

SATYUG DARSHAN INSTITUTE OF ENGINEERING & TECHNOLOGY, FARIDABAD

Lesson Plan / Teaching Plan / Lecture Plan with Progress : BBA General Semester : 4th: Even Semester 2025-26

Course Name (Code) : Health Psychology (VAC-108-N1)

Faculty : Mr. Paramjeet Singh Ahuja

Topics / lectures are arranged in sequence - same - as to be taught in the class. Maintain data related to "Date" in its hard copy.

S. No.	Lecture No	CO (No)	Topic Description	Teaching Pedagogy	Reference Material	Date		Remarks, if any
						Planned	Actual Delivery	
1	1	CO1	Introduction to the Subject, reason for being in the prescribed curriculum by the university and the right approach to study the subject. Discussion on the Course Outcomes.	Discussion	Not Applicable			
2	2	CO1	Introduction to Health Psychology, Meaning and Definition.	PPT/PDF	Text Book and Class Notes			
3	3	CO1	Nature and Goals of Health Psychology.	PPT/PDF	Text Book and Class Notes			
4	4	CO1	Scope of Health Psychology.	PPT/PDF	Text Book and Class Notes			
5	5	CO1	Emergence of Health Psychology.	PPT/PDF	Text Book and Class Notes			
6	6	CO1	Meaning and Functions of Mind and Body.	PPT/PDF	Text Book and Class Notes			
7	7	CO1	Relationship between Mind and Body.	PPT/PDF	Text Book and Class Notes			
8	8	CO2	Concept of Well-being, its meaning and components.	PPT/PDF	Text Book and Class Notes			
9	9	CO2	Eudemonia and Hedonism.	PPT/PDF	Text Book and Class Notes			
10	10	CO2	Life Satisfaction Affect.	PPT/PDF	Text Book and Class Notes			
11	11	CO2	Assessment of Health and Well-being.	PPT/PDF	Text Book and Class Notes			
12	12	CO3	Concept of Stress, Its Causes and Consequences.	PPT/PDF	Text Book and Class Notes			
13	13	CO3	Techniques of Coping with Stress.	PPT/PDF	Text Book and Class Notes			
14	14	CO3	Concept of Pain and Illness and its types.	PPT/PDF	Text Book and Class Notes			
15	15	CO3	Techniques of Coping with Pain and Illness.	PPT/PDF	Text Book and Class Notes			
16	16	CO3	Health Related Disorders - A Discussion with students.	PPT/PDF	Text Book and Class Notes			
17	17	CO3	Coronary Heart Disease.	PPT/PDF	Text Book and Class Notes			
18	18	CO3	Cancer and Diabetes.	PPT/PDF	Text Book and Class Notes			
19	19	CO3	HIV and AIDS.	PPT/PDF	Text Book and Class Notes			
20	20	CO4	Health Enhancing Behaviours.	PPT/PDF	Text Book and Class Notes			
21	21	CO4	Psychological Factors - Resilience, Hope, Optimism.	PPT/PDF	Text Book and Class Notes			
22	22	CO4	Exercise - Its role and importance in overall well-being.	PPT/PDF	Text Book and Class Notes			
23	23	CO4	Role of Safety and Nutrition in overall well-being.	PPT/PDF	Text Book and Class Notes			
24	24	CO4	Implications of well-being.	PPT/PDF	Text Book and Class Notes			

Course Outcomes (COs)

COx	Statement
1	Gain understanding regarding the concept of health and role of psychology in it.
2	Get acquainted with well-being and its significance.
3	Develop insight into scientific knowledge regarding negative consequences of stress and other health related disorders.
4	Appreciate the positive impact of health enhancing behaviours on well-being and mental health.

Study Material / Books / Web-resources / Online Courses Links etc.

S. No.	Description
1	Taylor, S.E. Health Psychology. New York: Tata McGraw Hill.