

**CENTRAL UNIVERSITY OF PUNJAB, BATHINDA**



**M.A. Education  
(International Mentorship)**

**Session - 2020-22**

**Department of Education**

**Course Title: PHYSICAL AND MENTAL WELLBEING****Course Code: MAE505****Learning Outcomes:**

At completion of the course the students will be able to

- Explain mental health and its dynamics
- Asses components of wellbeing in various domains
- Apply importance of good physical health
- Analyze different states of emotional wellbeing

L	T	P	Credits
1	0	0	1

**UNIT I****3 Hours**

1. Mental Health/Hygiene: Concept and Objectives
2. Factors effecting Mental Health

**UNIT II****4 Hours**

1. Physical Wellbeing: concept and issues related to Health, Fitness and Ageing
2. Characteristic of physically healthy behavior; Exercise and Nutrition

**UNIT III****5 Hours**

1. Emotional Wellbeing: concept and dimensions of Emotional Intelligence and Resilience
2. Cognitive Wellbeing: concept and role in modern lifestyle - Optimism, Hope and Mindfulness

**UNIT IV****3 Hours**

1. Yoga: History and Objectives; Guidelines for Yogic Practice
2. Ashtang Yog: Yam, Niyam, Aasan, Pranayam, Pratyahar, Shatkarm, Mudra, Bandh, Dharna and Dhyaan

**Transaction mode**

Simulation, Lecture method, lecture-cum-demonstration, group discussion, seminars and focused group discussion

**Suggested Readings:**

- Bahadur, M. (1995). *Mental health in theory and practice*. Hoshiarpur, V.V.R.I.
- Bonny, M. E. (1960). *Mental health in education*. Boston: Allyn and Bacon Inc.
- Carroll, H. A. (1975). *Mental hygiene: The dynamic of adjustment* (3rd Ed.). Chicago Press.
- Coleman, J. C. (1968). *Abnormal psychology and modern life*. Bombay: D.B.Company.
- Crow, L. D., Crow, & Alince. (1952). *Mental hygiene*, New York: McGraw Hill Book Company Inc.
- Garg, B. R. (2002). *An introduction to mental health*. Ambala: Associate Publications.
- Gibson, R. L., & Mitchell, M. H. (2008). *Introduction to counselling and guidance*. New Jersey: Pearson Prentice Hall.
- Hadfield, J. A. (1952). *Psychology and mental health*. London: George Allen and Unwin Ltd.
- Jothiet. al. (2009). *Guidance and counselling*. New Delhi: Centrum Press.
- Kallam, S. G. (1952). *Mental health and going to school*. Chicago: University of

- Naik, D. (2007). *Fundamentals of guidance and counselling*. New Delhi: Adhyayan Publishers and Distributors.
- Nayak, A. K. (2014). *Guidance and counselling*. New Delhi: A.P.H. Publishing Corporation.
- Sinha, A.K., & Dutt. (1982). *The concept of mental health in India and western psychologies*. Kurukshetra: Vishal Publications.
- Suraj, B. & Dutt, N. K. (1978). *Mental health through education*. New Delhi: Vision Books Publications. Suraj, B. (1952). *Towards a happier education*. Jalandhar City: University Publications. Tara Porewala Sons & Co.
- Suraj, B. (1952). *Towards a happier education*. Jalandhar City: University Publications. Tara Porewala Sons & Co.
- Thorp, L.P. (1952). *The psychology of mental health*. New York: The Ronald Press Co. Unwin.
- Thorp, L.P. (1952). *The psychology of mental health*. New York: The Ronald Press Co. Unwin. Watkins, T. R., & Claicut, J. W. (1990). *Mental health: Policy & practice today*. New Delhi: Saga Publications.
- Watkins, T. R., & Claicut, J. W. (1990). *Mental health*
- Wolberg, L. R. (1995). *The techniques of psychotherapy*. London: Jason Aronson Inc.

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