

## **About Page – Health and Wellness: A Manual**

### **About this course:**

Our ancestors existed on the verge of hunger, whereas we live in an age where plentiful and processed calories make it hard for us to have healthy metabolisms. Western medicine has been very successful in combating infectious diseases however Ayurveda, which is a system of medicine local to the subcontinent, may be better in helping us overcome diseases of lifestyles. Ayurveda recognizes that people are different and based on these differences human bodies can be divided into 7 different body types. Ayurveda compels us to make lifestyle choices in line with the particular needs of each body type.

### **Is this course for you?**

Who doesn't want to know how to be fitter, healthier and happier. This course takes you through a journey of your lifestyle and will enable you to become a healthier you. If you want to understand your own body and how to better take care of it, then this course is perfect for you.

### **What will you learn?**

This course comprises of 6 modules and throughout this course you will learn about:

1. Ayurvedic tradition of medicine and its basis in science
2. Various body types that humans have and best practices for each body type
3. Identifying your own body type and developing a care plan for it
4. How sleep, exercise and stress-management are pillars of health
5. Different diseases of lifestyle such as diabetes, hypertension, high cholesterol, depression and anxiety
6. How you can use lifestyle measures for optimal health

**Offered by:****LUMS**

Lahore University of Management Sciences (LUMS) is a private research university located in Lahore, Punjab, Pakistan. LUMS is ranked as one of the top private universities in Lahore, Pakistan. In the QS University Rankings for the year 2023, it is ranked among the top 650 in the world.

**Instructors**

Dr. Basmaa Ali

Resident Scientist, School of Science and Engineering, LUMS

Faculty, Harvard Medical School

**Outline:****Module 0**

This module is an introduction to the course instructor and what you can expect from this course in terms of course components and grading policy. Welcome to Health and Wellness: A Manual!

[Units] 7    [Time] 0.5 Hours



[Video] 1 Video



[Reading] 5 Units



[Discussion Forum] Meet Your Peers

**Module 1**

In this module we learn that we are different from each other, and our lifestyle has a deep impact on our health. We cannot choose our body types, but we can choose our lifestyles. A lifestyle that complements our natural body type leads to optimal energy and wellness, whereas a lifestyle that reinforces the not so healthy aspects of our body

type opens the door to lethargy and illness. In this module we explore Ayurvedic practices and the scientific foundations behind it.

[Units] 26 [Time] 3 Hours



[Videos] 13 Videos



[Assessment] 2 Graded Quizzes



[Readings] 9 Units



[Interactivity] Learning Journal



[Discussion Forum] Body-Types Around You

## Module 2

We are what we eat and assimilate. Our gut is not a passive organ into which we can just put in whatever we like and expect good health. A focus on maintaining a healthy gut and choosing foods that balance your body type are the highway to health and wellness. In this module, you will learn how your body type is impacted by what you eat and how to maintain the wellbeing of your gut.

[Units] 21 [Time] 2.5 Hours



[Videos] 8 Videos



[Assessment] 3 Graded Quizzes



[Readings] 8 Units



[Interactivity] Wellness Plan



[Discussion Forum] Health and the Gut

## Module 3

Sleep, stress management and exercise are therapeutic tools that can pave the road to a healthy, happy and energetic you, if you choose their times, types and quantities wisely. Not paying attention to these pillars of health leads to lack of energy and illness. This

module emphasizes the importance of sleep, exercise and stress management and delves deeper into how each of these plays out in your daily life.

[Units] 25 [Time] 3 Hours



[Videos] 12 Videos



[Assessment] 4 Graded Quizzes



[Readings] 7 Units



[Interactivity] Wellness Plan



[Discussion Forum] Changing Habits for the Better

## Module 4

Our age is a time of metabolic diseases which spring from unhealthy eating and exercise habits. High blood pressure, diabetes and high cholesterol are the primary killers of our time and the first line treatment for these conditions is good management of our lifestyles. This module will allow you to gain an understanding of these diseases and how you can change your lifestyle to manage and/or prevent them.

