

B.A. Education (Multi – Disciplinary Course)
SEMESTER-II
UPOBMDC 12041: Mental Health and Hygiene
Type of Paper: Theory
Full Marks – 75 (60+10+5)

This course discusses the concept of mental health and hygiene and the role of teachers and parents in preserving mental health of children.

Course Objectives:

After completion of the course the learners should be able to:

- Relate with the concept of Mental Health and Mental Hygiene.
- Deal with stress and stressors.
- Inculcate good habits to preserve mental health.

Course Syllabus Overview:

Unit I: Mental Health

- a) Meaning of Mental Health
- b) Nature and Characteristics of Mental Health
- c) Causes of ill Mental Health

Unit II: Mental Hygiene

- a) Meaning of Mental Hygiene
- b) Aims and Scope of Mental Hygiene
- c) Relation between Mental Health, Mental Hygiene and Education

Unit III: Stress and Stressors

- a) Meaning of Stress and Stressors
- b) Effects of Stress on Mental Health
- c) Stress Management through Education

Unit IV: Preservation of Mental Health

- a) Role of Parents in preservation of Mental Health
- b) Role of Teachers in preservation of Mental Health
- c) Symptoms of good Mental Health

Suggested Readings:

English Version

1. Mental Hygiene, S. S. Chauhan, Allied
2. Education for Mental Health, Namita Ranganathan, Shipra Publications

Bengali Version

3. মানসিক স্বাস্থ্যবিদ্যা, জগদীন্দ্র মন্ডল, সোমা বুক এজেন্সি
4. মানসিক স্বাস্থ্যবিজ্ঞান, অরুণ কুমার ঘোষ,
5. মানসিক স্বাস্থ্যবিজ্ঞান, মঞ্জুরি সেনগুপ্ত