

## General Elective (GE): 04 Credits

### GE (III.4.1) Mental Health and Well-being General Elective

#### 1. Credit Distribution of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GE (III.4.1)						
Mental Health and Well-being	4	3	1	0	Undergraduate	NIL

#### 2. Learning Objectives

This course focuses on understanding the concepts, determinants, and strategies for promoting mental health and psychological well-being in educational contexts. It helps teacher educators and school leaders develop insight into students' mental health needs, resilience, stress management, and emotional intelligence. The course also explores institutional and community-based interventions for fostering positive mental health in schools.

#### 3. Learning Outcomes

- Explain key concepts and determinants of mental health and well-being.
- Identify symptoms and causes of common mental health problems in schools.
- Apply psychological and educational strategies for promoting well-being.
- Integrate socio-emotional learning (SEL) and mindfulness into school curricula.
- Design intervention and support systems for positive school mental health.

#### 4. Syllabus

**[45 hours]**

**Unit I Understanding Mental Health and Well-being** - Meaning, nature, and dimensions of mental health and well-being. Determinants of mental health: biological, psychological, and social factors. WHO and NCERT perspectives on school mental health. Theories and models of well-being. Role of education in promoting positive mental health. **[12 hours]**

*M.Sc. Mathematics Education, Cluster Innovation Centre, University of Delhi*

**Unit II Mental Health Concerns in Educational Settings** - Mental health issues in childhood and adolescence: anxiety, depression, ADHD, conduct disorders, and learning difficulties. Teacher stress, burnout, and coping mechanisms; stigma and myths about mental illness. Gender inclusion and socio-cultural influences on mental health. Role of family, peers, and school environment. **[12 hours]**

**Unit III Promoting Mental Health and Well-being in Schools** - Preventive and promotive approaches: school-based interventions. Emotional intelligence, resilience, mindfulness, and positive psychology. Guidance and counselling services for mental health. Integrating well-being into curriculum and pedagogy. **[9 hours]**

**Unit IV Policies, Programmes, and Emerging Issues** - National Mental Health Programme (NMHP), School Health Programme, and NEP 2020 recommendations. Role of NCERT, NIMHANS, and UNESCO in promoting mental health education. Use of ICT and social media: impact on mental health. Ethics, confidentiality, and crisis intervention in school settings. **[12 hours]**

**5. Tutorials** **[15 hours]**

- Case study of students with mental health challenges.
- Conducting a workshop/seminar on stress management or emotional literacy.
- Reflective journal on one's own mental health journey.

**6. Essential Readings**

- NIMHANS (2018). *School Mental Health Manual for Teachers*. Bengaluru.
- NCERT (2020). *Guidelines on School Mental Health Programmes*. New Delhi.

**7. Suggestive Readings**

- World Health Organization (2020). *Promoting Mental Health: Concepts and Evidence*. Geneva.
- WHO (2022): *Mental Health Action Plan 2013–2030* – <https://www.who.int>