

CBEL Code: ELE-101

Course Name: Mental Wellness Course

Duration-40 hours

Credits: 4		
Lecture Hours	Practical/Activity Hours	Mode
8	32	Blended

Overview

1. Understand what psychological wellness is and its major components.
2. Examine the importance of studying psychological wellness and flourishing and its relevance in an individual's overall functioning.
3. Change myths about psychological wellness.
4. Relate and identify intrinsic goals, ascertain approach-based goals, and learn ways of pursuing goals that are congruent with intrinsic values.
5. Build ability to foster wellbeing through various skills/ activities such as gratitude, savouring, kindness, regular exercise, building social connections, and forgiveness.
6. Decide how to become the primary stakeholders of their own wellness and foster wellness in others.

Modules

1. What is wellness?
2. Why study wellness?
3. Misconceptions about Wellness
4. What does research say about degree of Wellness in college students?
5. Related Concepts to Wellness
6. How to Increase Wellness
 - Regularity of habits & exercise
 - Building social connections
 - Intrinsic and extrinsic goals, goals congruent with intrinsic values
 - Gratitude
 - Savouring
 - Kindness

Lessons

1. Mental Wellness- Introduction, Definition, Concept and various components, Assessment of current degree of wellbeing
2. Why study Mental Wellness & Debunking Myths about Mental Wellness- toxic positivity, importance of emotions, need for experiencing emotions
3. Knowing oneself- identify own values, identify intrinsic and extrinsic goals, identify one's goals
4. Regular exercise and regularity of habits- how our habits influence our wellness

5. Building social connections- why and how, tips, strategies, effectiveness
6. Gratitude- understanding, exercising and fostering gratitude
7. Savouring- what is it? How to savour an experience or an activity? How does it help?
8. Kindness- what is it? its practical implications and relation to subjective wellbeing
9. Integrating the above-learnt modules, Assessment of current degree of wellbeing

Assignment/ assessment/ activity/ MOOC – [A1- A4]

Assessment of degree of wellbeing/ happiness (in the beginning and at the end of the course), Identifying and debunking own myths about wellness, Exercise to identify own values and goals, Exercises on building social connections, Gratitude fostering exercise, Exercises to experience Savouring, Being Kind to self and others

- A1** Physical and mental habits Assessment and Self-Improvement Plan (Assignment details will be provided during the session and at the end of course)
- A2** Participation via Class and Homework Exercises (on assigned topics and understanding their reflection and internalisation of the topic)
- A3** Reading Responses and Questions (knowledge; communication) To learn, you must read and then reflect about your reading. To encourage you to do so, you will be asked to type a 1-2 paragraph response for each assigned reading marked with a RR on the schedule. Briefly (1-3 sentences) give a summary of the content and then reflect on what you learned using real-life examples, challenge an opinion stated by the author/ state some difficulties faced in executing the learning, or reflect about how some scientific data affects your opinion.
- A4** Mental wellness project/ MOOC (*shall be notified after batch commencement*)

Suggested Readings

Snyder, C.R. & Lopez, S.J. (Eds.) (2001) Handbook of Positive Psychology, Oxford University Press

Other extant video resources URLs prior to /during the course

ASSESSMENT SCHEME					
<ul style="list-style-type: none"> Formative Assessment [A1-A2-A3: 12 Hours] Course-end Summative Assessment [A4: 24 Hours] 					
Formative Assessment- X					
Sl No.	Slot	Hour	Content / Topic	Assessment Type	Marks
A1	L2	4	Content / Topics covered in L1 & L2	Theory	20
A2	L4	4	Content / Topics covered in L1 - L4	Practical	40
A3	L7	4	Content / Topics covered in L5 - L7	Practical	40
Total [A1 + A2 + A3]					100
Summative Assessment - Y					
A4	Post L8	24	Content / Topics covered in L1 - L8	Practical: Live Project	100

Computation of Final Score: [X + Y]

- X** : 20% of total marks obtained out of total marks 100 in Interim Formative Assessment cumulatively (A1+A2+A3)
- Y** : 80% of marks obtained out of total marks 100 in Course-end Summative Assessment (A4)

Gradation Scheme:

- 90 – 100 O : Outstanding
- 80 – 89 : A : Excellent
- 70 – 79 : B : Very Good
- 60 – 69 : C : Good
- 50 – 59 : D : Pass

Eligibility for Certification:

- Attendance & active participation in class lectures/interactions [L1-L8]
- Successful completion of the campaign of all the three activities/assignments in Formative Assessments [A1, A2 & A3]
- Obtaining minimum Grade D as per the formula for computation of Final Score stated

NB: A candidate must satisfy all the criteria mentioned in order to receive the course completion certificate