

SKILL ENHANCEMENT COURSE (SEC)

3 CREDITS

PSY SE-1: Stress Management

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: Disability Mapping

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

PSY SE-3: Digital Wellbeing

Objective: Students will learn concepts of digital wellbeing, responsible ways to use technology and the internet, and balancing social and digital life.

Unit 1: Positive and negative impact of digital technology on health, relationships, and family
Our virtual and physical selves, The online/offline balancing act, technological trends

Unit 2: Assessment of internet addiction through Internet Addiction Test (IAT)

Unit 3: Various Strategies to Counter Internet Addiction and Maintain Digital Wellbeing.

PSY SE-4: Gender Sensitization

Objective: Students will learn concepts of Youth, gender, and Identity and their interface, and they will inculcate sensitivity to issues related to Youth, gender, and Identity within the sociocultural context.

Unit 1: Concepts of Gender: Sex, Gender Identity, Spectrums of Sex, Gender and Sexuality

Unit 2: Concepts of Self, Self-Esteem, Gender Roles, and Gender Stereotypes

Unit 3: Assessment of Gender Role Identity through the Genderqueer Identity (GQI) Scale