



Alphonsa College Thiruvambady

Run by Educational Trust of Diocese of Thamarassery
Affiliated to the University of Calicut.

MENTAL HEALTH

Add-on course for
PSYCC014 Students

- To help students the students to develop awareness about prevalence of mental health
- To help young people to build positive social, emotional, thinking, communication skills and behaviours

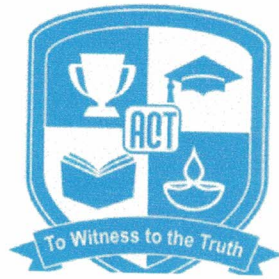
2020-21



ALPHONSA COLLEGE THIRUVAMBADY

DEPARTMENT OF PSYCHOLOGY

2020 -2021



**Curriculum for
Add on Course on
Mental Health
PSYCC014**



Coordinator: Ms.Ajeena Joseph
Fee Structure: INR 500 (Per student)
Duration of the course: 30 Hours

Mental Health

Overview

Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. To ensure availability and accessibility of minimum mental health care for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of population. To encourage application of mental health knowledge in general health care and in social development.

Key Objectives

- Understand what is meant by 'mental health'.
- Have an understanding of some of the most common mental health problems.
- Understand ways in which students can manage their individual mental health to make everyday living easier
- Be aware of how to support a client with a mental health problem.
- Understand how to promote a healthy, non-discriminatory environment.
- Have knowledge of the adjustments that can be made to help a client with a mental health problem.

Course Outcome

- Anticipate what they will gain from an educational experience
- Track their progress and help them to overcome the barrier.
- Develop confidence and positive attitude towards mental health issues.
- The ability to face challenges independently

Topics

MODULE 1 BASIC CONCEPT

1.1 Definition, characteristics and importance of mental health

MODULE II STRESS AND WELLBEING

1.2 Stress , causes of stress types of stress, stress management techniques

1.3 Coping and coping mechanisms

1.4 Wellbeing and importance of wellbeing in daily life

MODULE III COMMON MENTAL HEALTH DISORDERS

1.5 Anxiety Disorders-GAD, Phobias, Post traumatic stress disorder

1.6 Mood Disorders- Major depressive disorder, Bipolar Disorder

1.7 Schizophrenia – clinical picture, treatment

MODULE IV RELAXATION TECHNIQUES

1.8 Jacobson's progressive muscle relaxation, Breathing exercise, Meditation

REFERENCES

Sadock, B. J., Sadock, V. A., & Ruiz, P. (2015). Kaplan & Amp; Sadock's Synopsis of Psychiatry Behavioral Sciences/ Clinical Psychiatry (11th ed.). U.S.A :Wolters Kluwer.

Carson, R. C., Butcher, J. N., & Mineka, S. (1996). Abnormal Psychology and Modern life (10th ed.). Newyork : Harper Collins College Publishers.

Dr.Chacko K.V

DR. CHACKO K.V.
PRINCIPAL

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Ms. Ajeena Joseph

MENTAL HEALTH
A Certificate course for BSc Students
2020-21

COURSE SUMMARY

Name of the Programme : Mental Health

Duration : 30 hours

Aim : To develop an overview about the importance of mental health and common mental disorders

Faculty : Ms. Ajeena Joseph

No. of students : 7

The Department Of Psychology has conducted an add on course in Mental health for the academic year 2020-2021. The course was offered for the first year students (2020-2021). Ms. Ajeena Joseph, Assistant Professor, Department of Psychology was the coordinator of the program. The course began in July 2021 and lasted for a duration of 30 hours over a span of three months.


The expected outcomes of this course are that the students develop an understanding about the importance of mental health. By the end of this course, students will gain an overall understanding of the most prevalent mental disorders and techniques to deal with these. The students will thus be able to generate and spread mental health awareness to the society.

ASSESSMENT PROCEDURE

The evaluation criterion includes a written examination and marks have been converted into grades.


Ms. Ajeena Joseph (Coordinator)

Dr. Chacko K V (Principal)


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MENTAL HEALTH

OBJECTIVES

- To help students develop awareness about prevalence of mental health
- To help young people build positive social, emotional, thinking and communication skills and behaviors

MODULE 1 BASIC CONCEPT

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MENTAL HEALTH
An Add-On Course for B. Sc Students
2020-2021

MODEL QUESTION PAPER

NAME.....

