



## DWIJENDRALAL COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

2<sup>ND</sup> SEMESTER-2025

Health and Wellness

Course Code: PEDS-MU-T-1

PROJECT (MDC)

NOTICE NO -276

11/08/2025

Each student should choose their topic corresponding to the category mentioned under the first alphabet of their first name.

SL.NO	Category	PROJECT ( Topic )
1	A	Health and Wellness- Definition, Meaning and Concept. Anxiety
2	B	Dimensions of Health and Wellness. Factors affecting health and wellness. Depression.
3	C	Importance of health and wellness Education
4	D	Determinants of healthy behaviour. Physical activity, Lifestyle management.
5	E	Diet and nutrition for health & wellness. Stress,
6	F	Malnutrition, under-nutrition and over-nutrition
7	G	Processed foods and unhealthy eating habits
8	H	Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals
9	I	Mental health- Definition and meaning. Relationship between mental health and wellness. Yoga and Asanas.
10	J	Factors affecting mental health.
11	K	Management of Stress, anxiety, and depression
12	L	Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation
13	M	Physical Fitness- Definition and Meaning. Relationship among Physical Fitness, Health and Wellness
14	N	Types of Physical Fitness and its Health Benefits. Health and Wellness- Definition.
15	O	Physical activity, Lifestyle management and Hypokinetic diseases prevention Yoga and asanas
16	P	Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness.
17	Q	Factors affecting mental health. Health and Wellness
18	R	Management of Stress, anxiety, and depression Types of Physical Fitness and its Health Benefits.

SL.NO	Category	PROJECT ( Topic )
19	S	Essential components of a balanced diet for healthy living with specific reference to the role of carbohydrates, proteins, fats, vitamins & minerals. Factors affecting mental health.
20	T	Diet and nutrition for health & wellness. Health and Wellness
21	U	Substance abuse (Drugs, Cigarette, Alcohol), de-addiction, counseling and rehabilitation Types of Physical Fitness and its Health Benefits.
22	V	Processed foods and unhealthy eating habits, Drugs,
23	W	Weight management and the role of Yoga, asanas, and meditation in maintaining health and wellness.
24	X	Mental health- Definition and meaning. Relationship between mental health and wellness. Drugs, Cigarette, Alcohol
25	Y	Diet and nutrition for health & wellness.
26	Z	Health and Wellness- Definition, Meaning and Concept Yoga and asanas .

Head

Department of Physical Education  
Dwijendralal College

**HEAD**  
**DEPT. OF PHYSICAL EDUCATION**  
**DWIJENDRALAL COLLEGE**  
**KRISHNAGAR, NADIA**

Principal  
Dwijendralal College

**Principal**  
**Dwijendralal College**  
**Krishnagar, Nadia**