

SKILL ENHANCEMENT COURSE (SEC)

3 CREDITS

(Offered in Sem 1 for Major and Sem 3 or 4 for Minor)

PSYHSE101M/ PSYHSE303M/ PSYHSE404M: Stress Management

Objective: In everyday life, we experience stress related to various situations. Students will learn how they can make adjustments and cope with stress more effectively.

Unit 1: Stress: Introduction, Nature, Symptoms, and Sources of Stress: Environmental, Social, Physiological, and Psychological

Unit 2: Stress and health: effects of stress on health, eustress, and distress

Unit 3: Managing stress-I: Methods - yoga, meditation, relaxation techniques (Hands on training on JPMR or Mindfulness based Meditation)

(Offered in Sem 2 for Major and Sem 5 or 6 for Minor)

PSYHSE202M/ PSYHSE505M/ PSYHSE606M: Gender Sensitization

Objective: Students will learn concepts of sex, gender, and Identity and their interface, and they will inculcate sensitivity to issues related to it within the sociocultural context.

Unit 1: Concepts of Gender: Sex, Gender Identity, Spectrums of Sex, Gender and Sexuality

Unit 2: Concepts of Self, Self-Esteem, Gender Roles, and Gender Stereotypes

Unit 3: Project on Sensitization and Awareness on Gender and Sexuality.