[Units] 16 [Time] 2 Hours



[Videos] 6 Videos



[Assessment] 4 Graded Quizzes



[Readings] 4 Units



[Interactivity] Wellness Plan



[Discussion Forum] Help Fight Diabetes

## Module 5

We live in times of high anxiety and rising depression. Humans are social by instinct and evolution. The 21<sup>st</sup> century has many tools for communication, however there is more

isolation than ever before in human history. This module talks about anxiety and depression and how to use your connection to other people in treating these conditions.

[Units] 12 [Time] 2 Hours



[Videos] 3 Videos



[Assessment] 2 Graded Quizzes



[Readings] 5 Units



[Interactivity] Wellness Plan



[Discussion Forum] Mental Health and Society

## Module 6

You do not have infinite time or energy at your disposal. Choosing how to spend your resilience is the most important choice you will make in your life. Fortunately, it is a choice you are free to make every morning. Choosing to spend your wellness reserve on the right things is the beginning of a life well lived. This module delves into the wellness reserve, which is the reserve of energy one has, and how to maintain it while understanding what depletes your energy and what adds to it.

[Units] 12 [Time] 3 Hours



[Video] 1 Video



[Assessment] 1 Graded Quiz



[Readings] 5 Units



[Interactivity] Wellness Plan



[Assessment] Peer Graded Activity



[Discussion Forum] Maintaining Your Wellness Reserve

## FAQs

**1. Who is this course designed for?**

This course is designed for anyone who is interested in taking better care of themselves and understanding their body and its needs. It is for people who are looking to make lifestyle changes for better health.

**2. Do I need to have any prior knowledge?**

Apart from a basic understanding of biology, this course does not have any prerequisites. It caters to learners with varying levels of expertise, from beginners to experienced people. The course will provide you with the necessary foundational knowledge and practical techniques to make significant improvement in your life.

**3. What is the duration of this course?**

This is a self-paced course. The recommended duration to complete the course is between 4-5 weeks. The course consists of engaging learning materials and interactive activities that will guide you through the course journey.

**4. How does peer-grading work?**

For peer-graded assessments, you will be required to grade 2 of your peers' work. Similarly, you will receive a grade based on your peers' assessment of your work. The peer review activity will appear once in the course. The course includes a video explaining how to use the peer assessment tool in the beginning of the course.

**5. Can I collaborate with other learners in this course?**

Absolutely! Collaboration is encouraged throughout the course. You will have the opportunity to engage in peer discussions, provide feedback on each other's work, and learn from the diverse perspectives and experiences of your fellow learners. Apart from the peer-graded assessment at the end of the course, you can engage with you peers through the discussion forums in each module.

**6. What is the Wellness Plan and can I make changes to it?**

The Wellness Plan is a tool that will help you build a personalized care plan in several different stages. Since it is an iterative process, you will be able to access your Wellness Plan and make changes to it at any given time during the course. You will submit a final version of this plan for peer grading in the last module of this course.

**7. Is this course self-paced or instructor led?**

This course is self-paced, allowing you to learn at your own convenience. However, you will have access to an online discussion forum where you can interact with fellow learners and share insights.

**8. What should I do if I am away for a few days?**

Your progress for the course is always saved in your ilmX account. Whenever you log in again, you will be able to proceed from where you left off.

**9. What resources and materials will be provided in the course?**

The course will provide you with a variety of resources, including instructional videos, additional readings, templates, and tools. These resources will support your learning journey and help you apply the concepts and principles to your own life.

**10. Will I have access to the course materials after completing the course?**

Yes, you will have continued access to the course materials and resources even after completing the course. This allows you to revisit the content whenever needed and reinforce your understanding of health and wellbeing.

**11. Do I have to watch all the videos to complete the course?**

Yes, you have to watch all the videos to complete this course.

**12. What is the passing grade to get the certificate?**

You will need to go through all the units and attain a 60% grade in assessments to pass the course and get a certificate.

### **13. Who should I contact if I have additional questions?**

Please forward any queries to our team on the chat widget or email your query to us at [support@ilmx.org](mailto:support@ilmx.org). We will only be responding to technical support queries. Content related queries cannot be entertained at the moment.

## **Overview Page**

### **About this training**

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### **Outline of Contents**

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[Reading] 5 Units



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