

HOOGHLY WOMEN'S COLLEGE

DEPARTMENT OF EDUCATION



COURSE DESIGN

FOR

ADD-ON COURSE

ON

STRESS MANAGEMENT

&

DEVELOPMENT OF ADJUSTMENT SKILLS

I. COURSE DESIGN

SL. NO.	TITLE	CONTENT
1	Course Title	Stress Management & Development of Adjustment skills
2	Context	The aim of the course is to help students to adjust complex social situations as well as manage their stress of today's prevailing world scenario. It should help to increase their adaptability and allow them to gain life skills to navigate their future with relative confidence and positivity.
3	Eligibility	Current under graduate students
4	Course Objectives	<ol style="list-style-type: none">1. To understand the concept of Stress and Management of Stress.2. To understand the concept of adjustment and maladjustment.3. To know about few mental disorders and the mechanism to cope with it.4. To be aware about different strategies for stress management.5. To develop self and positive attitude.6. To know the process of administration, scoring and interpretation of the psychological test.7. To cultivate interpersonal skills for successful life.

5	Career Prospect	Enhancement of basic adjustment skills, knowledge and confidence to become a psychological counsellor and thereby widening the scope of vocational life.
6	Faculty requirement	Internal (Department of Education)
7	Course fee	Free of Cost
8	Intake Capacity	25
9	Contact Hours	30 Hours
10	Course Duration	3 Months
11	Class Duration	1 class – 1 hr., 2 hrs/day, 2 days/week
12	Course Content	Detailed course content attached herewith in section III
13	Course Outcome	On completing the course, the student should acquire the knowledge of different dimensions of the ability of adjustment & stress Management, mental disorders and the mechanisms to cope with it. This will help them become a well-adjusted person in their own lives and enrich the lives of people around them the students will develop multiple skills such as problem-solving, communication and most important -leadership. This will

		enable them to become future counsellors who are very much needed in the present social scenario.
14	Assessment Process and Grading	i. Attendance ii. Practical iii. Final assessment
15	Course Coordinators	Dr. Faruk Mallik (Assistant Professor & H.O.D, Department of Education) Avishek Kar, SACT-I Sovana Shi, SACT-II Gulson Khatun, SACT-II

II. COURSE TIME-FRAME

UNITS	UNIT TITLE	COURSES/HOURS
I	Adjustment and Maladjustment	4 Hours
II	Mental Disorders	4 Hours
III	Stress Management	4 Hours
IV	Introduction to Personality	4 Hours
V	Development of self and positive attitude	4 Hours
VI	Skills for successful life	4 Hours
VII	Practical <ul style="list-style-type: none"> • Project • Presentation • Group Discussion 	6 Hours
		Total=30 Hours

III. DETAILED SYLLABUS OF THE ADD-ON COURSE

UNIT -I: Adjustment and Maladjustment

Concept of adjustment, Psychodynamic concept of adjustment, Criteria of good adjustment, Concept of maladjustment, Causes and Remedies of maladjustment.

UNIT- II: Mental Disorders

Concept of Anxiety disorder, Depression, Frustration and Obsessive-Compulsive Disorder (OCD) - Symptoms, Causes and Remedies.

UNIT -III: Stress Management

Concept of Stress, Personal and Environmental Stress, Coping strategies & Techniques of Stress Management.

UNIT -IV: Introduction to Personality

The concept and meaning of personality, Dimensions of personality, Personality development- Theory of Freud and Carl Jung.

UNIT- V: Development of self and positive attitude

Concept of self-esteem and self-confidence, Strategies to develop positive self-esteem and positive attitude, Concept of success and failure, Hurdles in achieving success, Factors responsible for success, Causes of failure.

UNIT- VI: Skills for successful life

Skills of thinking and problem solving, skills of effective communication and adjustment, skills of effective leadership, techniques of time management.

