student Learning Outcome: Students will gain knowledge of the mechanism of homeostasis through hormonal regulation							
Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books

June/July	30/06/2025	05/07/2025	1	• Management of Health and Wellness		PPT	
July	07/07/2025	12/07/2025	1	• Importance of health and wellness Education		PPT	
July	14/07/2025	19/07/2025	1	• Factors affecting health and wellness		PPT	
July	21/07/2025	26/07/2025	1	• Sedentary lifestyle and its risk of disease		PPT	
July/August	28/07/2025	02/08/2025	1	• Stress, anxiety, and depression		PPT	

August	04/08/2025	09/08/2025	1	Stress, anxiety, and depression		PPT	
July/August	11/08/2025	16/08/2025	1	Factors affecting mental health		PPT	
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August	18/08/2025	23/08/2025	1	Depression and Suicidal tendencies,		PPT	
September	02/09/2025	06/09/2025	1	- Suicidal tendencie - Substance abuse -Drugs		PPT	
September	08/09/2025	13/09/2025	1				
September	15/09/2025	20/09/2025	1	Substance abuse - Cigarette, Alcohol		PPT	
September	22//09/2025	27/09/2025	1	de-addiction, counselling and rehabilitation		PPT	
September	29/09/2025	04/10/2025	1	Spirituality and mental health.		PPT	

October	06/10/2025	11/10/2025	1	• Role of sleep in maintenance of physical and mental health.		PPT	
October	13/10/2025	18/10/2025	1	Demo1: Role of Yoga, asanas and meditation in maintaining health and wellness.		PPT	