

Course Code	Course Name	Credits
26PC903	UNDERSTANDING MENTAL HEALTH	04

Course Objectives

- To understand the fundamental concepts, history, and scope of mental health.
- To develop awareness of common mental health issues across different life stages, especially among adolescents and young adults.
- To examine mental health policies, programmes, and legal frameworks in India.
- To promote mental health literacy, stigma reduction, and help-seeking behaviour.
- To develop basic skills for mental health care, including psychological first aid and everyday mental hygiene practices.

Learning Outcomes

Upon successful completion of this course, it is intended that a student will be able to:

- Identify and describe key concepts and historical developments in mental health.
- Identify common mental health issues and their symptoms in adolescents and young adults.
- Demonstrate basic skills in psychological first aid and peer support.
- Apply everyday strategies for maintaining mental well-being and promoting mental hygiene.
- Exhibit sensitivity towards mental health issues and contribute to stigma reduction.
- Analyze mental health policies and programmes in India.

Unit 1 – Key Concepts in Mental Health (12 Hrs.)

Key concepts in Mental Health; History of Mental Health; Issues of Mental Health in India and globe - Some common conditions and their epidemiology, Global burden of disease, Importance of Mental Health in Post-COVID world; Mental Health challenges; Reducing stigma associated with mental health.

Unit 2 – Mental Health in Adolescents and Young Adults (12 Hrs.)

Common causes of Mental health issues in adolescents and young adults - Stress, Academic grades, Relational Issues with parents, friends and romantic partners, Peer pressure and bullying, Identity crisis, Body Image, Career and occupation-related issues in young adults.

Major Mental Health Issues in adolescents and young adults – Anxiety: signs and symptoms, Depression: signs and symptoms, eating disorder: signs and symptoms, Self-harming and suicidal tendencies: Preventive treatment measures, Substance Abuse: Preventive treatment measures

Unit 3 – Mental Health Policy and Programmes (12 Hrs.)

Community Mental Health in India; Community Mental Health policies in India - National Mental Health Programme & District Mental Health Programme, Implementation of NMHP & DMHP, Budgetary allocation towards Mental Health, Impact and Criticism of NMHP & DMHP.

Mental Healthcare Act of 2017; Current status of Mental Health services in India

Unit 4 – Mental Health Practice and Care (12 Hrs.)

Psychological First Aid; Seeking Professional help - Mental Health Professionals: Psychiatrist, Psychologist, Counsellor, Psychotherapist, Psychiatrist Social Worker.

Peer mentoring concept and skills; Everyday healthy practices towards mental hygiene – Journaling, Relaxation Techniques, Yoga & Meditation

Unit 5 – Mental Health Promotion and Contemporary Issues (12 Hrs.)

Mental Health Promotion: Concepts and strategies; Preventive approaches: Primary, Secondary, and Tertiary prevention; Role of family, school, and community in promoting mental health; Mental health awareness and advocacy; Impact of social media and digital technology on mental health; Emerging issues: Cyberbullying, internet addiction, and digital well-being; Role of self-care, resilience, and coping strategies in mental health

Reference Books:

1. Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition). Elsevier
2. Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson.
3. Corey, G. (2017). *Theory and Practice of Counseling and Psychotherapy*. Cengage Learning.
4. Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers.

Websites and eLearning Sources:

1. http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf

COs and Bloom's Taxonomy Mapping – 26PC903

Course Outcomes	On successful completion of this course, students will be able to	BTL
CO1	Identify and describe key concepts and historical developments in mental health.	K1, K2
CO2	Identify common mental health issues and their symptoms in adolescents and young adults.	K2
CO3	Demonstrate basic skills in psychological first aid and peer support.	K3
CO4	Apply everyday strategies in maintaining mental well-being and promoting mental hygiene.	K4
CO5	Exhibit sensitivity towards mental health issues and contribute to stigma reduction.	K5
CO6	Analyze mental health policies and programmes in India.	K6

BTL (Bloom's Taxonomy Level) - K1 – Remembering, K2 – Understanding, K3- Applying, K4 – Analyze, K5- Evaluate and K6 - Create

Relationship Matrix – 26PC903

Course Outcomes	Programme Outcomes (POs)						Programme Specific Outcomes (PSOs)						Mean Score of Cos
	PO1	PO2	PO3	PO4	PO5	PO6	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	
CO1	3	2	1	1	2	1	3	2	1	2	2	1	1.75
CO2	3	2	2	2	3	1	3	2	2	2	3	1	2.17
CO3	2	2	3	2	3	2	2	2	2	2	3	2	2.25
CO4	2	2	3	2	3	2	2	2	2	2	3	2	2.25
CO5	2	2	2	3	3	1	2	2	3	2	3	1	2.17
CO6	2	3	2	3	3	1	2	3	3	2	3	2	2.42
Total													2.17

Mean Score: 3- High, 2- Medium/Moderate, 1-Low

