

Course Title: Mental Health and Wellness

Introduction to the Syllabus

Welcome to **Mental Health and Wellness**, a course designed not just for academic exploration but for personal transformation. In a world where stress, anxiety, and emotional burnout are increasingly common, understanding mental health is no longer optional—it is essential. This course offers students a safe, informed, and reflective space to explore the foundations of psychological well-being and the practical tools to nurture it.

Throughout this semester, we will delve into key topics including emotional intelligence, stress management, mindfulness, resilience, and the importance of seeking help. We will also challenge the stigma surrounding mental health and examine its intersections with culture, identity, and society.

This course encourages you not only to study mental health as a subject but to **engage with it as a life skill**—to reflect, to grow, and to develop strategies for sustaining wellness in your academic, personal, and professional life. You will be invited to participate in open discussions, real-world applications, self-care practices, and evidence-based learning to support your holistic development.

Whether you aspire to support others or simply to understand yourself better, this course is an opportunity to build a foundation of knowledge, empathy, and self-awareness that will benefit you far beyond the classroom.

We look forward to walking this journey with you—toward greater understanding, compassion, and mental well-being.

Here's an overview of how the **University Grants Commission (UGC)** in India—and the broader higher education ecosystem—is focusing on **mental health and student wellness**, along with key schemes and initiatives aimed at fostering well-being across campuses:

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Course Objectives:

- To understand the fundamental concepts of mental health and emotional wellbeing.
- To explore the psychological, physiological, and social dimensions of mental wellness.
- To develop skills and habits that promotes positive mental health.
- To integrate mindfulness, yogic practices, and emotional regulation into everyday life.
- Develop practical skills in guided meditation, yoga, reflective journaling, and group discussions to cultivate self-awareness and sustain mental wellbeing.
- To understand the holistic development approaches



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Course Structure:

Unit I: Introduction to Mental Health

Concept of Mental Health: WHO definition, mental hygiene and Importance
Determinants of mental health (biological, psychological, social, spiritual)
Historical perspectives and stigma associated with mental health
Difference between mental health and mental illness

Unit II: Positive Psychology and Wellbeing

Positive psychology: Gratitude, optimism, flow, resilience
Different aspects of well-being: psychological, emotional, social, and physical
VIA (Values in Action) Classification of Strengths
Role of communication and relationships in mental wellbeing

Unit III: Stress and Emotional Management

Understanding stress: Types, causes, and symptoms
Emotional Intelligence (EI): Concept, Mixed Model of EI
Coping strategies for Stress and Emotional Management
Importance of Social Support System

Unit IV: Holistic Approaches to Wellbeing Promotion and Prevention in Mental Health

Yogic, Mindfulness, and Meditative Practices for Emotional Wellbeing
Lifestyle, Nature, and Creative Therapies for Mental Wellness
Holistic Self-Development through Panchkosh and Self-Awareness
Mental Health in Society: Education, Policy, and Prevention Strategies

- **Practical Component: Two session for a semester**

Guided meditation, mindfulness practices
Yoga sessions for emotional stability
Group discussions, creativity, art expression, sharing circles, and reflective journaling
Emotional check-ins and mental wellness logs

References:

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 3. <https://www.stpaulcollege.co.in/assets/PDFs/scannedBooks/Stress-Management-Book.pdf>
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 - Goleman, D. (1995). *Emotional Intelligence*
 - Corey, G. (2016). *Theory and Practice of Counseling and Psychotherapy*
 - UGC Guidelines on Mental Health (latest versions)