

**DEPARTMENT OF PSYCHOLOGY  
ADD ON COURSE  
HEALTH PSYCHOLOGY SYLLABUS**

**COURSE OBJECTIVES**

1. To impart knowledge of the basic concepts and modern trends in Health Psychology.
2. To foster interest in Health Psychology as a field of study and Research.
3. To make the students aware of the practical applications of the various concepts in Health Psychology in the Indian context.
4. To help students adopt health related behaviors and promote the same.
5. To educate students on strategies involved in coping with stress.
6. To communicate about factors leading to chronic and terminal illnesses and social promotion as a preventive awareness.

**THEORY**

UNIT 1.Introduction to Health Psychology	[3 hrs]
UNIT 2.Health Behaviours	[3 hrs]
UNIT 3.Stress and Coping	[3 hrs]
UNIT 4.Management of Pain & Discomfort	[3 hrs]
UNIT 5.Management of Chronic Illnesses	[3 hrs]
UNIT 6. Psychological Issues in advancing and Terminal Illnesses	[5 hrs]
UNIT 7.Heart Disease, Stroke, Hypertension & Type II Diabetes	[5 hrs]
UNIT 8.Psychoneuroimmunology, AIDS, Cancer & Arthritis	[5 hrs]

## **PRACTICALS**

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|---|----------|
| 1. Assignments concerning topics related to health psychology | [10 hrs] |
| 2. Presentation, Demonstration & Practice on:                 | [10 hrs] |
| a) Positive Thinking  |          |
| b) Laughter Therapy   |          |
| c) Adoption of healthy behaviour habits                       |          |
| d) Exercise & Yoga  |          |
| e) Stress Management Techniques                               |          |
| 3. Case Study Discussions & Public Awareness                  | [10 hrs] |

## **ADD ON COURSE**

### **LEARNING DISABILITIES AND SPECIAL EDUCATION**

#### **COURSE OBJECTIVES**

1. To make students understand basic concepts related to Special Education
2. To make students understand the Psychodiagnostics of Special Education
3. To prepare students to become special educators in future.

#### **THEORY**

UNIT 1: Emerging trends in Special and Inclusive Education [4 HRS]

UNIT 2: Mental Retardation [6 HRS]

UNIT 3: ADD & ADHD [7 HRS]

UNIT 4: Learning Disabilities [6 HRS]

UNIT 5: Autism Spectrum Disorders [7 HRS]

**PRACTICALS:**

**30HRS**

1. INTERNSHIP

#### **INDUSVIVA SPECIAL LEARNING & INTERVENTION CENTRE**

- a. Observership – Speech Therapy, Physio therapy,
- b. Cognitive Therapy & Special Education
- c. Case Studies
- d. Diagnostic Tools

2. PROJECT WORK AND ASSIGNMENTS