

PGDSC201-Mental Health

Objectives:

After going through this course students will be able to:

- Understand the meaning, concept & importance of Mental Health
- Know various approaches related to mental Health.
- Know about various skills related to mental health.
- Understand the various programmes for rehabilitation of mental health.
- Understand about development of various adjustment skills required for mental health.
- Understand about cultural diversity and impact of culture on mental health.

Unit	Content	Credit
1	Concept and movement related to Mental Health	1
1.1	Meaning and Concept of Mental Health	
1.2	Characteristics of Mental Health	
1.3	movement related to Mental health in India and its function	
1.4	Role of social factor related to rehabilitation of mental health	
2	Skills and approaches related to Mental Health	1
2.1	Skills related to Mental Health : Self knowledge and Self Acceptance, Self Control, Adjustment and Guidance, Value of Life and Social Accountability, Maturity, development of Healthy Habits and life skills, Adjustment with environmental changes, Work and entertainment, Spiritual approach towards life	
2.2	Factors affecting mental health of the students	
2.3	Factor related to Mentally Healthy Life Factors (Home, Family, School, Teacher – Student Relationship and cultural Impact)	
2.4	Various Approaches of Mental Health Clinical Approach, Criterion Approach, Psycho-social Approach	
3	Mental diseases	1
3.1	Symptoms and syndromes of mental diseases	
3.2	Causes of mental diseases	
3.3	Mind and mental peace and its barriers	
3.4	Ways to mental peace	
4	Types of mental diseases	1
4.1	Psychoneuroses – Meaning, Types and characteristics	
4.2	Psychoses – Meaning, Types and characteristics	
4.3	Schizophrenia – Meaning, Types and Characteristics	

References

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