

19 Psychology

- A better understanding of human behaviour along with their recognizable causal factors, which in the process helps in understanding one's own actions.
- Awareness of different mental health issues and ways to promote holistic wellbeing.
- Learning different ways of coping with stress, which in return helps in adaptively dealing with future strenuous situations.
- Knowledge of different perspectives of gender and gender issues, which aims to promote gender sensitivity and openness.