1. Course Name of the course: Add on Course on Mental Health Issues of Young Adults
2. Name of the Department offering the course: Zoology
3. Date of commencement: 01.02.2024
4. Name of the Course Coordinator: Arup Mitra
5. Hours of Learning: 30 Hours
6. Objective of the course:

\*To understand Mental Health

\*To get knowledge about different types of mental health issues

\*To enhance coping strategies to overcome problems

\*To manage day to day stress

\*To demonstrate hands on experience on different mental health care and stress management centre and cases.

7. Course out comes: After experience of theory as well as practicum learners

Have generated a sensitization and awareness about mental health particularly among young adults means college and university level students. They can able to understanding about different types of stresses and also can adapting or coping such stresses. After learning this course students know about several adverse effect of substitute abuse like, alcohol, drugs, tobacco etc. They have developed the positive relation ship with family members, friends, work place, future life mate. Students have experienced different types of case who are suffering from mental health problems in a reputed mental health institute during their field visit.

8.Course Syllabus: Total Course Content 30 hours

Theory Content 26

Practical case study discussion 2 hours

Mental Health & Stress management centre visit 2 hours

**Details of Curriculum**

**Theory**

1. Definition, Concept & meaning of Mental Health 2 hours

2. Relationship between mental health & physical health 2 hour

3. Young adulthood and mental health issues – psycho social views 2 hours

4. Psychological disorders arising in young adult hoods 2 hours

5. Deferent types of stress found in particular age goon Stress in carries opportunity 2 hours

6. Neurotic disorders – OCD, panic disorders Anxiety 2 hours

7. Psychotic disorder- MDPD, Bipolar disorders, Schizophrenia, paranoid thanking

2 hours

8. Psychological eating disorders Bulimia nervosa, Bulimia Anorexia 2 hours

9. Substance –use disorders- drug tobacco and alcohol addiction & dead diction

2 hours

10. Help seeking behaviours 2hour

11. Mental health & virtual world 1 hour

12. Mental Health and life style related diseases 2 hours

13. Coping strategies- for stress management 2 hours

14. Relationship with parents 1 hour

15. Role of counselling in Mental Health Issue 2 hours

**Practicum**

1. One case study related with mental health issue 2 hours

2. Visit of any mental health care or stress management centre, like Yoga centre, Music therapy centre, occupational therapy centre 2 hour

Mode of Evaluation Theory through viva voce and 30+20=50 Marks

Practicum (Case study and Field visit participation)