

DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

Programme: B. Tech (Minor in Psychology)

Course Title: Mental Health and Wellbeing

Course Category: Minor

Course Code: HSMP 304

Credits: 3 (L-3)

Semester: 6th

Course Objectives

To Promote well-being and resilience among the students with the concept and applications of Psychology with the need to know the importance of mental health and wellness.

Instructions for Examiner

The number of questions to be set will be five, one from each unit. The examinees will be required to attempt all five questions. All questions shall carry equal marks.

UNIT I

Overview of Psychology and its relevance to mental health, Definition and conceptualization of mental health and well-being, Common Mental Health Disorders: anxiety, depression, substance abuse, stress-related disorders, Diagnostic criteria, Symptoms, Etiology, and Prevalence rates, Impact on individuals and society

UNIT II

Definition & Assumption, and goals of Positive Psychology. Well-being: Definition, subjective and psychological well-being. Psycho-education and Skills Training; Strategies for maintaining and enhancing mental health, Stress and stressors, Stress management techniques, Building resilience and coping skills. Mindfulness, Hope, Optimism.

UNIT III

Bio-psychosocial model of mental health, Factors influencing mental health and well-being. The role of social support in mental health. Social determinants of mental health; Cultural and societal influences on mental health. Stigma and mental health. Cognitive processes and their influence on mental health outcomes. Emotional responses to chronic illness.

UNIT IV

Emerging trends and issues in mental health; Role of technology in mental health care, Workplace Mental Health and Well-being; Mental health in the workplace, Strategies for promoting employee well-being, Global Perspectives on Mental Health; Cross-cultural variations in mental health and well-being.

Course Outcomes

At the end of the course, student will be able to develop practical strategies and skills to promote personal well-being and resilience, enhancing the ability to cope with stress, maintain positive relationships, and cultivate a healthy lifestyle.

References

1. Alan Carr (2011). Positive Psychology: The Science of Happiness & Human Strengths (II edition). Routledge, London & New York.
2. Baron, R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education
3. Carr, Alan (2011). Positive Psychology (2nd Edn), New York: Routledge Taylor and Francis Group.
4. Taylor E. S. (2006). *Health Psychology*. MC Graw Hill Companies, California