

MARUDHAR KESARI JAIN COLLEGE FOR WOMEN. VANIYAMBADI DEPARTMENT OF PSYCHOLOGY



VALUE ADDED COURSE SYLLABUS 2023-2024

COURSE TITLE: HEALTH AND WELLBEING

HOURS:

MARKS: 100

COURSE CODE: VAPSol

CLASS: II YEAR

Learning Objectives:

- . To introduce the students to the concept of health and wellbeing and its relevance in saily
- To introduce the students to the relation between mind-body and its relevance.
- To introduce students to health behavior and promotion of human strengths for well-
- To familiarize students about physical and mental health

Course outcomes:

- On the successful completion of this course the student will be able to: explain the concept and nature of health, wellness and its various implications
- Demonstrate adequate knowledge on well-being and promotion of healthy behavior.

UNIT -1: INTRODUCTION OF HEALTH AND WELLBEING:

Define and differentiate health and wellness. Importance of health and wellness Education. Local. demographic, societal issues and factors affecting health and wellness.

UNIT-2: COMPONENTS AND CONCEPTS OF HEALTH AND WELLBEING:

Components of health- physical, social, mental, spiritual and its relevance Concept of wellness Mental Health & weliness Determinants of health behaviors,

UNIT-3: MIND - BODY AND WELL-BEING:

Mind- Body connection in health- concept and relation, Implications of mind-body connections. Wellbeing- why does it matter? Digital wellbeing Understanding health beliefs.

UNIT-4: MANAGEMENT OF HEALTH AND WELLNESS.

Prevention and management through exercise. Spirituality and mental health: Role of Yoga, asanasand meditation in maintaining health and wellness. Role of sleep in maintenance of physical and mental health.

UNIT-5: PROMOTING HEALTH THROUGH HUMAN STRENGTH:

Promoting Human strengths and life enhancement. Classification of human strengths and virtues. cultivating inner strengths: Hope and optimism

TEXT BOOKS:

- . Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- · Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
- Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
- Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

COURSE TEACHER:

Marudhar Kesari Jain College for Women Value Added Course - 2023-2024 - Student Name List

-	1	Course : VAPSO	1 - Health & Well Being- Psychol	
No	Roll No	Name	Course	Signature
1	31823/35002	ARINAYA S	VAPSO1 Health & Well fleung: Psychology	e e la
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16	31822027051	YOGALAKSHMIS	VAPS01 - Health & Well Being- Psychology	fogalakumi s
17	31822027034	RAMYA K	VAPSOL Health & Well Being- Psychology	Ramy N
18	31822027035	NADHIGA P	VAPSOL - Health & Well Bulle - Psychology	Postage ?
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54	31822U18097	SOWMIYA PRIYA M	VAPS01 - Health & Well Reing- Psychology	Modern Sign Planting
55	31822018075	RAKSHITHAS	VAPS01 - Health & Well Being- Psychology	C. Pakillette
56	31822016022	KRISHNA PRIYA S	VAPS01 Health & Well Being: Psychology	6. Kous has frey
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MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI



PG DEPARTMENT OF PSYCHOLOGY VALUE ADDED COURSE – 2023- 2024 HEALTH AND WELLBEIGN











MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

MARUDHAR NAGAR, CHINNAKALLUPALLI, VANIYAMBADI



SKILL ACADEMY 2023 - 2024

CERTIFICATE

OF COMPLETION

THIS IS TO CERTIFY THAT

AAYISHA M

has Successfully Completed her Value Added Course on "Health & Well Being-Psychology" from the Period 21/08/2023 to 05/10/2023 and Secured Grade A+Conducted by the Department of Psychology.

M. Children

Dr. M.Inbavalli Principal



Dr. D. Vetrivelan



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN

MARUDHAR NAGAR, CHINNAKALLUPALLI, VANIYAMBADI



SKILL ACADEMY 2023 - 2024

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M. Chillian

Dr. M.Inbavalli Principal



Dr. D. Vetrivelan



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI.

DEPARTMENT OF PSYCHOLOGY

VALUE ADDED COURSE SYLLABUS 2023-2024

COURSE TITLE; TRAINING AND COUNSELLING

COURSE CODE: VAPS02

MARKS: 100

CLASS: III YEAR

COURSE OBJECTIVES:

- This course introduces the fundamental principles and practices of training and counseling.
- Students will comprehensively understand effective communication, counseling, techniques, and training methodologies.
- The course explores the role of a trainer and counselor, ethical considerations, and the application of these skills in various contexts.
- They will understand how to guide clients through the process of problem-solving and decision-making.

