

PS410 - Psychology for Health and Well-Being [3 credits]

To introduce the basic concepts in health and illness. This elective course will provide an overview of recent approaches to health and well-being. The aim of the course is to help students to learn applications of psychology in for health and well-being.

1. Module 1: Introduction: Illness, Health and Well being

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Topics:

- Models of health and illness
- Medical
- Bio psychosocial
- Holistic health
- Health and well being

2. Module 2: Stress and Coping

Topics:

- Nature and sources of stress
- Effects of stress on physical and mental health
- Coping and stress management

3. Module 3: Health Management

Topics:

- Health-enhancing behaviors: Exercise, Nutrition
- Health compromising behaviours
- Health Protective behaviours

4. Module 4: Health and wellness from Indian Perspective

Topics

- Illness Management
- Mindfulness Meditation

5. Module 5: Human strengths

Topics:

- Classification of human strengths and virtues;
- Cultivating inner strengths: Hope and optimism;
- Wisdom and Transcendence

6. Module 6: Life Enhancement

Topics:

- Gainful Employment and
- Me/We Balance
- Work Life Balance

Evaluation:

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Group/Individual Presentation: 15 %
- Practicum: 15 %