

**DEPARTMENT OF EDUCATION
OPEN-ELECTIVE COURSE**

STRESS MANAGEMENT & MENTAL HEALTH

Course Code- 3056	Total Marks : Internal- 20 End Semester - 80 Total- 100
Course Name - Stress management & Mental health	Contact Hours: 6 per week
Nature of the Course- Open (for the students of other discipline)	Total Credit- 6
<p>Objectives :</p> <p>1) To acquaint the students with the concept of Mental Health and Hygiene and to make them realize the need and importance of mental health and hygiene.</p> <p>(2) To develop an understanding of what is adjustment, characteristics of well adjusted person and the problems of adjustment in various life situations.</p> <p>(3) To be sensitive towards the adjustment problems of the special children.</p> <p>(4) To be aware of the different types of adjustment mechanisms and their role in the preservation of mental health and hygiene.</p> <p>(5) To know the meaning of mental well being and to acquaint with the coping mechanisms of mental well being.</p>	
Course Code- 3064	
Course Name - Seminar presentation	Contact Hours: 4 per week
Nature of the Course- Value added	Total Credit- 4
<p>Objectives :</p> <p>The students will have to prepare papers/article and to present in seminar with the help Power Point under the supervision of teachers. All the students have to participate and interact in th seminar to be organized every week in the department.</p>	

Selection: First come first served