

## **Course: Literature and Coping Skills**

**Course Code:** noc21-hs40

**Session:** 2020-21

**Duration:** 8 Weeks

**Assessment procedures:** Weekly Assignment (25%) + proctored certification Exam (75%)

### **Curriculum of the Course:**

Week 1: The Power of Literary Experience

Week 2: Poetry and Healing

Week 3: Conquering Fear

Week 4: Defeating Depression

Week 5: Negotiating Trauma

Week 6: Overcoming Heartbreak

Week 7: Taming Substance Abuse Week 8: Beating Eating Disorder

### **List of students enrolled**

<b>S.No.</b>	<b>Name of Student</b>
1	Anshita Yadav
2	Navneet kumar
3	Neha Maheshwari
4	Tanisha Jain