



Polba Mahavidyalaya
Polba, Hooghly
Pin-712148
(Affiliated to the University of Burdwan)

Add on Course

SUBJECT

Development of Mental Health and Hygiene

Organized by

Department of Education

&

IQAC

Duration: 30 Hours

6th June 2023 to 19th June, 2023

Chief Patron

Mr. Narugopal Kaibarta

Teacher-in-Charge

Eligibility

2nd and 4th Semester Students (ongoing)

No course fees are needed for this course; the course is free for interested students

Certificates will be issued only to those participants who complete the Course successfully by following rules & and regulations.

Rules & Regulations Related to the Course:

- The assessment process will have a total score of 100. Out of these 10 marks for attendance.
- The process of evaluation will be explained during the class sessions.
- Students must attend all the assessments that have been scheduled to be eligible for certification.
- Every student must have a minimum attendance of 70% throughout the course to receive any certificate.
- The certificate's category will be decided based on the marks obtained, following the subsequent guidelines:

| Score on 100 | Grade |
|---------------------|--------------|
| 90-100 | A+ |
| 80-89 | A |
| 70-79 | B+ |
| 60-69 | B |
| 50-59 | C |
| Below 50 | Fail |

Course Design

| | |
|---------------------------|---|
| Course | Development of Mental Health and Hygiene |
| Eligibility | 2 nd and 4 th Sem students of undergraduate level |
| Faculty | Internal faculty |
| Course Fee | Nil |
| Intake Capacity | 20 |
| Class Duration | 1 Class-1 hr. 3hrs / day. |
| Course Duration | 30 hours |
| Assessment Process | i. Attendance ii. Test |
| Student Feedback | |

Course Objectives

This 30-hour course will provide:

- explain the concepts of mental health and hygiene;
- distinguish mental health from mental ill-health and mental illness;
- explain behavioural symptoms of poor mental health;
- describe health behaviours which sustain good health; and
- learn strategies for time management.

Course Description

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The term mental hygiene is closely related to mental health. We use the term hygiene to refer to keeping oneself and one's living and working areas neat and clean in order to prevent illness and disease. When we extend this concept to the domain of mind it stands for the art of developing, maintaining, and promoting necessary behavioural, emotional, and social skills to sustain good, effective and efficient mental health. One can achieve this by following some basic strategies at mental and behavioural levels in one's daily life. These are as follows:

Reality Contact: In order to maintain good and sound mental health it is important to have a realistic appraisal of one's own reactions, emotions, and abilities. If you are in touch with reality you may be able to avoid a number of disappointments and frustrations in your daily life.

Impulse Control: A person with healthy adjustment would have good control over his/her behaviours and impulses. So in order to maintain good mental health it is necessary that you should be in complete control over your impulsive behaviours.

Self-Esteem: The awareness about oneself is called self-concept. It includes all the statements about "I" or "me" expressed in terms of feelings, beliefs and values. Thus self-concept is sum total of all that a person is aware of about his or her own self. Self-esteem is the evaluative component of self. The personal evaluation of self could be either positive or negative. A sense of personal adequacy or positive self-concept is essential for mental health.

Positive Thoughts: The quality of mental health depends on whether we direct our thoughts in positive or negative ways. Negative thoughts generate negative emotions such as anger, hate, jealousy, fear, and despair. The effect of such negative emotions on our minds is unhealthy. They also harm the endocrine system.

Therefore in order to maintain good mental health, we need to develop the power of positive thinking which generates positive emotions such as love, joy, happiness, hope, compassion, empathy, and optimism in. Such emotions strengthen our capacity to cope with various life challenges.

