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Psychology Of Stress, Health And Well-Being

By Prof. Dilwar Hussain | IIT Guwahati

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Psychology of Stress, Health and Well-being [Intro Video]



About the course:

In today's world, mental distress and disorders are common and accounting for a significant burden of disability within nations. However, at the same time, there has been a growing interest in understanding and enhancing positive mental health and wellbeing particularly in the field of psychology. Overall, this course systematically addresses the issues of health, adjustment and well-being. It reviews the topics of stress and health while adding happiness and well-being theory and research to enrich our understanding of both negative and positive side of human behavior. Overall, this course will attempt to provide insights from the field of psychology to make your life more satisfying and meaningful.

INTENDED AUDIENCE: UG and PG students of Humanities and Social Sciences, Sciences and Engineering

Summary

Course Status : Upcoming

Course Type : Elective



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Category :



Credit Points :

(https://swayam.gov.in/nc_details/NPTEL)

Level :

Start Date :

End Date :

Enrollment Ends :

Exam Registration Ends :

Exam Date :

English

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12 weeks

srinivasreddy.thumu@gmail.com ▾ (/profile)

◦ Humanities and Social Sciences

3

Undergraduate/Postgraduate

20 Jan 2025

11 Apr 2025

03 Feb 2025

14 Feb 2025

26 Apr 2025 IST

Note: This exam date is subject to change based on seat availability. You can check final exam date on your hall ticket.

This is an AICTE approved FDP course

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Course layout

Week 1:Stress, health and well-being: Overview; Nature and physiology of stress

Week 2:Stress, trauma and health: Mind-body connections; Stress and non-infectious diseases; Stress and infectious diseases; Stress and psychological disorder

Week 3: Positive aspects of stress and trauma: Stress, trauma and posttraumatic growth; Factors influencing stress tolerance

Week 4:Coping processes and strategies 1 : Types of coping strategies; Coping strategies of limited value; Unconscious mind and defensive coping; Characteristics of constructive coping; physical ways of coping

Week 5:Coping processes and strategies 2: Mind-body strategies; Mental ways of coping; Coping with social support and meaning in life; Mindfulness and acceptance

Week 6:Beyond stress and recovery: Positive mental health and well-being

Week 7: Psychology of happiness: What is happiness? What makes us happy? Socio-economic factors and happiness; Positive emotions

Week 8:Can we become happier? Genetic set-point and hedonic adaptation; Sustainable happiness model and intentional activities

Week 9:Happiness Activities 1: Expressing gratitude and positive thinking; Love and kindness; Avoiding overthinking and social comparison

Week 10:Happiness Activities 2: Identifying signature strengths; Achieving happiness with "Flow".

Week 11: Is happiness sufficient? The concept of eudaimonic well-being; Self-determination and motivation

Week 12:Meaning and purpose in life: The concept of meaning in life and logo-therapy; Life goals

(<https://swayam.gov.in/>)



2. R. Harrington, Stress, Health and well-being: Thriving in the 21st century, Wadsworth Publishing, 2013.

(<https://swayam.gov.in/no-details/npTEL>) a nutshell, McGraw-Hill Education, 2012.

4. S. Lyubomirsky, The how of happiness, Penguin Press, 2008.

Instructor bio



Prof. Dilwar Hussain

IIT Guwahati

Dr. Dilwar Hussain is an associate professor of psychology in the Department of Humanities and Social Sciences, Indian Institute of Technology Guwahati. His research interests are psychology of traumatic stress, positive psychology and well-being.

Course certificate

The course is free to enroll and learn from. But if you want a certificate, you have to register and write the proctored exam conducted by us in person at any of the designated exam centres.

The exam is optional for a fee of Rs 1000/- (Rupees one thousand only).

Date and Time of Exams: **26 April 2025** Morning session 9am to 12 noon; Afternoon Session 2pm to 5pm.

Registration url: Announcements will be made when the registration form is open for registrations.

The online registration form has to be filled and the certification exam fee needs to be paid. More details will be made available when the exam registration form is published. If there are any changes, it will be mentioned then.

Please check the form for more details on the cities where the exams will be held, the conditions you agree to when you fill the form etc.

CRITERIA TO GET A CERTIFICATE

Average assignment score = 25% of average of best 8 assignments out of the total 12 assignments given in the course.

Exam score = 75% of the proctored certification exam score out of 100

Final score = Average assignment score + Exam score

Please note that assignments encompass all types (including quizzes, programming tasks, and essay submissions) available in the specific week.

YOU WILL BE ELIGIBLE FOR A CERTIFICATE ONLY IF AVERAGE ASSIGNMENT SCORE $\geq 10/25$ AND EXAM SCORE $\geq 30/75$. If one of the 2 criteria is not met, you will not get the certificate even if the Final score $\geq 40/100$.

Certificate will have your name, photograph and the score in the final exam with the breakup. It will have the logos of NPTEL and IIT Guwahati. It will be e-verifiable at nptel.ac.in/noc (<http://nptel.ac.in/noc>).

Only the e-certificate will be made available. Hard copies will not be dispatched.

Once again, thanks for your interest in our online courses and certification. Happy learning.



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