



30 HOURS ADD-ON COURSE (ONLINE)

on

STRESS MANAGEMENT AND MENTAL HEALTH

Open to All Programme Course Students

Organized by

HAZI A. K. KHAN COLLEGE

IQAC

Session: 2020-2021

BASIC DETAILS OF THE 30 HOURS ADD-ON COURSE

1.	Course Title	STRESS MANAGEMENT AND MENTAL HEALTH
2.	Pre-requisite	All Under-Graduate students of Programme Course
3.	Course Outcome	<p>After completion of the Course the students will able to:-</p> <ul style="list-style-type: none"> • Concept on Mental Stress and Mental Health. • Understand how to remove stress in school children. • Understand the bad effect of stress in life. • Understand how technic use to minimize stress.
4.	Course Fee	NIL
5.	Intake Capacity	All Under-Graduate students of Programme Course
6.	Course Duration	<p>One Class (Lecture): 1 Hour 28 Lectures= 28 Hours Screening of a film on = 2 Hours Total Course Duration = 30 (28+2) Hours.Final Assessment on the Last day.</p>
7.	Learning Resources	Given Bellow :

Learning Resources

- Health Links – Center for National Health Statistics
<http://cdc.gov/nch/swww/nchshome.htm> and Critical Thinking
- Ayala, S. (October–November 2002). Stress. Health Tips from Army Medicine. Madigan Army Medical Center, Fort Lewis, WA. Retrieved 13 June 2008 from <http://www.armymedicine.army.mil/hc/healthtips/08/stress.cfm>
- National Institute of Mental Health. (2003). In Harm’s Way: Suicide in America. Retrieved 11 June 2008 from <http://www.nimh.nih.gov/publicat/harmsway.cfm>
- National Institute of Mental Health. (2004). What do these students have in common? Retrieved 10 August 2005 from www.nimh.nih.gov/publicat/students.cfm
- National Mental Health Association. (2005). Finding Hope and Help: College Student and Depression Pilot Initiative. Retrieved 11 August 2005 from <http://www.nmha.org/camh/college/index.cfm>
- Pawelek, J., & Jeanise, S. (March 2004). Mental Health Myths. Health Tips from Army Medicine. Retrieved 13 June 2008 from <http://www.armymedicine.army.mil/hc/healthtips/13/200403mhmyths.cfm>

8.	Lesson Plan	Given Bellow :
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COURSE OUTLINE / SYLLABUS :

Module 1

- Introduction

Module 2

- Definition of stress
- Effect of stress
- Signs of stress
- Ways of respond to stress
- Definition of stress management
- Way of manage stress

Module 3

- Concept of Mental Stress. Nature and Characteristics of Mental Stress.
- Problems and Source of Mental Stress and Mechanism of minimizing Mental Stress.
- Role of Family, School and Religion in minimizing Mental Stress.
- Concept of Mental Health. Nature and Characteristics of Mental Health.
- Objectives of Mental Health. Importance of Mental Health in Education.

Module 4

- Nature of feeling
- Characteristics of feeling
- Conditions of feeling -Laws of Pleasure and Pain
- Theories of Pleasure and Pain
- Wundt's Tri-dimensional Theory of Feeling
- Buddhist Noble Truths and Eightfold Path (Ashtangikamarga)

Module 5

- Conclusion

9.	Lesson Plan	Format given in Page
10.	Assessment Process	Students will be graded on Course-end Assessment, and Attendance

11	Course Coordinator	IQAC Coordinator
12	Course Certificate Format	Format given in Page

No Course Fee

DETAILED SYLLABUS OF THE ADD-ON COURSE

Module 1: [TIME: 4 HOURS]

DETAILS

- Introduction

Module 2: [TIME: 4 HOURS]

DETAILS

- Definition of stress
- Effect of stress
- Signs of stress
- Ways of respond to stress
- Definition of stress management
- Way of manage stress

Module 3:[TIME: 4 HOURS]

DETAILS

- Concept of Mental Stress. Nature and Characteristics of Mental Stress.
- Problems and Source of Mental Stress and Mechanism of minimizing Mental Stress.
- Role of Family, School and Religion in minimizing Mental Stress.
- Concept of Mental Health. Nature and Characteristics of Mental Health.
- Objectives of Mental Health. Importance of Mental Health in Education.