Assessment of Mental Health and Hygiene

| | Agree | Uncertain | Disagree | | | | | | | | |
|--|--------------------|-----------|----------|----------------|--------------------|-------|------|-------|------|-------|------|
| 1. I am satisfied and happy with my life. | 3 | 2 | 1 | | | | | | | | |
| 2. My life is very happy. | 3 | 2 | 1 | | | | | | | | |
| 3. Even when I am with the members of my family, I feel lonely | 1 | 2 | 3 | | | | | | | | |
| 4. I am confident about my abilities | 3 | 2 | 1 | | | | | | | | |
| 5. I have not been able to achieve as much as I want to. | 1 | 2 | 3 | | | | | | | | |
| 6. I am not as adequate and competent as others are. | 1 | 2 | 3 | | | | | | | | |
| 7. I am very intelligent and competent. | 3 | 2 | 1 | | | | | | | | |
| 8. I do not want to mix up with others. | 1 | 2 | 3 | | | | | | | | |
| 9. People are generally selfish. | 1 | 2 | 3 | | | | | | | | |
| 10. I have no zest for living. | 1 | 2 | 3 | | | | | | | | |
| 11. I generally trust people and have no problem in getting along with them. | 3 | 2 | 1 | | | | | | | | |
| 12. I experience a sense of well-being. | 3 | 2 | 1 | | | | | | | | |
| 13. I get enough love and satisfaction from my family and others. | 3 | 2 | 1 | | | | | | | | |
| 14. I am generally able to solve my problems when I encounter them. I do not remain in conflicting situation. | 3 | 2 | 1 | | | | | | | | |
| 15. I have no goal in life. Life just drags on. | 1 | 2 | 3 | | | | | | | | |
| <p>Key</p> <p>After giving your view on each statement, add the score of all the alternatives you have chosen. The total of all the 15 items is your mental health score.</p> <p>Interpretation</p> <table border="1"> <thead> <tr> <th>Obtained Score</th> <th>Your Mental Health</th> </tr> </thead> <tbody> <tr> <td>36-45</td> <td>Good</td> </tr> <tr> <td>26-35</td> <td>Fair</td> </tr> <tr> <td>15-25</td> <td>Poor</td> </tr> </tbody> </table> | | | | Obtained Score | Your Mental Health | 36-45 | Good | 26-35 | Fair | 15-25 | Poor |
| Obtained Score | Your Mental Health | | | | | | | | | | |
| 36-45 | Good | | | | | | | | | | |
| 26-35 | Fair | | | | | | | | | | |
| 15-25 | Poor | | | | | | | | | | |

Mental Health, Mental Ill-Health and Mental Illness

In order to understand mental health in a better way you are also required to know the meaning of mental ill-health and mental illness. Mental ill-health is defined as the absence of the qualities of positive mental health in the individual. For example if someone among you often displays negative feelings and attitudes about others, you can assume that this person is displaying the characteristics of mental ill-health. Mental illness is a broad term which includes almost all the disorders of behaviour which are caused by faulty perception, emotion, thinking and attitude. Such individuals have problems in making adjustment with others in the society. We will discuss the categories of mental illness in the lesson.

Identification of Poor Mental Health

- Haphazard and disorganized daily life routine.
- Short-tempered and irritating behaviour
- Anger and aggressive behaviour.
- Restlessness.
- Increased or poor appetite and indigestion.
- Irregular sleeping pattern such as insomnia, disturbed sleep, or narcolepsy (excess sleep).
- Poor interpersonal relationships.
- Anxiety and worry.
- Negative attitude toward self and others.
- Withdrawing from relationships.
- Irregular and abnormal physiological conditions (e.g., blood pressure, heart palpitation, and pulse rate).
- Excessive use of drugs (e.g., alcohol, tranquillizers, and hallucinogens).
- Cigarette smoking and use of tobacco in other forms.

The above may cause threat to mental health. If an individual is frequently involved in such behaviours or remains in a particular state for a long period then it is more likely that (s)he may develop various kinds of mental disorders.

Behaviours which Sustain Good Health

In modern life scientific and technological advances have created many facilities for comfort. However, if we develop dependency on them, our lifestyle becomes very sedentary and fragile. In order to overcome the risks involved in such a life we should observe certain precautions and engage in behaviours which promote and sustain good health. Ayurveda, the science of Indian medicine, deals with four aspects of lifestyle which can ensure good health in us. These include right food (Ahara), right recreation (Vihara), right routine (Achara), and right thinking (Vichara). Observing certain practices ensures a healthy and happy life. Let us examine each of these aspects in some detail.

