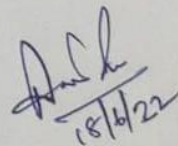


IQAC recommendation

IQAC, Vivekananda College, Thakurpukur, met on 18th June 2022, to envisage, formulate and design Add-On Courses, beyond prescribed Curriculum. The IQAC has also decided to organise a program on staff training:

- A. It was decided that all the departments of Humanities, Science and Commerce would design and formulate 30 hour Add-On Courses for 2022-23, Academic calendar, as per UGC guidelines.
- B. It was decided that the Departments would be free to choose the Courses on the basis of their (subject) relevance, practicality and feasibility.
- C. It was decided that the Departments would have a Course Coordinator, who would design the Course and Course materials, in consultation with all teachers of the Department.
- D. It was decided that each Department would design their own format; and could follow a blended mode of instruction.
- E. It was decided that the Departments would be encouraged to use and utilize their own resources while formulating the Add-On Courses, rather than relying on Outsourcing.
- F. IQAC would send its recommendations to the Principal/TIC for perusal and implementation.
- G. The IQAC would also organise a Staff Training programme - 'Effective Working Style' Conducted by IPE Of Professional Excellence On 25th June 2022.


18/6/22

Co-ordinator
IQAC
Vivekananda College
Kolkata-700 063



VIVEKANANDA COLLEGE

(GOVT. SPONSORED) (NAAC ACCREDITED GRADE 'A')

(033) 2497 6824
(033) 2497 6834

Ref. No.....

Date.....

Notice

It is hereby notified that Vivekananda College, Thakurpukur, will offer Add-On Courses to All Honours students for the Academic year 2022-23.

Each Department will offer an Add-On Course as per UGC guidelines. Each Course will be structured & overseen by a Course Coordinator, selected from the respective Department. Departmental Heads are requested to take up the matter on an urgent basis.

[Handwritten Signature]
24/6/22

Principal

Principal
Vivekananda College
Thakurpukur, Koi-63

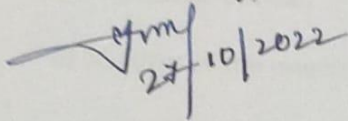
To
The Principal
Vivekananda College
Thakurpukur, Kolkata
Respected Sir

This is to inform you that from this academic year we are introducing an Add-On course on "Mental Health and Stress Management" for honours students of Semester III of our department.

Approximately thirty students our department will be participating in these course. These courses are scheduled to take place on Saturdays or in online mode from 1.00pm to 3.pm. Your cooperation is highly appreciated.

Thanking you.

Yours Faithfully,


27/10/2022

Prof. Tania Roy

HOD

Dept.of Philosophy

Enclosure :

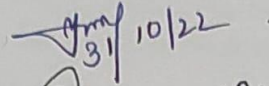
1. Resolution of the departmental online meeting held on 31/10/2022
2. Proposal and course Structure

VIVEKANANDA COLLEGE, THAKURPUKUR DEPARTMENT OF PHILOSOPHY

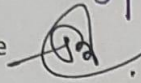
Resolution of the Online Departmental meeting held on 31.10.2022

A) Teachers present in the online meeting:

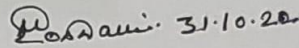
1. Prof. Tania Roy

 31/10/22

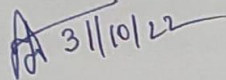
2. Prof. Pragya Bhattacharjee

 31.10.22

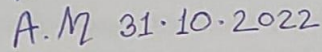
3. Dr. Minakshi Goswami Bhattacharya

 31.10.22

4. Prof. Tushi Mistry

 31/10/22

5. Prof. Amit Mondal,

 A.M 31.10.2022

B) Minutes of the meeting

A. In the Online Departmental meeting dated 31/10/2022 the teachers of the Department of Philosophy unanimously decided that the Sem-III, Honours students would be offered a 30-hour Add-on Course on "Mental Health and Stress Management". It was also decided in the meeting that Prof. Minakshi Bhattacharyya and Prof. Pragya Bhattacharjee of Department of Philosophy would be the Course Coordinator for the Add-On Course of "Mental health and stress management" for the Academic session 2022-23.

Department of Philosophy

Basic Course on Mental Health and Stress Management

Now a days we live in a stressful life. We need peace and happiness which is not at all easy to earn. This basic course on Mental Health and Stress Management is really important because it helps people to feel better mentally and emotionally. They teach us how to handle stress and problems, making us stronger and more able to deal with difficulties. By learning about mental health, we can get rid of misunderstandings and shame about these issues. This knowledge helps us become healthier in our body and mind.

IMPORTANCE:

This basic course on mental health and stress management hold significant importance in today's fast and challenging world due to several reasons:

- 1. Increase Mental Well-being:** The course provides individuals with essential skills and knowledge to maintain and increase their mental well-being.
- 2. Prevention and Early Intervention:** Education on mental health helps in identifying early signs of stress, anxiety, depression, and other mental health concerns. This knowledge empowers individuals to seek help or support early, preventing the growth of mental health issues.
- 3. Improved Productivity and Performance:** Effective stress management techniques lead to increased productivity, better concentration, and improved performance in various areas of life, including work, academics, and personal relationships.
- 4. Reduced Stigma:** Education about mental health care for a better understanding and empathy toward individuals facing mental health challenges. It helps in breaking societal stigmas and misconceptions surrounding mental illnesses, creating a more supportive environment.
- 5. Improved Coping Skills:** Learning stress management techniques provide individuals with practical tools to cope with life's challenges. These skills include mindfulness, relaxation techniques, time management, and problem-solving strategies.
- 6. Healthcare Cost Reduction:** Mental health issues contribute significantly to healthcare costs. By promoting mental health education and stress management, individuals may adopt preventive measures, potentially reducing healthcare expenses in the long run.
- 7. Positive Impact on Interpersonal Relationships:** Managing stress and understanding mental health not only beneficial for individuals but also positively influence their

relationships. Effective stress management can lead to better communication and healthier interactions within families, workplaces, and communities.

