**Shyama Prasad Mukherji College for Women  
University of Delhi**

**Department of Education**

**2022-23**

**Teaching Plan**

**August 2022 to December 2022**

**Course and Year: BEd (II year)**

**Faculty: Toolika Wadhwa**

**Paper: E.1 Education for Mental Health**

**No. of Classes** (per week)**: 04 before internship and 02 during internship**

**Rationale as spelled out in the curriculum:**

The paper aims to enable students to understand the nature and evolution of the discipline of mental health. It focuses on developing an informed perspective on the key concepts, issues and debates in the field. The focus is on developing practitioners in education who are able to identify and address mental health concerns and issues within the personal and social realm. The paper facilitates the development of a personal reflective approach in building sensitivity towards mental health concerns within school and community settings. It also aims to build some basic guidance and counselling skills in student teachers

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| **MONTH: AUGUST** | | |
| **Week-wise Plan** | | **TOPICS/ UNITS** |
| **4th Week** | | * Orientation and elective paper choices |
| **MONTH: SEPTEMBER** | | |
| **Week-wise Plan** | | **TOPICS/ UNITS** |
| **1st Week** | | * Overview of the course, doubt clearing, streamlining choices |
| **2nd Week** | | * What to expect from the course. * Linkage with Psychology * Need for Mental Health in Schools * Popular perceptions of madness, mental illness |
| **3rd Week** | | * History and Evolution of Mental Health * Understanding madness, practices of witch hunting, * Popular treatments |
| **4th Week** | | * From illness to wellness perspective * Four functions of mental health Preventive, promotive, curative, conservative * Models of normality |
| **MONTH: OCTOBER** | | |
| **Week-wise Plan** | | **TOPICS/ UNITS** |
| **1st Week** | | * Three forces of Psychology * Understanding who is considered Mentally healthy * Role of school |
| **2nd Week** | | * Stage specific issues of mental health – childhood, adolescence, young adulthood * Group discussions: Child at home and School- Early Childhood |
| **3rd Week** | | * Group discussions: Child at home and School- Middle Childhood |
| **4th Week** | | * Group discussions: Child at home and School- Adolescence |
| **MONTH: NOVEMBER** | | |
| **Week-wise Plan** | | **TOPICS/ UNITS** |
| **1st Week** | | * Role of Family in promoting and conserving Mental Health * Role of school * Role of society |
| **2nd Week** | | * Mental health in community- understanding community influences, stressors and destressors, identifying influences * Linkage to Bronfenbrenner and Baumrind * Contextualising in Indian Settings |
| **3rd Week** | | Exploring Existing mental health practices in school at   * primary * middle * secondary * senior secondary level |
| **4th Week** | | Mental Health interventions   * Programmes in schools- identifying needs * Preparing activities and evaluating existing programmes |
| **MONTH: DECEMBER** | | |
| **Week-wise Plan** | | **TOPICS/ UNITS** |
| 1st Week | Contemporary trends-   * Urbanization, globalisation and impact on mental health * Changing family structures * Lifestyle patterns * Early adultification   Impact on boys and girls | |
| 2nd Week | Preparatory Leave | |
| 3rd Week | Examinations | |
| 4th Week | Examinations | |

**References and readings:**

Archer, S.L. (1994). Interventions for Adolescent Identity Development. New Delhi: Sage.

Atwater, E. (1994). Psychology for Living: Adjustment, Growth and Behaviour Today. (5thed.). New Jersey: Prentice Hall.

Baron, Robert. (2000). Psychology. (3rd ed.). New Delhi: Prentice Hall.

Bernard, H. W. (1951). Towards Better Personal Adjustment. New York: McGraw Hill.

Arnett, J. J. (2007). Suffering, Selfish, Slackers?Myths and Reality about Emerging Adults.J Youth Adolescence. 36. 23–29.

Ranganathan, N. (2008). Changing Contours of Family Dynamics in India: A Perspective. Paper presented at National Conference on India in the 21st Century. Mumbai: University of Mumbai.

Razzack, A. (1991). Growing up Muslim.Seminar. 387. 30-33

Thapan, M. (2001). Adolescence, Embodiment and Gender Identity in Contemporary India: Elite Women in a Changing Society. Women‟sStudies International Forum. 24(3/4). 359- 371.

Documentaries and Films:

Alexander, A. (2014). Elee: The Invisible Child [Animation]. India: NID (Diploma Project).

Sanyal, A. (Director). (2011). A Drop of Sunshine [Documentary]. India: PSBT.

**PLAN OF ASSESSMENT**

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| **S. No.** | **Topic of Assessment Task**  (Assignment/ Project/ Presentation/ Activity) | **Month of Assessment Task** | **Weightage/ Marks Assigned** |
|  | Film review- identifying a popular film and analyzing from a mental health perspective | Plan in September, final submission in October | 10 |
|  | School mental health programme | Plan in October, final submission in January | 10 |