- **Food (Ahara):** Food is the most important aspect of life. Compared to nonvegetarian food vegetarian food is safe and invigorating for a healthy body. For better health one must eat fresh fruits and vegetables with enough fiber content. Oily, spicy, junk and processed food causes obesity, hypertension, heart disease, diabetes, gastric ulcer and even cancer. Our daily food should contain green vegetables, fresh fruits, beans, honey, curd, milk, butter oil which provide enough of vitamins, minerals, iron, antioxidants and fibers. In addition there should be a balanced proportion of each category of food in our daily intake. We should also maintain fixed meal times. Chewing food properly and eating in controlled manner are good for health.
- **Routine (Achara):** Routine consists of three kinds of activities in which an individual indulges in. These are taking food and doing activities as per the seasonal demands called Ritucharya. It means taking food and doing activities in accordance with seasons. We must eat and act according to the characteristics of seasons. Thus in summer we should take light food containing little oil but plenty of fluids such as curd, fruit juice, rice curry and beans. During the winter and autumn seasons sweet and salty food can be taken in larger quantity such as milk products, vegetable soup, ghee, rice and oily food. During the spring season light food with less content of oil should be taken such as preparation containing gram and rice. During the rainy season food with astringent, acidic, salty and sweet taste are taken. Day routine (Dincharya) and night routine (Ratricharya) refer to eating and doing activities according to the time of day and night. One should get up early in the morning before sunrise. Drinking water should be the first act after waking. It ensures smooth excretion of body waste, and is a sure remedy for constipation. After excretion of feces and cleaning of teeth, massage of the body should be done before taking bath. Thus there should be proper time for each and every activity in the cycle of twenty four hours.
- **Recreation (Vihara):** Doing exercise and morning walk are the most important components of recreation. It makes the body light and strong. It increases the immunity, resistance power of the body and capability to work. During exercise toxins of the body are excreted with perspiration. It increases the appetite of the individual. The health problems such as heart disease and diabetes are also controlled by daily exercise. Exercise delays the ageing process and prevents impotence. It helps in purifying blood as the increased intake of oxygen and expulsion of carbon dioxide helps removal of dead cells from the body. Recreational activities like music also help in maintaining good health.
- **Thinking (Vichara):** Sound and positive mental health can only be maintained with right kind of thinking. A person who is mentally fit and healthy has self-satisfaction, accommodative intellect, ability to accept criticism, understanding of the emotional needs of others, and self-control. Such individuals are neither driven by greed or lust nor dominated by fear, anger, attachment, jealousy, guilt or worry. On the social front an individual with positive thinking enjoys good friendships and earns respect from everybody.

- Thus an individual can maintain a sound, healthy and happy life if (s) he follows the above health promotive behaviours.

Strategies for Time Management

You know that we have only twenty-four hours in a day to perform all the activities. We generally fail to organize activities according to the time available. This creates a lot of pressure, tension and frustration. This happens because we do not allot a fixed time for any activities. This habit often results in doing inappropriate activity at an inappropriate time. Hence it is very important to prioritize activities and organize them according to available time. This we can do by scheduling the activities of twenty-four hours in order of priority and importance. The structured routine is called activity schedule. Before preparing an activity schedule we are required to make a list of activities which are supposed to be done during the twenty-four hours. Thereafter we should sequence these activities in terms of importance. For example the time for study, play, and sleep should be properly arranged. In addition to activity schedule, listing of activities in a diary and following it up can also be a good technique of time management. In order to make it clear let us discuss the basic principles of time management one-by-one.

