

DINABANDHU MAHAVIDYALAYA

E-mail ID: info@dinabandhumahavidyalaya.org
Website: www.dinabandhumahavidyalaya.org



Bongaon, North 24 Parganas
West Bengal, Pin- 743235
Ph. +91- 9635753261, 0321255044

NAAC ACCREDITED-2016(2nd cycle)
Affiliated to West Bengal State University & Formerly under University of Calcutta
Registered under 2(f) & 12(B) of U.G.C. Act 1956
ESTD: 1947

Add on course
On
Mental Health Awareness
By
Department of Education
Session: 2022-23

Course Description:

An introduction of mental health issues is given in this course, along with information on prevalent mental disorders, the stigma associated with mental illness, and methods for fostering mental health. Students will investigate the effects of mental health on people, families, and communities through talks, debates, and case studies. Additionally, the course also emphasizes the importance of self-care and seeking support when needed.

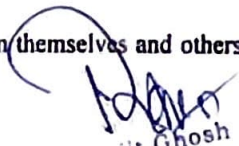
Course Objectives

1. To understand the concept of mental health and its importance in overall well-being.
2. To identify common mental health disorders, their symptoms, and potential causes.
3. To examine the stigma associated with mental illness and its impact on individuals and society.
4. To explore strategies for promoting mental well-being and resilience.
5. To recognize signs of mental distress in oneself and others and understand when and how to seek help.
6. To learn about resources and support services available for individuals experiencing mental health challenges.

Course Outcome:

By the end of the course, students will be able to:

1. Define mental health and explain its significance in personal and social contexts.
2. Identify common mental health disorders, including depression, anxiety, and bipolar disorder, and describe their symptoms.
3. Analyze the societal stigma surrounding mental illness and its effects on individuals and communities.
4. Develop strategies for promoting mental well-being, including stress management techniques and self-care practices.
5. Demonstrate awareness of signs of mental distress in themselves and others and know when and how to seek support.


Biswajit Ghosh
Principal
Dinabandhu Mahavidyalaya
Bongaon, 24 Parganas

6. Access and utilize resources and support services available for individuals experiencing mental health challenges, both locally and globally.
7. Evaluate personal levels of resilience and coping skills in managing mental health challenges.

Syllabus
Class Hours- 40

Unit-I: Introduction to Mental Health (Class Hours- 5)

Concept of mental health
Importance of mental health in overall well-being
Historical perspectives on mental illness

Unit:II Common Mental Health Disorders (Class Hours- 5)

Overview of depression and mood disorders
Anxiety disorders and depression
Personality disorders and psychotic disorders

Unit III: Stigma and Mental Illness (Class Hours- 5)

Societal attitudes toward mental illness
Impact of stigma on individuals and communities
Strategies for reducing stigma and promoting acceptance

Unit-IV: Promoting Mental Well-being (Class Hours- 5)

Stress management techniques
Importance of self-care practices
Building resilience and coping skills

Unit V: Recognizing Signs of Mental Distress (Class Hours- 5)

Identification of common signs and symptoms of mental health issues
Understanding risk factors and protective factors
Role of culture and diversity in mental health expression

Unit VI: Seeking Help and Support (Class Hours- 5)

Barriers to seeking help for mental health concerns
When and how to reach out for support
Overview of mental health resources and support services

Unit VII: Advocacy and Awareness (Class Hours- 5)

Importance of mental health advocacy
Role of education and awareness in promoting mental health
Opportunities for involvement in mental health initiatives

Evaluation: 5 Class Hours

Principal: Dr. Biswajit Ghosh


Biswajit Ghosh
Principal
Dinabandhu Mahavidyalaya
Bongaichhatra