UNIT-VII: Practical

- Project
- Presentation
- Group Discussion

IV. LEARNING RESOURCES

- Woolfolk Anita. Foundations of Educational Psychology, Pearson Education (Singapore) Pvt. Ltd.
- Rao Ravikanth K. Life Skill Education, Neel Kamal
- Mangal S.K. Advanced Educational Psychology, PHI Learning Private Ltd.
- Chauhan S.S. Abnormal Psychology, Vikas Publishing House
- Mondal J. Mental Health Mental Disorder and Psychotherapy, Sova
- Sarason and Sarason. Abnormal Psychology: The Problem of Maladaptive Behaviour, Pearson
- Moritsugu J., Elizabeth M., Verajane Harmon., Jacobs Melissa K. Psychology of Adjustment The Search for Meaningful Balance, SAGE
- BarunMitra. Personality Development and Soft Skills, Oxford University Press
- Freeman F.S. Psychological Testing, Oxford &Ibh Publishing Co. Pvt. Ltd.
- Hurlock E.B. Personality Development, Tata McGraw Hill

V. EVALUATION MODALITIES

UNITS	UNIT TITLE	EVALUATION STRATEGIES
I	Adjustment and Maladjustment	Assignment/MCQ
II	Mental Disorders	Assignment/MCQ
III	Stress Management	Assignment/MCQ
IV	Introduction to Personality	Assignment/MCQ
V	Development of self and positive attitude	Assignment/MCQ
VI	Skills for successful life	Assignment/MCQ
VI	Practical	<ul style="list-style-type: none">• Project• Presentation• Group Discussion
		Total=30 hours

ASSESMENT/EVALUATION	MARKS
ATTENDANCE	05
PRACTICAL	35
FINAL ASSESMENT	60
TOTAL	100

VI. MARKING PROCEDURE FOR THE ATTENDANCE COMPONENT

Total number of lectures attendant by the student participant

Attendance percentage = _____

Total number of Lectures Held

TOTAL MARKS FOR ATTENDANCE= 5

ATTENDANCE PERCENTAGE (%)	MARKS ALLOTTED
90 and Above	5
80 – Below 90	4
70 – Below 80	3
60- Below 70	2
50- Below 60	1
Below 50	NOT ELIGIBLE FOR CERTIFICATE

VII. TABLE FOR QUALIFICATION

TOTAL SCORE (OUT OF 100)	GRADE
90-100	O - OUTSTANDING
80 – Below 90	E - EXCELLENT
70 – Below 80	A – VERY GOOD
60- Below 70	B - GOOD
50- Below 60	C - FAIR
Below 50	F - FAILED

VIII. GENERAL RULES AND REGULATIONS

- ✓ **Students must attend and appear for all the Module-End Assessments / Assignments. If any student fails to submit any of the Module-End Assignments or fails to attend any of the Module-End Assessment examinations, the particular Student would NOT BE ELIGIBLE FOR CERTIFICATE.**
- ✓ **Total Marks of Course Evaluation will be 100 Marks.**
- ✓ **Minimum 50% Marks has to be scored to receive qualifying Certificate. There will be only ONE Attempt allowed for each of the Module-End Assessments / Assignments and the Course-End Assessment.**
- ✓ **There will be NO PROVISION for Backlog Clearance.**
- ✓ **General Rules and Regulations of the College must be followed without any exception.**

- Flyer



**ADD-ON COURSE
ON
STRESS MANAGEMENT
&
DEVELOPMENT OF ADJUSTMENT SKILLS**



Organized by Department of Education; Hooghly Women's College

Eligibility: Current under graduate students

Course Duration: 30 Hours (Tentative Commencement from November, 2022)

Course Coordinator: Dr. Faruk Mallik (8250303213)

