



Add On Course

On

Mindfulness and Stress Management Techniques for Well-being

Course Code: CC26/23/1/MSMTW

Organised by

Department of History

and

IQAC, Al Ameen Memorial Minority College

AL AMEEN MEMORIAL MINORITY COLLEGE

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Add on Course Organising Committee

Patron	: Dr. Nurul Haque, Principal, Al Ameen Memorial Minority College
Course Co-ordinator	: Prof. Sayera Begum, Co-ordinator, IQAC, Al Ameen Memorial Minority College
Members	: Prof. Matin Ahmed, Prof. Dipankar Manna, Prof. Sk Asgar Ali, Tazuddin Ahmed, Benajir Khatun, Asadulla Khan
Faculty Member	: Prof. Sanchari Ghosh

Course Name	: Mindfulness and Stress Management Techniques for Well-being
Course Code	: CC26/23/1/MSMTW
Course Duration	: 6 Month (January to June)
Date of Application	: 1 st Week of January
Class Start	: 1 st Week of February
Course Fees	: No fee is required for the course
Eligibility	: Students of UG level of our College
Mode	: Blended Mode
Seat Limit	: 50
Course Duration	: 40 Hours in 6 Month
Class Day	: Every Sunday
Class Time	: 11 A.M. to 1:30 P.M.
Examination Time	: 1 st Week of June
Result Publication	: 3 rd Week of June
Certificate Issued	: 3 rd Week of June

Methodology

- Theoretical and Practical Approaches.
 - Experience sharing
 - Students' Seminars
 - Project Work

Course Outcome

Through a combination of theory, experiential learning and practical exercises, students will develop skills to navigate daily stressors with resilience and cultivate a more mindful approach to life.

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Overview of the Syllabus

Class Duration: 4 hours for each module

Module 1: Introduction to Mindfulness

Understanding the concept of mindfulness
Brief history and origins of mindfulness practices
Benefits of mindfulness for physical and mental well-being

Module 2: Foundations of Mindfulness

Basic mindfulness techniques (breath awareness, body scan, mindful walking)
Cultivating present moment awareness
Recognizing and managing distractions during mindfulness practice

Module 3: Mindfulness in Daily Life

Integrating mindfulness into daily routines
Mindful eating and mindful communication
Applying mindfulness to reduce stress in everyday situations

Module 4: Stress Awareness

Understanding the nature of stress
Identifying personal stressors and triggers
The physiological and psychological effects of stress on the body

Module 5: Stress Management Strategies

Relaxation techniques (progressive muscle relaxation, deep breathing)
Cognitive restructuring for stress reduction
Time management and prioritization skills

Module 6: Mindfulness-Based Stress Reduction (MBSR)

Introduction to MBSR program
Mindfulness meditation techniques for stress reduction
Exploring mindfulness-based coping strategies

Module 7: Cultivating Resilience

Understanding resilience and its importance for well-being
Building resilience through mindfulness and positive psychology practices
Overcoming obstacles and setbacks with resilience

Module 8: Self-Compassion and Acceptance

Practicing self-compassion and self-care
Cultivating acceptance and letting go of perfectionism
Developing a positive and compassionate inner dialogue

Module 9: Mindfulness and Emotional Regulation

Understanding the role of mindfulness in emotional regulation
Mindfulness techniques for managing difficult emotions
Cultivating emotional balance and resilience

Module 10: Integration and Reflection

Reflecting on personal mindfulness journey
Developing a plan for ongoing mindfulness practice
Setting goals for applying mindfulness and stress management techniques in daily life

Gradation: A=50-60%

A+=60-70%

O=70-100%

Assessment and Certification:

Final Assessment: Reflective essay or journal on the participant's journey with mindfulness and stress management techniques, highlighting insights gained and plans for continued practice.

Additional Resources: Recommended readings, articles, and websites for further exploration of mindfulness and stress management. Guided meditation recordings and mindfulness exercises for home practice.

Theory and practical examination after each module.

Final Project: Solving a real-world computer-related problem.

Course completion certificate.

The examination pattern and marks distribution for the Add On Courses

Total Marks : 50 Marks

Theory Exam :30 = i. Multiple-choice questions (MCQs) : 30 marks(2marks for 15 questions)
ii. Project report/ Presentation : 10 marks
iii. Internal Assessment : 10 marks

This distribution allows for evaluating both theoretical knowledge and practical skills, along with assessing the student's consistency and engagement throughout the course.