

**JYOTI NIVAS COLLEGE AUTONOMOUS**  
**SKILL ENHANCEMENT COURSE - VALUE BASED COMPONENT**  
**HEALTH AND WELLNESS**

**CREDITS: 02**

**NO. OF HOURS: 30**

**OBJECTIVES**

1. To create awareness about health and wellbeing among youth.
2. To foster holistic personality development.
3. To help students to become emotionally mature and independent.
4. To enhance interpersonal accommodation and improve social skills.

**LEARNING OUTCOMES**

1. Students will be able to understand the relationship between emotional, physical, and mental health and ways to manage it.
2. Students will understand the importance of self-concepts, to respond positively to the opportunities and challenges, differences in opinion and world-view.
3. Students will learn to manage and adapt emotional behaviour, will gain emotional insights to understand and implement change.
4. Students will understand the dynamics of human interaction and communication processes as they occur across various contexts.

**UNIT I - INTRODUCTION TO HEALTH AND WELLNESS**

**07 HOURS**

**CONCEPT AND DIMENSIONS OF HEALTH:**

**Physical Health-** Concept of Health; Components of Health; Factors Influencing Physical Health; Importance of Physical Health; Concept of Healthy Lifestyle; Health Enhancing Behaviors; Lifestyle Modification-Body Composition, Nutrition and Exercises for Healthy Lifestyle; Sleep – Importance and Sleep Hygiene,

**Skill enhancing activity: session on physical health by a medical professional.**

**Psychological Health** – Concept of Psychological Health; Importance of Psychological Health; Factors Influencing Psychological Health; Methods to Enhance Psychological Health; Related Risks- Eating Disorders; Substance Use and Abuse.

**Skill Enhancing Activity: Session on Meditation and Relaxation Techniques Well-being.**

**Well-Being:** Concept; Types; Why Well-Being Matters? How to Achieve Well-Being–Stress Management; Time Management

**Skill Enhancing Activity: Insight to Ones Wellbeing using Self-Assessment Inventory.**  
**(Activities to reinforce learning of concepts and themes in the unit are to be included)**

**UNIT II – NURTURING YOUR PERSONALITY**

**06 HOURS**

Personality- Know Thyself- Hot Spot, Cold Spot, Soft Spot; Remembering You Are Unique- Being Comfortable in Being Authentic; A Mindset to Grow- Growth Mindset and Fixed Mindset;; Ego Resilience; Our Brain and Behaviour- Brain Dominance (left and right hemisphere), Night Owl And Early Bird; Metanoia- Spiritual Well Being.

**Skill Enhancing Activity –Johari Window, Self Assessment Inventory.**

**(Activities to reinforce learning of concepts and themes in the unit are to be included)**

**UNIT III – EMOTIONAL INTELLIGENCE AND MATURITY**

**06 HOURS**

The Concept of Feeling, Mood and Emotions, Emotional Intelligence (EI) and Maturity, Emotional Quotient; Components of Emotional Intelligence-Self-Awareness, Self-Regulation,

Motivation, Empathy, Social Skills; Importance of Emotional Intelligence.

**Skill Enhancing Activity- Strategies to Enhance Emotional Intelligence; Emotional Language and Expressions; Emotional Intelligence Scale – Self Assessment**

**(Activities to reinforce learning of concepts and themes in the unit are to be included).**

#### **UNIT IV - SOCIAL AND INTERPERSONAL RELATIONSHIPS                      07 HOURS**

Concept of Social and Interpersonal Relationships; Laying the Foundation-Trust, Empathy; Management of Social and Interpersonal Relationships; Role of Self Esteem and Self Image as a Medium of Building Relationships; Social Dependence Regulation.

Communication – Meaning; Process and Types of Communication; Elements of Effective Communication- Word Choice, Expression of Thoughts, Voice Modulation, and Body Language.

**Skill Enhancing Activity- Role Play to Demonstrate Interpersonal Accommodation**

**(Activities to reinforce learning of concepts and themes in the unit are to be included)**

#### **UNIT V- GENDER IDENTITY AND GENDER DYSPHORIA                      04 HOURS**

Gender Identity and Gender Role; Sexual Orientation-Meaning, Types, Development, Discrimination; Gender Dysphoria; Sexual Preferences; Sexually transmitted diseases; Societal Views on Sexuality.

**Skill Enhancing Activity- Psycho-education through Audio Visual Aids to Create Awareness.**

**(Activities to reinforce learning of concepts and themes in the unit are to be included)**

#### **REFERENCES**

1. Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book. Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.
2. DiMatteo, M.R. and Martin, L.R.(2002). Health psychology. New Delhi: Pearson.
3. Sarafino, E.P.(2002).Health Psychology.
4. Positive Psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage. Taylor,S.E.(2006).
5. Biopsychosocial Interactions (4thEd.).NY: Wiley. Snyder, C.R.,& Lopez, S.J.(2007).
6. Health Psychology (6thEd.). New York: Tata McGraw Hill.
7. Lally,M.,&Valentine-French,S.(2017).*LifespanDevelopment:APsychologicalPerspective*.California:College of Lake County.