

**UG-NEP- SKILL ENHANCEMENT COURSE (SEC)**  
**MINOR COURSE**

**For 1<sup>st</sup> Semester Major, 3rd Minor & 3rd & 5th Semester Multidisciplinary Programme**

**PSYHSE101M / PSYGSE301M / PSYGSE501M: Stress Management (3 CREDITS)**

**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)

**PSY SE -2 For 2nd<sup>st</sup> Semester Major, 4th & 6th Semester Multidisciplinary Programme**

**PSYHSE202M/ PSYGSE401M / PSYGSE601M: Disability Mapping(3 CREDITS)**

**Objective:** Students will learn to assess levels of intellectual and social development.

**Unit 1:** Concept of Intelligence and Types

**Unit 2:** Concepts of Social development and Domains

**Unit 3:** Concepts of Intellectual Disability, Levels, and assessment through SFBT, DST and VSMS

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