



SHARDA
UNIVERSITY
Beyond Boundaries



SHARDA SCHOOL OF
ALLIED HEALTH
SCIENCES



COURSE
THE MIND-BODY
CONNECTION: A
WELLNESS APPROACH
NV10006

VALUE ADDED
COURSE BROCHURE
2025-26

ABOUT THE UNIVERSITY

Sharda University is a leading educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high-quality education provider with prime focus on holistic learning and imbining competitive abilities in students.

ABOUT SCHOOL

The School of Allied Health Sciences plays an essential role in the modern health environment. The school is committed to provide the highest quality learning environment to its students by way of classroom teaching, laboratory training and clinical exposure at its associated thousand bedded hospital. This further clubbed with discussions, seminars and journal clubs for latest advances in the respective fields and community connect by way of guided tours and also the externships to other prestigious institutions. Highly trained professionals from the school, after successful completion of the program, contribute in high- quality healthcare services in the country and abroad, by practicing and applying the knowledge acquired. Their hands-on experience with the real- world settings or the patients equips them with the latest knowledge and prepares them to deal with the challenges of the healthcare industry.

VALUE ADDED COURSES (VAC)

The value-added education courses aim to provide additional learner centric graded skill oriented technical training, with the primary objective of improving the employability skills of students.

PURPOSE OF VALUE-ADDED COURSES

1. VACs are relevant academic method in order to fill the gaps in students' knowledge and add competitive edge to their job prospects. A well-defined system of offering VACs in the courses makes them extremely useful for improving employability quotient of students by building a range of competencies.
2. VAC can also serve as top-up courses to make students industry-ready by exposing them to the current technology and practices than those covered in their formal degree courses.

VALUE ADDED COURSE OFFERED

The Mind-Body Connection: A wellness Approach

ABOUT THE COURSE

The objective of this course is to make the students understand the importance of general aspects of psychology, growth and development, personality development, stress, cognitive processes and mental health.

Candidate has to attend three classes per week to complete 30 hours.

At the end of the course a certificate will be provided to each candidate.

RESOURCE PERSON

Ms. Perna Tiwari (perna.tiwari@sharda.ac.in)

Ms. Perna Tiwari (Sharda Skills) is a Passionate soft skills trainer empowering lives through emotional intelligence, art therapy, and mindfulness—currently shaping futures at Sharda University. She is an accomplished expert in the area of “Basics of Psychology”, who will be leading this course. Her extensive experience in the field of “The Mind – Body Connection: A wellness Approach” undoubtedly will add immense value to the learning experience.

School : SSAHS
Programme: UG
Branch: Allied Health Sciences

Batch : 2025-26
Current Academic Year: 2025-26
Semester: III

1. Course Code	NV10006			
2. Course Title	The Mind-Body Connection: A wellness Approach			
3. Credits	Audit			
4. Contact Hours (L-T-P)	30 Hours			
Course Type	Value added course			
5. Course Objective	The objective of this course is to make the students understand the importance of general aspects of psychology, growth and development, personality development, stress, cognitive processes and mental health.			
6. Course Outcomes	CO1: The student will be able to understand basic of Psychology. CO2: The student will be able to understand different ways to develop effective personality. CO3: The student will be able to understand the concept of stress. CO4: The student will be able to understand how to deal with peer pressure and anxiety. CO5: The student will be able to understand the concept of cognitive process. CO6: The student will be able to know about how to build up mental health.			
7. Course Description	The penultimate stage introduces the students			
8. Outline syllabus Theory		CO mapping	Hours	Schedule
Unit 1	Stress Management Techniques			
A	Identifying stressors	CO1	2	1st and 2nd Week
B	Relaxation techniques: Deep breathing, mindfulness, progressive muscle relaxation	CO3, CO4	2	
C	Building resilience	CO1, CO3	2	
Unit 2	Growth and personality development			
A	Different stages of development (infancy, childhood, adolescence, adulthood, middle age, and old age)	CO4	2	3rd and 4th Week
B	Personalities and its theories.	CO4	2	
C	Defence mechanism.	CO5	2	
Unit 3	Stress			
A	Hans Selye model of stress	CO3	2	5th and 6th Week
B	Lazarus and Folkman model of stress	CO3	2	
C	Stress and health managing stress.	CO6	2	
Unit 4	Cognitive processes			
A	Learning and its theories.	CO1	2	7th and 8th Week
B	Attention, perception and sensation.	CO2	1	
C	Attitude and Attitude change.	CO2	1	
Unit 5	Mental Health			
A	Concepts of Mental Health, Characteristics of Mentally healthy person.	CO4	3	9th and 10th Week
B	Self- concept, Self- Esteem and enhancing self- Esteem.	CO4/CO5	2	
C	Personal responsibility and changing life a step at a time.	CO5	1	
Mode of Examination	Quiz, assignment and viva		2	11th Week
Textbook	The Psychopath Test, Jon Ronson Thinking Fast and Slow, Daniel Kahneman			