



GOUR MAHAVIDYALAYA

Department Of Health Care (B.Voc)

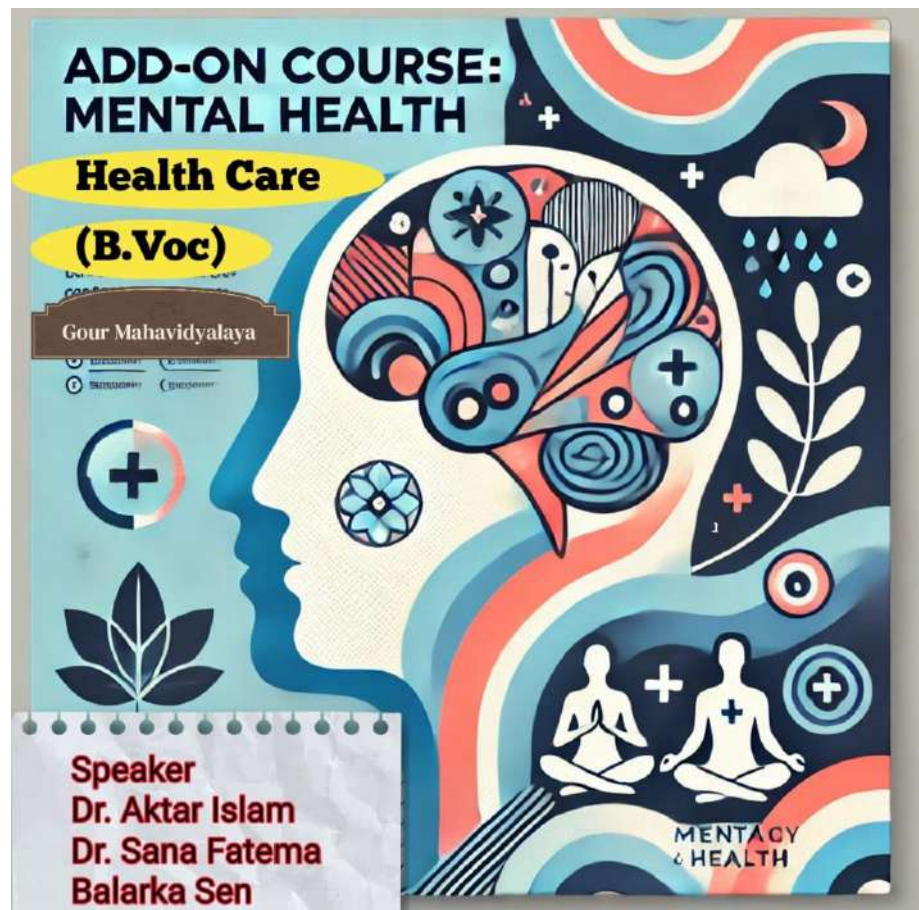


**ADD-ON-
COURSE**

MENTAL HEALTH

ABOUT THE DEPARTMENT

The **Department of Health Care (B.Voc)** at Gour Mahavidyalaya aims to provide students with a comprehensive understanding of the healthcare sector, combining both theoretical knowledge and practical skills. The B.Voc program focuses on developing industry-ready professionals by offering courses that cover a wide range of healthcare-related subjects, including medical ethics, patient care, healthcare management, and public health. Students also gain hands-on experience through internships and skill-based training. The department is dedicated to fostering a supportive learning environment, encouraging critical thinking, and preparing students for careers in healthcare, enhancing their employability and contributing to the healthcare industry.



ABOUT COURSE

COURSE TIME-30 HOURS.

QUALIFICATION- ALL STUDENT.

OBJECTIVE-UNDERSTANDING AND
PROMOTING MENTAL HEALTH.

COURSE FEE- NILL.

EXAM- 50 MARKS (MCQ).

COURSE TIME -18.11.2024-30.12.2024

COURSE COORDINATOR.

DR. Aktar Islam (7001921022).

DR. Sana Fetama (8420027949).

Balarka Sen (7003664508)

SYLLABUS

- **Introduction to Mental Health**

- Overview of what mental health is, its importance, and how it affects overall well-being.

- **Significance of Mental Health**

- Exploring the impact of mental health on personal, social, and professional life, and the broader society.

- **Positive Psychology and Mental Health**

- An introduction to positive psychology, focusing on strengths, virtues, and factors that contribute to happiness and well-being.

- **Well-Being and Positive Aspects of Mental Health**

- Understanding how mental health contributes to well-being, focusing on aspects like emotional resilience, self-acceptance, and life satisfaction.

- **Personality Development Theories**

- An overview of major theories of personality development, such as Freud's psychoanalytic theory, Erikson's stages of development, and modern approaches.

- **Understanding Mild Mental Disorders**

- Identifying and understanding common mild mental health conditions like mild depression, anxiety, and stress-related disorders.

- **Management of Mild Mental Disorders**

- Approaches and interventions for managing mild mental health conditions, including therapy, lifestyle changes, and coping mechanisms.

- **Psychotic Disorder Overview**

- Exploring psychotic disorders such as schizophrenia, including their symptoms, causes, and treatment approaches.

- **Impact of Severe Mental Illness**

- Examining the personal, social, and economic impact of severe mental illnesses, like schizophrenia or bipolar disorder, on individuals and communities.
- **Psychological Testing Methods**
 - A look at common psychological testing methods, such as IQ tests, personality inventories, and diagnostic assessments used in clinical settings.
- **Assessing Psychological Traits**
 - Methods of assessing individual psychological traits, such as personality, intelligence, and emotional functioning, through various tools and techniques.
- **Neurological Disorders in Mental Health**
 - Understanding the connection between neurological disorders (e.g., epilepsy, dementia) and mental health, and how they affect behavior and cognition.
- **Exploring Personality Disorders**
 - A focus on various personality disorders (e.g., borderline, narcissistic, antisocial), including symptoms, causes, and treatments.
- **Research Methods in Mental Health**
 - An introduction to research methodologies used in mental health studies, including qualitative and quantitative research designs.
- **Statistical Analysis in Mental Health**
 - Understanding the role of statistical analysis in mental health research, including methods for analyzing data, interpreting results, and making informed conclusions.