Module 4:..... [TIME: 4 HOURS]

DETAILS

- Nature of feeling
- Characteristics of feeling
- Conditions of feeling -Laws of Pleasure and Pain
- Theories of Pleasure and Pain
- Wundt's Tri-dimensional Theory of Feeling
- Buddhist Noble Truths and Eightfold Path (Ashtangikamarga)

Module 5:..... [TIME: 4 HOURS]

DETAILS

- Conclusion

LESSON PLAN

LECTURES	CONTENT
LECTURE 1 (1 hour)	Introduction

LECTURE 2 (1 hour)	Definition of stress
LECTURE 3 (1 hour)	Effect of stress
LECTURE 4 (1 hour)	Signs of stress
LECTURE 5 (1 hour)	Ways of respond to stress
LECTURE 6 (1 hour)	Definition of stress management
LECTURE 7 (1 hour)	Way of manage stress
LECTURE 8 (1 hour)	Concept of Mental Stress. Nature and Characteristics of Mental Stress.
LECTURE 9 (1 hour)	Problems and Source of Mental Stress and Mechanism of minimizing Mental Stress.
LECTURE 10 (1 hour)	Role of Family, School and Religion in minimizing Mental Stress.
LECTURE 11 (1 hour)	Concept of Mental Health. Nature and Characteristics of Mental Health.
LECTURE 12 (1 hour)	Objectives of Mental Health. Importance of Mental Health in Education.
LECTURE 13 (1 hour)	Nature of feeling
LECTURE 14 (1 hour)	Characteristics of feeling
LECTURE 15 (1 hour)	Conditions of feeling -Laws of Pleasure and Pain
LECTURE 16 (1 hour)	Theories of Pleasure and Pain
LECTURE 17 (1 hour)	Wundt's Tri-dimensional Theory of Feeling
LECTURE 18 (1 hour)	Buddhist Noble Truths and Eightfold Path (Ashtangikamarga)
LECTURE 19 (1 hour)	Conclusion
LECTURE 20 (1 hour)	Screening of a film on 1 hour
LECTURE 21 (1 hour)	Definition of stress
LECTURE 22 (1 hour)	Effect of stress
LECTURE 23 (1 hour)	Signs of stress
LECTURE 24 (1 hour)	Ways of respond to stress
LECTURE 25 (1 hour)	Definition of stress management
LECTURE 26 (1 hour)	Way of manage stress
LECTURE 27 (1 hour)	Concept of Mental Stress. Nature and Characteristics of Mental Stress.
LECTURE 28 (1 hour)	Problems and Source of Mental Stress and Mechanism of minimizing Mental Stress.
LECTURE 29 (1 hour)	Screening of a film on 1 hour
LECTURE 30 (1 hour)	Conclusion

EVALUATION PROCESS FOR THE ADD-ON COURSE

The Evaluation would be done through 2 components –

- i) C1- Course-end Assessment in blended [Total Marks:20]
- ii) C2 - Attendance [Total Marks: 5]

At the end of the Course, there will be a Course-end Assessment. Attendance Component Marks would be calculated based on the actual Attendance Percentage of the Students during the classes of the Course.

MODEL CERTIFICATE



The certificate is framed in yellow with blue corners. It features the college logo on the left and a ribbon icon on the right. The text is centered and includes fields for recipient details, course information, and signatures of the Course Coordinator, Coordinator, and Principal.

HAZI A.K. KHAN COLLEGE
CERTIFICATE OF ACHIEVEMENT

*This certificate is awarded to.....of
.....Semester, Registration No.....Session.....from
IQAC who has successfully completed Add-on course on "Stress Management and Mental
Health" conducted by the IQAC from.....to....., 20....*

We appreciate your presence and wish you all the best for your future.

Dated:

<i>Course Coordinator</i> IQAC Coordinator Hazi A.K. Khan College	<i>Coordinator</i> IQAC Hazi A.K. Khan College	<i>Principal</i> Hazi A.K. Khan College Hariharpara, Murshidabad
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