RegisterNo.....

TIME: 1 Hour

Max. Marks: 30

SECTION -A

Answer ALL Questions. Answer in Two or three sentences. Each question carries 2 marks. There shall be ceiling of 10 marks in this section

1. Mental Health
2. Stress
3. Coping
4. GAD
5. JPMR
6. Aphasia

(Ceiling 10 marks)

SECTION -B

Answer all questions. Answer in a paragraph of about half a page to one page. Each question carries 5 marks. There shall be ceiling of 10 marks in this section


1. Describe Mental Health and its Characteristics.
1. Write a short note on Stress and its Coping Methods.
1. Explain GAD.
1. Describe the Jacobson Progressive Muscular Relaxation Techniques

SECTION -C

Essay Type Questions Answer Any one of the following. Each Carries 10 Marks.

1. Define Mental Health and explain history, clinical features and characteristics of Mental Disorders.
2. Explain characteristics, types of relaxation techniques.

(Ceiling 10 marks)


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ANSWER KEY FOR MENTAL HEALTH

SECTION A

1.Mental Health

- Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community", according to the World Health Organization.

2.Stress

- Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand.

3.Coping

- to deal with and attempt to overcome problems and difficulties —often used with with learning to cope with the demands of her schedule

4.GAD

- Generalized anxiety disorder involves persistent and excessive worry that interferes with daily activities. This ongoing worry and tension may be accompanied by physical symptoms, such as restlessness, feeling on edge or easily fatigued, difficulty concentrating, muscle tension or problems sleeping.

5.JPMR

- Jacobson's relaxation technique is a type of therapy that focuses on tightening and relaxing specific muscle groups in sequence. It's also known as progressive relaxation therapy. By concentrating on specific areas and tensing and then relaxing them, you can become more aware of your body and physical sensations

6.Aphasia

- Aphasia is a condition that robs you of the ability to communicate. It can affect your ability to speak, write and understand language, both verbal and written. Aphasia typically occurs suddenly after a stroke or a head injury.

SECTION B

7.Describe Mental Health and its Characteristics.

- Emotional stability: feeling calm and able to manage emotions. resilience: the ability to cope with the stresses of daily life. optimism: feeling positive about your life and future. self-esteem: feeling positive about yourself (explain)

8.Write a short note on Stress and its Coping Methods.

- listening to music.
- physical activity.

- reading.
- meditation.
- praying, going to church.
- yoga.
- getting a massage (explain)

9.Explain GAD.

- Generalized anxiety disorder (or GAD) is marked by excessive, exaggerated anxiety and worry about everyday life events for no obvious reason. People with symptoms of generalized anxiety disorder tend to always expect disaster and can't stop worrying about health, money, family, work, or school. (Explain)

10.Describe the Jacobson Progressive Muscular Relaxation Techniques

- Jacobson's relaxation technique is a type of therapy that focuses on tightening and relaxing specific muscle groups in sequence. It's also known as progressive relaxation therapy. By concentrating on specific areas and tensing and then relaxing them, you can become more aware of your body and physical sensations. (explain)


SECTION C

11.Define Mental Health and explain history, clinical features and characteristics of Mental Disorders.

- It involves a state of well-being in which people are able to cope with the normal stresses they face in daily life. Mental health allows people to recognize their own abilities, work productively, and make meaningful contributions to their communities.(explain)

12.Explain characteristics, types of relaxation techniques

- Deep breathing.
- Massage.
- Meditation.
- Tai chi.
- Yoga.
- Biofeedback.
- Music and art therapy.
- Aromatherapy.(explain).