Course Fee: Free of Cost

• Sample Certificate

	<p>ADD-ON COURSE on STRESS MANAGEMENT & DEVELOPMENT OF ADJUSTMENT SKILLS Organized by Department of Education Hooghly Women's College</p> <p><i>Certificate of Participation & Completion</i></p> <p><i>This is to certify that</i> <i>Of..... has participated actively in the</i> <i>Add-on Course on "Stress Management & Development of Adjustment Skills" in the</i> <i>academic year 2022-2023 (30 Hours duration) organized by Department of Education,</i> <i>Hooghly Women's College, Hooghly, West Bengal. She has Successfully Completed the</i> <i>Course with Grade.....</i></p> <p>90 and Above - O (Out Standing) 80- Below 90 - E (Excellent) 70- Below 80 - A (Very Good) 60- Below 70 - B (Good) 50- Below 60 - C (Fair) Below 50 - F (Failed)</p> <p>Dr. Faruk Mallik Course Coordinator & Assistant Professor Hooghly Women's College</p> <p>Dr. Sima Banerjee Principal Hooghly Women's College</p> <p>Certificate ID: HWC/ADD-ON/EDCN/</p> <p>Issued on :</p>	
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NOTICE

All the UG students of Hooghly Women's College are here by informed that the Department of Education is going to organize an Add-on (Certificate) course on **Stress Management & Development of Adjustment Skills** to enhance their knowledge about adjustment skills and stress management. The course will commence from first week of November, 2022. Students are requested to register their name for the course within 31st October, 2022.

For further details contact to these numbers:

Dr. Faruk Mallik (8250303213)

Sri Avishek Kar (9123957716)

Head *F. Mallik*
27/09/2022
Department of Education

SB
27/09/22
Principal
Principal
Hooghly Women's College

ADD-ON COURSE
ON
STRESS MANAGEMENT
&
DEVELOPMENT OF ADJUSTMENT SKILLS
Organized by Department of Education, Hooghly Women's College
(2022-2023)

Participants List:

Sl.No.	Name	Roll No.	Contact No. With e-mail ID	Signature
1	Srijita Modak.	210140600176	8910426683. srijita-modak32160 @gmail.com	Srijita Modak.
2	Abhina Ray	210140600049	9883846404 abhinaray@gmail.com	Abhina Ray
3	Urmil Paramanick.	210140600217	8167831646 Paramanickurmi@gmail.com	Urmil Paramanick.
4	Ankita Goswami	210140600020	6289482757 goswami.ankita3107@gmail.com	Ankita Goswami
5	Kashewari Biswas	200140600070	7439452810 kashewaribiswas@gmail.com	Kashewari Biswas
6	Ila Chakraborty	190140600059	ichakraborty17@gmail.com	Ila Chakraborty.
7	Anurima Das.	200140600028	anurima972@gmail.com	Anurima Das.
8	Ravi Malik	200140600144	malikranig94@gmail.com	Ravi Malik
9	Payel Shaw	200140600115	Payel2003shaw@gmail.com	Payel Shaw.
10	Sunita Singha	200140600210	mail.sunita-singha@gmail.com 7439726782	Sunita Singha
11	Moumi Sadhukhan	200140600092	moumi2437@gmail.com	Moumi Sadhukhan
12	Promita Dholey	200140600133	Promitadholey2002@gmail.com	Promita Dholey
13	Barnali Mallick	200140600037	bmallick9647@gmail.com	Barnali Mallick

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Organized by Department of Education, Hooghly Women's College
(2022-2023)

Participants List:

Sl.No.	Name	Roll No.	Contact No. With e-mail ID	Signature
14	Piyali Das	200140600118	6289647227 Piyalid@gmail.com	Piyali Das.
15	Purbadha Khatoon	200140600136	Purbadha Khatoon 2003@gmail.com	Purbadha Khatoon
16	Madhuja Kundu	200140600077	Kundumadhuja 12@gmail.com	Madhuja Kundu.
17	Naima Khatoon	200140600100	Naimajc002 @gmail.com	Naima Khatoon
18	Firdwosi Khatoon	200140600057	Firdwosikhatoon 13@gmail.com	Firdwosi Khatoon
19	Aishi Das.	2001406000004	9593336506 aishidas53@gmail.com	Aishi Das.
20	Sagarika Ghosh.	200140600125	Sagarikaghosh028 @gmail.com.	Sagarika Ghosh.
21	Priyanka Das.	200140600104	Priyankadas02 @gmail.com.	Priyanka Das.
22				
23				
24				
25				

Total 21 participants have registered and all of the participants have successfully completed the Add-on course in 2022-2023 Academic Session.