Manage Your Time

| Activity | | Strategy |
|----------|--------------------------|---|
| I | Preparing a list of work | You can plan it one day in advance at night. Try to prepare a list of work you have to accomplish next day. Identify and list all that you have to do. |
| II | Prioritize the list | From the list you have prepared for the day, prioritize the work. Put the toughest task first and keep the easiest task for the later part of the day, when you are tired and low on energy. Take best advantage of the hours when you work best. |

| | | |
|-----|--------------------------------|---|
| III | Identify uninterrupted periods | Some tasks may require sustained attention and uninterrupted periods. Keep such tasks for periods when you can devote time without any interruption. |
| IV | Flexible schedule | You should be prepared to face events that are not planned and you did not expect them. Thus, be flexible to handle such unexpected events. |
| V | Time of exercise | Set aside some time in your daily schedule for exercise and yoga. Time spent on such activities helps to maintain good mental and physical health and results in increased productivity. |
| VI | Leisure time activities | Set aside some time each day or work to do some planned leisure activity. It gives mental and physical rest and break from the daily routine. For example, listening to music, watching favourite programme on television, gardening, painting, playing favourite sports etc. |

Course Schedule

| Hour | Topic | Teaching Activities |
|-------|---|---|
| 1-3 | -Concept of Mental Health | <p style="text-align: center;">Activity 1</p> <p>Assess Your Mental Health It may be quite interesting for you if you are asked to assess your mental health by just responding to some statements dealing with your daily life activities. These statements are given below. Each statement is followed by three alternatives namely “agree”, “uncertain” and “disagree”. After reading each statement, please decide whether you “agree”, or “disagree” with it. It may also happen that you may not be able to decide whether you agree or disagree with a particular statement. In that case you are free to choose the alternative “uncertain”. In order to express your view please encircle (O) which will best indicate your way of thinking and behaving.</p> |
| 3-7- | - Concept of Mental Hygiene | |
| 7-10 | -Concept of Good Health | <p style="text-align: center;">Activity 2</p> <p>Briefly describe the principles of health promotion that you should follow.</p> <p>Compare with the test you have taken in Section 19.1. What steps will you adopt to promote your health.</p> |
| 10-12 | -Relation between Behaviour and Good Health | |
| 12-22 | -Behaviours which Sustain Good | |
| 22-25 | | |
| 25-29 | -Strategies for Time Management | <p style="text-align: center;">Activity 3</p> <p>Managing Time Make a time-table of your daily activities. Now list the ways you can manage your time in a more efficient way.</p> |
| 29-30 | Assessment | |

Instructor:

Mr. Bharat Maji and Mr. Ashish Mondal
Department of Education

Course Outcome

- The term health refers to a state of physical, mental, social and spiritual wellbeing of the individual. Mental health is one of the components of the broad concept of health. It is concerned with an optimum level of emotional and behavioural adjustment of the individual.
- The term mental hygiene refers to keeping oneself and one's living and working areas neat and clean in order to prevent illness and disease. When we extend this concept to the domain of mind it stands for the art of developing, maintaining, and promoting necessary behavioural, emotional, and social skills to sustain good mental health.
- Mental ill-health is defined as the absence of the qualities of positive mental health in the individual. Mental illness is a broad category which includes all the disorders of behaviour which are caused by faulty perception, emotions, thinking and attitude.
- Ayurveda, the science of Indian medicine, deals with four aspects of lifestyle which sustain good health in us. These are food (Ahara), recreation (Vihara), routine (Achara), and thinking (Vichara). Observing certain practices related to them ensures a healthy and happy life.
- We generally fail to organize activities according to the time available. This creates a lot of pressure, tension and frustration. A structured routine involves making an activity schedule.

Student Notice

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AFFILIATED TO THE UNIVERSITY OF BURDWAN

Recognized under Sections 2(f) & 12(B) of the UGC Act. 1956

NAAC Accredited

Ref. No. _____

Date: _____

Notice

All Teaching, Non-Teaching Staff and Students of Polba Mahavidyalaya are hereby informed that the Department of Education in collaboration with IQAC is going to organize an Add on Course entitled “Development of Mental Health and Hygiene” during at the College premises.

Interested students are requested to enroll their name in this course immediately.

Coordinator

IQAC

Teacher-in-Charge

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HoD, Department of Education

Teacher-in-Charge

Attendance Register

Sample Certificates

Photographs