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 Thiruvananthapuram, Kerala



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Thiruvambady P.O., Kozhikode [DIST.] - 673603

MENTAL HEALTH
An Add-On Course for B.Sc Students
2020-2021
List of Enrollment

SL.No	Enrollment No	Name
1	PSYMH2001	Evlin Philip
2	PSYMH2002	Sana Faisal
3	PSYMH2003	Theresa Wilson
4	PSYMH2004	Anju sankar
5	PSYMH2005	Kiran Reji
6	PSYMH2006	Megna
7	PSYMH2007	Nishana Sherin

Ajeena
Ms. Ajeena Joseph (Coordinator)

Dr. K V Chacko(Principal)

DR. CHACKO K.V.
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MENTAL HEALTH

An Add-On Course for B. Sc Students

2020-2021

Students list with signature

SL.No	Name	Signature
1	Evlin Philip	
2	Sana Faisal	
3	Theresa Wilson	
4	Anju sankar	
5	Kiran Reji	
6	Megna	
7	Nishana Sherin	

Ms. Ajeena Joseph (Coordinator)

Dr. Chacko K. V (Principal)

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MENTAL HEALTH
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2020-2021

Attendance Register

Sl. No	NAME	DAY 1 2/07/20	DAY 2 7/07/20	DAY 3 12/07/20	DAY 4 15/07/20	DAY 5 20/07/20	DAY 6 23/07/20	DAY 7 26/07/20	DAY 8 30/07/20	DAY 9 5/08/20	DAY 10 10/08/20	DAY 11 16/08/20	DAY 12 20/08/20	DAY 13 24/08/20	DAY 14 27/08/20	DAY 15 30/08/20
1	Evlin Philip	P	P	P	P	AB	P	P	P	P	P	P	AB	P	P	P
2	Sana Faisal	P	P	P	AB	P	P	P	P	AB	P	P	P	P	P	P
3	Theresa Wilson	P	P	AB	P	P	P	P	P	P	P	P	P	AB	P	P
4	Anju sankar	P	AB	P	P	P	P	AB	P	P	P	P	P	P	P	P
5	Kiran Reji	P	P	P	P	P	AB	P	P	P	P	P	P	P	AB	P
6	Megna	P	P	P	P	P	P	P	AB	P	P	AB	P	P	P	P
7	Nishana Sherin	P	P	P	P	P	P	P	P	P	AB	P	P	P	P	AB

SL N O	NAME	DAY 16 1/09/20	DAY 17 6/09/20	DAY 18 9/09/20	DAY 19 13/09/20	DAY 20 14/09/20	DAY 21 27/09/20	DAY 22 20/09/20	DAY 23 21/09/20	DAY 24 22/09/20	DAY 25 23/09/20	DAY 26 24/09/20	DAY 27 27/09/20	DAY2 8 28/09/20	DAY2 9 29/09/20	DAY 30 30/09/20
1	Evlin Philip	P	P	P	P	P	AB	P	P	P	P	P	P	AB	P	P
2	Sana Faisal	P	P	AB	P	P	P	P	P	P	P	AB	P	P	P	P
3	Theresa Wilson	P	P	P	AB	P	P	P	P	P	P	P	P	P	AB	P
4	Anju sankar	P	P	P	P	P	P	AB	P	P	P	P	AB	P	P	P
5	Kiran Reji	P	P	P	P	AB	P	P	P	AB	P	P	P	P	P	P
6	Megna	P	AB	P	P	P	P	P	AB	P	P	P	P	P	P	P
7	Nishana Sherin	P	P	P	P	P	P	P	P	P	AB	P	P	P	P	AB

Ms. Ajeena Joseph (Coordinator)

Ajeena

Dr. K V Chacko (Principal)

DR. CHACKO K.V.

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MENTAL HEALTH
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2020-2021
Gradesheet

SL.No	Name	Grade
1	Evlin Philip	A
2	Sana Faisal	A
3	Theresa Wilson	A
4	Anju sankar	A
5	Kiran Reji	A
6	Megna	A
7	Nishana Sherin	A

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CERTIFICATE This is to certify that

Ms. Sana Faisal

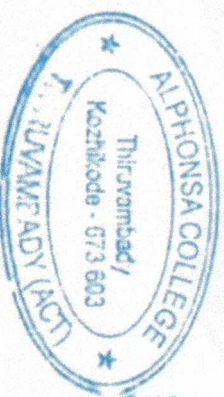
has successfully completed an add-on-course on

'Mental Health'

With 'A' Grade in the academic year 2020-2021 organized by
Department of Psychology, Alphonsa College Thiruvambady

Githin

Dr. Githin V G



Dr. Chacko K. V.

Dr. Chacko K. V
(Principal)

HOD, Department of
Psychology