

THE NATIONAL COLLEGE AUTONOMOUS JAYANAGAR
BANGALORE-560070
DEPARTMENT OF PSYCHOLOGY
III Sem OPEN ELECTIVE COURSE

**NEP SYLLABI OF PSYCHOLOGY SUBJECT FOR BA III SEMESTER WITH EFFECT
FROM ACADEMIC YEAR 2022-23 AND ONWARDS**

Teaching Hours: 3 hours per week

(Total 30 hours)

Marks for Exam: 60

IA Marks: 40

Psychology and Mental Health

Course Objectives:

- To understand the fundamentals of mental health.
- To create awareness about importance of mental health.
- To understand the Challenges in the field of mental health.
- To understand the Importance of Psychological interventions.

Unit 1: Introduction

(7 hours)

- a. Meaning and definition of Mental Health, Fundamentals of Mental Health.
- b. Factors affecting mental health: Physiological factors, psychological factors and social factors.
Components of Mental health.
- c. Ethical issues

Unit 2: Interpersonal approach to Mental Health

(8 hours)

- a. Interpersonal approaches to mental health: communication and conflict - nonviolence communication, the four horsemen of the apocalypse.
- b. Cognitive distortions - personalization, catastrophizing, polarised thinking, should and musts, mental filtering, fallacies (control, change, and heaven's reward), A-B-C model(Brief)

Unit 3: Mental Health issues

(7 hours)

- a. Stress / Burnout
- b. Anxiety, fear, worry, phobia, depression
- c. Grief and trauma

Unit 4: Intervention and Management

(8 hours)

a. Need for mental health intervention and strategies

b. Physiological approach, Cultural and Social Approach: Bronfenbrenner model, Intersectionality (Privilege v/s Oppression)

c. Coping Mechanisms: Grounding techniques, mindfulness practices, positive emotional, psychological and social functioning (flourishing), self-care in mental health: A conceptual model.

d. Indigenous Approach (Yoga, Meditation, etc)

References:

- Augustus, J.o., Bold, Justine., Williams, B. An Introduction to Mental Health, Sage Publications Ltd
- Gurumani, G.D., Text Book of Mental Health and Hygiene
- Lucock, M., Gillard, S., Adams, K., Simons, L., White, R., & Edwards, C. (2011). Self - care in mental health services: a narrative review. Health & Social Care in the Community, 19 (6)
- Papalia., & C. D.E., Olds, S.W., & Feldmam, R.D. (2004). Human Development. 9th Edition. New Delhi: Tata Mc-Graw Hill Publishing Company Ltd.
- Piotrowski, N.A. (2010). Psychology & Mental Health. Salem Press.
- Robert Feldman (2011) Essentials of Understanding Psychology 10th Edition