

Course Code	Course Name	Credits
26AE108	HEALTH AND WELLNESS	02

Course Objectives

- To familiarize the concepts of psychological aspects of health.
- To develop an understanding of health and how mind and body relationship connects to wellbeing.
- To develop an understanding of wellbeing and the benefits of attaining wellbeing.
- To develop an understanding of stress, and its consequences.
- To equip the students with the health enhancing behaviours to cope with different psychological factors.

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Cognizance towards various health-related concerns.
- Integrate different domains such as biological, psychological, social, and spiritual factors of human health and disease.
- In-cooperate health enhancing behaviours in their daily lives.

Unit 1 - Mind-Body Relationship (12 Hrs.)

Meaning of mind-body relationship; connection between thoughts, emotions, behavior, and physical health; importance of mental and physical well-being in everyday life. Demo: Activity I: Meditation, Activity II: Relaxation.

Unit 2 – Well-being (12 Hrs.)

Components of well-being: life satisfaction, affect. Demo: Activity I: self-care habits, Activity II: art/DIY.

Unit 3 – Stress, illness and pain (14 Hrs.)

Causes, consequences and coping with stress. Meaning and types of illness and pain; psychological factors influencing illness and pain; pain management and health-promoting behaviors. Activity I: Nature Walk, Activity II: Yoga.

Unit 4 – Health enhancing behaviors (12 Hrs.)

Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

Demo: Activity I: Exercise, Activity II: safety, Activity III: nutrition.

Unit 5 - Introduction to the administration, scoring, and understanding (10 Hrs.)

General Health Questionnaire (GHQ), Well-being Questionnaire, Depression Anxiety Stress Scale (DASS-21).

Reference Books:

1. Shelley, E.T. (1986). Health Psychology. New York: Random House.
2. Ogden, J. (2012). Health Psychology. McGraw Hill Foundation.
3. Morrison, V., Bennett, P. (2009). Introduction to Health Psychology (2nd Ed), Pearson Education Limited, New York.



COs and Bloom's Taxonomy Mapping – 26AE108

Course Outcomes	On successful completion of this course, the students will be able to	BTL
CO1	Explain the meaning, scope, concepts, and models of positive psychology and well-being.	K1, K2
CO2	Describe factors influencing happiness, well-being, and positive emotions in everyday life.	K3
CO3	Apply techniques such as gratitude, mindfulness, emotional regulation, and resilience for enhancing well-being.	K4
CO4	Analyze the role of character strengths, emotional intelligence, and communication skills in personal and social development.	K5
CO5	Design strategies for workplace well-being, relationship building, and helping roles using principles of positive psychology.	K6

BTL (Bloom's Taxonomy Level) - K1 – Remembering, K2 – Understanding, K3- Applying, K4 – Analyze, K5- Evaluate and K6 - Create

Relationship Matrix – 26AE108

Course Outcomes	Programme Outcomes (POs)						Programme Specific Outcomes (PSOs)						Mean Score of Cos
	PO1	PO2	PO3	PO4	PO5	PO6	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	
CO1	3	2	1	2	1	1	3	2	2	2	1	1	1.75
CO2	3	2	1	2	2	1	3	2	2	2	2	1	1.92
CO3	2	3	3	2	2	2	2	3	2	2	2	2	2.25
CO4	2	3	2	2	2	2	2	3	2	3	2	2	2.25
CO5	2	3	3	3	2	3	2	3	3	3	2	3	2.67
Total													2.17

Mean Score: 3- High, 2- Medium/Moderate, 1-Low