COURSE OUTCOMES:

- Upon completing this course, participants will have a solid grasp of the core principles and concepts of training and counseling, including the importance of active listening, empathy, and confidentiality in the helping relationship.
- Participants will develop enhanced communication skills, enabling them to communicate clearly, respectfully, and empathetically with clients.
- By the end of the course, participants will be equipped with techniques to assist clients in identifying their issues, setting realistic goals, and creating actionable plans for personal and professional development.
- This course will foster an appreciation for ethical guidelines and cultural sensitivity in the counseling and training context.
- These course outcomes will empower participants with essential skills and knowledge to engage in effective training and counseling relationships, contributing to personal growth and positive change for both clients and themselves.

UNIT-1: INTRODUCTION TO TRAINING AND COUNSELING

Understanding the concepts of training and counseling, the differences between training and counseling, Importance of effective communication in both fields.

UNIT-2: COMMUNICATION SKILLS

Verbal and non-verbal communication, active listening techniques, empathy, and rapportbuilding.

UNIT-3: COUNSELING TECHNIQUES

Basic counseling theories: person-centered, cognitive-behavioral, solution-focused, assessment and goal setting in counseling, managing resistance and difficult emotions in counseling sessions

UNIT-4: TRAINING METHODOLOGIES

Adult learning principles, training needs assessment, designing training programs: objectives, content, and structure

UNIT-5: ETHICAL CONSIDERATIONS AND APPLICATION

Ethical guidelines in counseling and training, confidentiality and boundaries. Case studies: Applying counseling and training skills in real-life scenarios

REFERENCES:

- 1. "Counseling Techniques: A Comprehensive Resource for Understanding and Application" by Rosemary A. Thompson.
- 2. "Training Design Basics" by Saul Carliner.
- 3. "Effective Counseling Skills: The Practical Wording of Therapeutic Statements and Processes" by Daniel Keeran
- 4. Online articles and case studies from reputable counseling and training organizations

 Grading

Marudhar Kesari Jain College for Women Value Added Course - 2023-2024 - Student Name List

Course :VAPS02 - Training and Counselling -PSYCHOLOGY

No	Roll No	Name	Signature
1	31821U2400	7 HANIYA HIRA V A	Haniya
2	31821V16017	KAVIYA M	1
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4	31821U15001	ABIRAMIR	12.13
5	31821018011	ARCHANA R	thisary
6	31821008006	ARCHITHA P	TI.
7	31821U27005	DHARSHINI S	3-174
8	31821027008	HALAN SANGEETHA H	
9	31821017013.	INDHUMATHI G	4. Indhemathi
10	31821U27013	KALISHWARIS	KO
11	318211/09042	KIRUTHIKA V	auth: V
12	31821U36007	KOWSALYA P	Rouse
13	31821015011	KOWSALYA S	a de la constante de la consta
14	31821017018	MAHA R	
15	31821027018	MANUSHA M	Make R
16	31821U09064	NIVETHA'S	Afficial of -5
17	U152109,	RAJALAKSHMI R	
18	U182111	RAKSHANA S	Rind
19	U272133	RAMSHA KHAN	- Contraction of the contraction
20	U272128	REVATHI S.	Proth
21	U272134	ROSHNIN	The state of the s
22	U092138	SAFWAA SAMIN G	RoshiiN
23	U272137	SANDHIYA P	7 114
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0 0	1182133	YOGALAKSHMI N	Thomas -
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2 3	1821U18006	ALEEZA ARQAM N M	CO mann
3 3.	1821U18013	ASHWINI'S	ASIL'S
4 31	1821U08012	DEVADHARSHINI I	212
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01	82116	SAVITHA D	
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41	31823U0903G	JOTHIKA S.	10th Sta. C
42	31821U08029	ЈОТНІКА В	Folia-
43	31821008015	GAYATHRER	Gogathi
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45	31821U08001	AAISHA SIDDIQUA V	def
46	33821U08010	BHUVANESHWARI K	RIV-
47	31821U08004	AHMEDA IQRA I	Ahat
48	31821U08018	HAJIRA BEGUM S	Hallo
49	313Z1U08026	JANARANJJANEE B N	Tall
50	U082172	SHAMIU A	Shamili.
51	31821U08050	MUSTABSHIRA M F	Musha
52	U082158	5AYASINGH J	Sugar
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54	U082129	SNEHA S	greher S
55	31821U08041	LATCHANA 5	Latehana.
56	U182158	SADHANA M	Sadhara H
57	U182112	SANDHIYA D	Sardlinga
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59	31821U24011	MODEAI ZUHA MUSKAN	FAD:
60	U242101	LIROO) FATHIMA M	many.
61	31821011018	FAREENA BANUS	paraus
62	U112136	RIFA MAHEEN N	Reformer
53	31821U11011	AYSHA MARIYAM C	xyishor. 2

COURCE TEACHER:

HODE

BATCH1 23-24 3UG Training and Counselling -PSYCHOLOGY: Course Instructor Ms. Archana

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Course Team of 10/95

Carral Libra