

GOVERNANCE OF WELLNESS	
Objectives	<ul style="list-style-type: none"> ➤ To improve good governance ➤ To enrich knowledge about good governance ➤ To increased strength ➤ To improved mental health. ➤ Get healthy in body and mind to live a longer and more wellness life
Unit-I	Concept and principals of good governance of wellness – Elements of good governance –Pillars of good governance.
Unit-II	Meaning of wellness – Important of wellness – Dimensions of wellness- Indicators of good governance.
Unit-III	Ethics of good governance of life – First Aid – Recreation – Fatigue and Sleep.
Unit-IV	Meaning of Health- Health Education- The essentials of health- Psychosis -Neurosis- Mental Illness-Weight Control.
Unit-V	Exercise-Building Internal and External Strength through Exercise -Walking- Swimming- Cycling-Aerobic exercise.
References	<ol style="list-style-type: none"> 1. Scott K.Powers StephenL.Dodd, "Total Fitness exercise, nutrition and wellness, 1996" Allgn & Bacon USA.(1996) Sigh YP "Effecture sports management Ammol Publication Pvt.Ltd.New Delhi (India 2001) 2. Langton C.V. and Anderson C.L. "Health Principles and Practice" Mosby Company, New York 1957.
outcomes	<ul style="list-style-type: none"> ➤ To identify the major dimensions of governance of wellness ➤ Knowledge obtained about governance of wellness. ➤ To gain physical wellness. ➤ To improve your brain health. ➤ To reduce the risk of diseases.

Good Governance has its major character of participatory consequence oriented, accountable, transparent, responsive, effective and efficient, equitable and inclusive and follows the rule of law, being in good health actively perusal goal. The act of practicing healthy habit, attain better physical and mental healthy outcomes, promotes proper care of our bodies.