

Course Code	Course Title	L	T	P	C
BHUM235E	Psychology of Wellness	2	0	2	3
Pre-requisite	NIL	Syllabus version			
		1.0			
Course Objectives					
This course explores the psychological principles and practices that contribute to holistic well-being. Students will examine various aspects of wellness, including emotional, social, physical, and cognitive dimensions. This aims to help the students to cope with academic stress.					
Course Outcomes					
By the end of the course the students will be able to					
<ol style="list-style-type: none"> 1. Understand the meaning of well-ness 2. Examine the impact of stress on mental health 3. Develop modules to manage stress 					
Module:1 Introduction to psychology of wellness					
					2 hours
Definition and Dimensions of Wellness, Historical Perspectives on Wellness The Biopsychosocial Model of Wellness, Introduction to Positive Psychology					
Module:2 Understanding emotions					
					5 hours
Understanding and Managing Emotions Emotional Intelligence, Emotional resilience					
Module:3 Social wellness					
					5 hours
Social Relationships and Well-Being, Communication Skills Building and Maintaining Healthy Relationships, Social Support Networks					
Module:4 Physical wellness					
					4 hours
The Mind-Body Connection, Nutrition and Mental Health, Exercise and Psychological Well-Being, Sleep and its Impact on Wellness Mindfulness-based stress reduction (MBSR)					
Module:5 Cognitive well-ness					
					4 hours
Cognitive Behavioral Approaches to Wellness Mindfulness and Meditation Positive Thinking and Optimism Enhancing Cognitive Functioning					
Module:6 Yogic way to wellness					
					4 hours
Meditation: Mind Controlling Technique Pranayama: A Behavioural Technique to Control the Self Nada Yoga: Music Therapy Concentration Technique, breathing techniques					
Module:7 Application					
					3 hours
Academic stress, factors, learning styles, study habits, study skills, memory enhancing techniques					
Module:8 Application and Integration					
					2 hours
Developing personalized wellness plans					
				Total Lecture hours:	30 hours
Text Book(s)					

1	Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay (2008). The Relaxation and Stress Reduction Workbook (6 th Edn)New Harbinger Publications, Inc.
2	Rath, T., & Harter, J. (2010). Wellbeing: The Five Essential Elements. Gallup Press.
3	Kamakhya Kumar (2013). Yoga Psychology-A Handbook of Yogic Psychotherapy (1 st Eds.). Delhi: D.K. Print World Ltd.
Reference Books	
1	Linda Myoki Lehrhaupt and Petra Meibert(2017).Mindfulness-Based Stress Reduction: The MBSR Program for Enhancing Health and Vitality. New World Library.
2	Jon Kabat-Zinn(1994). Mindfulness Meditation for everyday life. Robert M. Sapolsky (2004). Why Zebras Don't Get Ulcers. New York: Henry Holt and company.
3	Web resources Kabat-Zinn J. (2003). "Mindfulness-based interventions in context: past, present, and future". Clinical Psychology: Science and Practice. 10 (2): 144–156. doi:10.1093/clipsy.bpg016.
Mode of Evaluation: CAT / Written assignment / FAT / Project / Seminar / Group discussion.	
Recommended by Board of Studies	21-02-2024
Approved by Academic Council	No. 73 Date 14-02-2024