

Course Title: Introduction to Mental Well-Being

Course Code: MCS1404-OE

Course Type: Open Elective

Credits: 02 (2-0-0-0)

Max Marks: 50

Course Objectives:

- Understand the concept of mental health and illness
- Learn basic classification systems of mental disorders
- Identify major categories of mental health disorders and to explore biological, psychological, and social causes of mental illness.

Learning Outcomes: The students will be able to:

- Understand the basic concepts of mental health and mental illness.
- Understand the role of social workers in promoting mental health and supporting individuals with disorders.
- Learn the impact of stigma in treatment seeking behaviours, and the rights and ethical issues in mental health practice

Unit 1: Understanding Mental Well Being (15 Hours)

- Definition and dimensions of mental well being; Difference between mental health, mental illness, and mental well-being.
- Psychosocial dimensions of Mental Health, Myths and misconceptions about mental illness.
- Introduction to classification systems (ICD, DSM – only orientation).
- Mood and anxiety disorders. Psychotic disorders (schizophrenia spectrum), Substance use disorders.
- Stigma, discrimination, and labeling.
- Coping and resilience; Importance of community support systems.

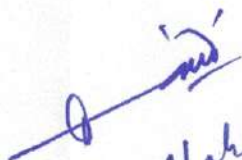
Unit 2: Promoting Mental Well Being and Basic Helping Skills (15 Hours)

- National Mental Health Programme (NMHP) and District Mental Health Programme (DMHP).
- Basic helping and Counseling Skills,
- Self Awareness and Emotional regulation; Mental Well Being in Students' Life.
- Practical Well Being Skills.
- Community mental health and rehabilitation.
- Emerging issues: Substance Abuse, Digital well-being,

The bottom of the page features several handwritten signatures in blue ink. From left to right, there is a signature that appears to be 'Shahid', followed by a signature that looks like 'Furkan', then a signature that is partially legible as 'K. Javed', and finally a signature that appears to be 'H'. There are also some smaller, less distinct marks and initials scattered around these main signatures.

Suggested References

- American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders: DSM-5. Washington, D.C.: American Psychiatric Association
- Hamilton, M. (1994). Fish's Clinical Psychopathology. Bombay: Varghese Publishing House
- Richard, Cowen, P. (2001). Shorter Oxford Textbook of Psychiatry. New Delhi: Oxford University Press.
- Sadock, B., Kaplan, H., & Sadock, V. (2000). Comprehensive Textbook of Psychiatry. Hagerstown: Lippincott Williams & Wilkins.
- Vyas, J. N., & Ahuja, N. (2003). Textbook of Postgraduate Psychiatry. New Delhi: JAYPEE Brothers. Vol. 1 & 2.
- World Health Organization. (2002). ICD-10 Classification of Mental and Behavioral Disorders. Geneva: WHO. (Also available at www.who.int/entity/classifications/icd/en/bluebook/.)
- Gelder, M., & Mayou, R. (2009). Nambuthiri, V. M. D. Concise Textbook of Psychiatry. Gurgaon: Elsevier Health Sciences.


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K. S. Jayaram



