

E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI-14.**(An Autonomous Institution - Affiliated to Madurai Kamaraj University)****Re- accredited (3rd Cycle) with Grade A+ and CGPA 3.51 by NAAC****DEPARTMENT OF PSYCHOLOGY– UG****Add- On -Course****(w.e.f. 2024 – 2025 Batch onwards)****Credit Hours:30****Credits:2**

S. No	Subject Code	Title of the paper
1	24PSYAOC	Holistic Wellness

Department of Psychology			Class : I UG		
Sem.	Category	Course Code	Course Title	Credit	Contact Hours
I	Add On Course	24PSYAOC	Holistic Wellness	1	30

Course Objectives:

- Understand the dimensions of holistic wellness (physical, mental, emotional, spiritual, social, and environmental).
- Learn strategies for maintaining balance and preventing burnout.
- Develop personalized wellness plans using evidence-based and traditional approaches.

UNIT -I: PHYSICAL WELLNESS -Nutrition fundamentals, Exercise and movement (yoga, strength, cardio, stretching), Sleep hygiene and circadian rhythms, Preventive healthcare and lifestyle medicine.

UNIT – II: PSYCHOLOGICAL WELLNESS - Cognitive health and mindfulness- based practices, Coping with anxiety, depression, self-esteem, relationship with self and others.

UNIT – III: FINANCIAL WELLNESS - Budgeting for wellness (healthy food, time, resources), Stress related to money and how to manage it, Burnout, Job satisfaction, Work life balance.

UNIT – IV: SPIRITUAL WELLNESS - Mindfulness, The realization, 8-fold path,

UNIT – V APPLICATION OF HOLISTIC WELLNESS -Workshops: cooking demos, yoga sessions, guided meditations, wellness journal.

Books Recommended:

The Psychology of Money – Morgan Housel

The 6 Pillars of Intuitive Wellness – Dr. Danielle Martin

Integrative Wellness Rules: A Simple Guide to Healthy Living – Dr. Jim Nicol

