

GANPAT UNIVERSITY														
FACULTY OF SOCIAL SCIENCES AND HUMANITIES														
Programme	Bachelor of Arts					Branch/Spec.	Psychology							
Semester	III					Version	1.0.0.0							
Effective from Academic Year	2026-27					Effective for the Batch admitted in	July 2025							
Course Code	BAEC202		Course 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-requisites														
Students are expected to have knowledge of heathy life style and yogic practices.														
Course Objective:														
This course aims to educate students about mental health, reduce stigma around mental illness, promote self-care and wellness.														
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.													
Theory Syllabus														
Unit	Content										Hrs.			
1	<b>Introduction to Mental Health</b> 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	<b>Self-Care and Stress Management</b> 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%														
Practical Content														
Practical, assignments and tutorials are based on above syllabus.														
Text Books														
1	Mental Health: A Person-Centred Approach by Stephen Palmer and Ray Woolfe (or a similar comprehensive textbook).													
Reference Books														
1	National Alliance on Mental Illness (NAMI) materials													
2	American Psychological Association (APA) resources													
ICT/MOOCs Reference														
1	National Institute of Mental Health (NIMH) website: <a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>													
2	Mental Health Foundation: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>													
Mapping of CO with PO and PSO:														
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	1	2	1	1	1	3	2	3	1	2	2	1	1
CO2	3	1	2	1	1	1	3	3	3	1	3	2	2	1
CO3	1	2	3	3	1	2	2	3	2	1	2	3	2	3
CO4	2	2	3	2	1	3	2	3	2	1	2	3	3	2