

Course: Psychology of Stress, Health and Well-being

Course Code: noc21-hs29

Session: 2020-21

Duration: 12 Weeks

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

Curriculum of the Course:

Week 1:

- Stress, health and well-being: Overview; Nature and physiology of stress

Week 2:

- Stress, trauma and health: Mind-body connections; Stress and non-infectious diseases; Stress and infectious diseases; Stress and psychological disorder

Week 3:

- Positive aspects of stress and trauma: Stress, trauma and posttraumatic growth; Factors influencing stress tolerance

Week 4:

- Coping processes and strategies 1 : Types of coping strategies; Coping strategies of limited value; Unconscious mind and defensive coping; Characteristics of constructive coping; physical ways of coping

Week 5:

- Coping processes and strategies 2: Mind-body strategies; Mental ways of coping; Coping with social support and meaning in life; Mindfulness and acceptance

Week 6:

- Beyond stress and recovery: Positive mental health and well-being

Week 7:

- Psychology of happiness: What is happiness? What makes us happy? Socio-economic factors and happiness; Positive emotions

Week 8:

- Can we become happier? Genetic set-point and hedonic adaptation; Sustainable happiness model and intentional activities

Week 9:

- Happiness Activities 1: Expressing gratitude and positive thinking; Love and kindness; Avoiding overthinking and social comparison

Week 10:

- Happiness Activities 2: Identifying signature strengths; Achieving happiness with "Flow".

Week 11:

- Is happiness sufficient? The concept of eudaimonic well-being; Self-determination and motivation

Week 12:

- Meaning and purpose in life: The concept of meaning in life and logo-therapy; Life goals

List of students enrolled

| S. No. | Name of Student |
|---------------|------------------------|
| 1. | Ayushi Agarwal |
| 2. | Ritika Agarwal |
| 3. | Anshul Sharma |
| 4. | Arpita Dubey |
| 5. | Rajat Malik |
| 6. | Rohit-Verma |
| 7. | Ritesh Sharma |
| 8. | sakshi khandelwal |
| 9. | Sankit Sharma |
| 10. | Sarthak Agarwal |
| 11. | Jagrati Sharma |
| 12. | Shivam Todwal |
| 13. | Shiv Maheshwari |
| 14. | Yash Gupta |