

International Summer School- Manipal University Jaipur [ISSMUJ]-2023

[Hybrid Mode]



Course Overview

Name of Course- **Shaping your Mental Health**

Name of instructor: Dr Bhawna Chahar

Session: May-July 2023

Language of instruction: English

Number of contact hours: 36

Credit awarded: 03

Pre-requisite: NA

Objective of Course/Project

After completion of this course participants will be able to raise awareness about the mental health continuum, reduce stigma associated with mental illness, understand ways in which people can manage their individual mental health to make everyday living easier, promote healthy help seeking behaviors and emotional well-being practices through individual education and outreach events.

Syllabus:

Introduction: Concept of mental wellbeing and mental health. Mental health problems. Types of mental health disorders. Risk factors for mental health conditions. Mental health language. Causes of mental health problems. Mental health myth busters.

Maintaining Mental Health: Self-care and treatment options for mental health problems.

Working with the mental health sector: Key organisations and the support they can provide to physical activity sector. Stakeholders in the health, voluntary and public sectors that can support physical activity projects and sessions.

National and regional strategies influencing mental health. Mental health campaigns. Ethics in Mental Health.

Organization of Course

Total contact Hours: 36		
1st week:	10 hrs (classes)	2 hrs (self-study/project)

2nd week:	10 hrs (classes)	2 hrs (Mid-term exam/assessment/discussion)
3rd week:	10 hrs (classes)	2 hrs (self-study/project)
4 th week:	6 hrs (Classes)	2hrs (End term exam)

Mode of lectures: Hybrid mode lecture/videos/case study/ discussion/ workshop/ hands-on.

Course/Project Plan

Lecture no.	Topic	Lecture mode	Instructor
L: 1-3	Introduction: Course Hand-out briefing and concept building.	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 4-5	Concept of mental wellbeing and mental health.	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 6-7	What are mental health problems? How common are mental health problems?	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 8-9	Types of mental health disorders. Risk factors for mental health conditions.	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 10-11	Mental health language. Mental health myth busters.	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L:12-13	What causes mental health problems?	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L:14-15	How to maintain your mental health, Self-care and treatment options for mental health problems: Self-care	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 16-19	Self-care and treatment options for mental health problems: Treatment options	Hybrid Lecture/ Videos/	Dr Bhawna Chahar

		Discussion	
L:20-21	Working with the mental health sector: Key organisations and the support they can provide the physical activity sector	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 22-25	Stakeholders in the health, voluntary and public sectors that can support physical activity projects and sessions:	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 26-30	National and regional strategies influencing mental health	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 31-34	Case Study	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar
L: 35-36	Mental health campaigns. Ethics in Mental Health	Hybrid Lecture/ Videos/ Discussion	Dr Bhawna Chahar

Text:

- Goldner, E., Jenkins, E., Prairie, J, Bilsker, D. *A Concise Introduction to Mental Health in Canada*. 2nd edition. Toronto: Canadian Scholars' Press, (2016).
- Gallager, B. J., *Sociology of Mental Illness*: New Jersey: Prentice-Hall (1980)

Brief profile of the instructor



Dr. Bhawna Chahar
(Ph.D, MBA (HR), MA Psychology, Post Graduate Diploma in Guidance & Counselling)
 Associate Professor
 Manipal University Jaipur
bhawna.chahar@jaipur.manipal.edu
chahar.bhawna@gmail.com