

**Department of Psychology, B.J.B. Autonomous College,
Bhubaneswar
Value Added Course
on
HEALTH AND WELL BEING**

Objectives of the Course: The course aims at:

- 1) Promoting and improving individual and community health.
- 2) To reduce morbidity and mortality due to preventable mental health problems
- 3) For persuasion and informed decision-making in health-related behaviour

Expected Outcomes:

This will help students to:

- 1) Develop a personal philosophy of health and health education
- 2) Interpret and respond to requests for health information.
- 3) To value what it exactly means to live well irrespective of social pressures

Course Duration: Minimum 30 hours

Eligibility Criteria: +3 Final Year students

Intake Capacity: 32

Syllabus

Unit-1

Health Behaviour: Meaning, Factors predicting health behaviour; health locus of control [HLOC]

Unit- 2

Serious Illness: Patients perspectives: importance of focus on Psychosocial uses: Threat to self- Image, loss of body integrity, interruption of work, loss of independence, strain of relationship with loved ones.

Unit -3

Happiness and facts of life: Gender and Happiness, Marriage and Happiness; Religion, Race, Ethnicity and Stigma.

Unit - 4

Money, Happiness and Culture; Paradox of Affluence, Money and Happiness, Culture & Well -being.

Text Books:

1. Health Psychology: Namita Khatoon; Pearson.
2. Health Psychology: M. Robin DiMatteo, Leslie R. Martin; Pearson.
3. Positive Psychology: Steve R Baumgardner, Marie K. Crothers, Pearson.
