

GANPAT UNIVERSITY																
FACULTY OF MANAGEMENT STUDIES																
Programme		Bachelor of Business Administration					Branch / Spec.		Finance							
Semester		III					Version		1.0.0.0							
Effective from Academic Year				2025-26				Effective for the Batch Admitted in				July 2024				
Subject Code		BAEC202		Subject Name				Mental Health Awareness								
Teaching Scheme								Examination Scheme (Marks)								
(Per week)		Lecture (DT)		Practical (Lab.)		Total				CE		SEE		Total		
		L	TU	P	TW											
Credit		02	00	00	00	02		Theory		25		25		50		
Hours		02	00	00	00	02		Practical		00		00		00		
Pre-requisite:																
Students are expected to have knowledge of healthy life style and yogic practices.																
Objective:																
This course aims to educate students about mental health, reduce stigma around mental illness, promote self-care and wellness.																
Learning Outcomes/Course Outcomes:																
On successful completion of the course, the students will be able to:																
CO1- Understand the basics of mental health and mental illness																
CO2- Identify signs and symptoms of common mental health conditions																
CO3- Develop empathy and reduce stigma around mental illness																
CO4- Learn self-care and stress management techniques																
Mapping of PO-CO and PSO-CO:																
Course Outcome (CO) No.		PO-CO Mapping								PSO-CO Mapping						
		PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	
		CO1	2	2	3	2	2	2	2	2	2	1	2	2	2	1
		CO2	3	3	3	2	2	2	1	2	2	2	2	3	2	2
		CO3	1	2	2	3	2	2	2	1	3	2	2	1	2	1
		CO4	2	3	2	3	2	2	2	2	2	1	2	2	2	
Theory Syllabus																
Unit		Content													Hrs.	
1		Introduction to Mental Health Definition and Importance of Mental Health, Factors Influencing Mental Well-being ,Common Mental Health Conditions-- Anxiety disorders, Depression: Symptoms, Causes, and Treatment ,Insomnia, Trauma and PTSD, Signs and Symptoms													15	
2		Self-Care and Stress Management Meaning of stress and its causes, Mindfulness and meditation, Exercise and physical activity, Healthy sleep habits, Reducing Stigma and Promoting Awareness, Developing Healthy Habits and Routines ,Asan and Pranayama, Various yog poses and their benefits for mind and body, Regularization of breathing techniques and its effects, Types of pranayama													15	
		Exam: Theory 100%, Numerical 0%														
Text Book:																
		Mental Health: A Person-Centred Approach by Stephen Palmer and Ray Woolfe (or a similar comprehensive textbook).														
Reference Books:																
		- National Alliance on Mental Illness (NAMI) materials - American Psychological Association (APA) resources - Selected articles and research studies														
Online Resource:																
		National Institute of Mental Health (NIMH) website: www.nimh.nih.gov Mental Health Foundation: www.mentalhealth.org.uk														