

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Psychology of Stress, Health and Well-being

Subject Co-ordinator - Prof. Dilwar Hussain

Co-ordinating Institute - IIT - Guwahati

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - The Nature of Stress - 1
- Lecture 2 - The Nature of Stress - 2
- Lecture 3 - The Biology of Stress
- Lecture 4 - Stress, Health, and Non-infectious Diseases
- Lecture 5 - Stress and Infectious Diseases
- Lecture 6 - Stress and Psychological Disorders
- Lecture 7 - Stress, Trauma and Posttraumatic growth - 1
- Lecture 8 - Stress, Trauma and Posttraumatic growth - 2
- Lecture 9 - Factors Influencing Stress Tolerance
- Lecture 10 - Coping Strategies: Definition and Types
- Lecture 11 - Unconscious mind and defensive coping
- Lecture 12 - Characteristics of constructive coping; Physical ways of coping
- Lecture 13 - Coping with relaxation exercises
- Lecture 14 - Mental ways of coping
- Lecture 15 - Coping with social support
- Lecture 16 - Coping with meditation and mindfulness
- Lecture 17 - Positive mental health and well-being
- Lecture 18 - Well-being and resilience
- Lecture 19 - What is happiness? What makes us happy?
- Lecture 20 - Socio-demographic factors and happiness
- Lecture 21 - Positive emotions
- Lecture 22 - Genetic set point and hedonic adaptation
- Lecture 23 - Sustainable happiness model
- Lecture 24 - Sustainable happiness with intentional activities
- Lecture 25 - Cultivating happiness with gratitude
- Lecture 26 - Cultivating happiness with acts of kindness
- Lecture 27 - Social comparison and happiness
- Lecture 28 - Cultivating happiness with signature strengths 1 (VIA character strengths)
- Lecture 29 - Cultivating happiness with signature strengths 2 (Gallup's/Clifton strength finder)

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- Lecture 30 - Cultivating happiness with Flow
- Lecture 31 - Humanistic psychology and self-actualization
- Lecture 32 - Self-determination, motivation, and well-being
- Lecture 33 - Meaning in life and well-being
- Lecture 34 - Life goals and well-being