8. Overall Health Improvement: Mental health significantly impacts physical health. Managing stress and maintaining good mental health can positively influence overall health outcomes and contribute to a healthier lifestyle.

SPECIFICALLY DESIGNED FOR UNDER GRADUATE STUDENTS:

- ☞ In this competitive environment students find difficulties to choose career pathways other than academics which will relate to their subject knowledge. However now a days different types of courses related with Mental Health help them to find a new type of career on this topic.
- ☞ In our course, we teach students how to use meditation to handle stress. Meditation is linked to Yoga Philosophy, an ancient concept from India. Students of Degree Course of Philosophy Honours studying Yoga Philosophy. But in our course, it's not just theory. They actually practice meditation, applying what they learn in a hands-on way. So, alongside their serious studies, they get real-life experience with meditation to manage stress effectively.
- ☞ Not only honours students but students pursuing general degree will also get a chance to learn to manage stress and improve the mental health by joining in this course.
- ☞ Once students earn a diploma, they can use their expertise to work independently as freelancers. They can also assist others in dealing with stress. For example, they could offer services to help people manage stress better.

TENTATIVE TIMING

- Once in a week.
- After usual class time (3pm to 5:00pm).

PLANNING AND TENTATIVE DURATION OF THE COURSE

- ❖ Duration of the course- **15 days**
- ❖ Students will be provided with theory and practical classes every week.
- ❖ After completing **15 days** of training students will be evaluated by a Project work and Paper Presentation.
- ❖ Theory materials and PPT recommendation will be provided by the respective faculty members.

❖ **STRUCTURE OF THE MARKS DIVISION:**

Sl. No.	Module Name	Marks
1	Mental Health and Stress Management (Theoretical)	Paper Presentation 10 marks Paper+ 10 Marks Presentation (Verbal/ PPT) 5 marks attendance
2	Stress Management including prāṇāyam (Practical)	20 marks Practical 5 marks attendance)

- ❖ After successfully completing the entire course and submitting the project result and certificates will be given to students.

IMPORTANT NOTE: Evaluation as Paper and presentation will be at the end of the course period.

Basic Course on Mental Health and Stress Management				
DAY	TOPICS	DURATION	Date & Time	Teacher
DAY 1	Introduction: What's in it for Learners? How Philosophy related with Mental Health and Stress Management. Focusing on Philosophy of Mind and Yoga Philosophy, Buddhist Philosophy	1+1= 2Hours	05/11/2022 1.00pm-2.00pm 2.00pm-3.00pm	PB MB
DAY 2	Introduction to stress and tension: Definitions, causes, and effects on mental and physical health	1+1=2 Hours	12/11/2022 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
DAY 3	i)Self-assessment tools for measuring stress level: use questionnaires for evaluation (ii)Identifying common triggers of stress (work, relationships, finances, etc. iii) Interaction with students regarding their problems or issues creates stress on their mind.	1+30 minutes+30 minutes=2 Hours.	19/11/2022 1.00pm-2.30pm 2.30pm-3.00pm	PB MB
DAY 4	Benefits of Physical activities and exercises for stress relief: Theories and Practical Session on (i) Basic prāṇāyāma, (ii) Meditation, (iii) Music and Art therapy. How these help to manage stress.	1Hour Theory 1Hour Practical	26/11/2022 1.00pm-2.00pm 2.00pm-3.00pm	MB PB
DAY 5	Introduction to concentration: (i) Definition, importance, and benefits in daily life. (ii)Factors affecting concentration	1+1=2 Hours	03/12/2022 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
DAY 6	Understanding mental health: definition, importance, and misconceptions(Taboos related with mental Health issues)	1+1=2 Hours	10/12/2022 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
DAY 7	Techniques to calm the mind. (i)Breathing Exercise (ii)Music Therapy (iii)Building concentration through mental exercises, art therapy and games (Memory game, solving puzzle), Journaling(Express yourself by writing your mental dispositions)	1+1=2Hours	17/12/2022 1.00pm-2.00pm 2.00pm-3.00pm	PB MB
DAY 8	Overview of common mental health disorders (anxiety, depression, PTSD, etc.) Signs, symptoms, and risk factors associated with different disorders	1+1=2Hours	24/12/2022 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
DAY 9	Introduction to Mindfulness Exploring the concept of mindfulness, its	1+1=2Hours	27/12/2022 4.00pm-5.00pm	

	origins, and its relevance in modern life. Ideas on some mindfulness practices		6.00pm-7.00pm (Online)	MB AM
DAY 10	“Recognize your Soul Power.” (Lecture with Power Point Presentation)	2Hours	30/12/2022 5.00pm-7.00pm (Online)	PB
DAY 11	Motivation <ul style="list-style-type: none"> • Definition and Nature of motivation • Different types of Motivation • What are the factors of Motivation • How motivation helps to reduce Stress 	1+1=2Hours	07/01/2023 <u>1.00pm-2.00pm</u> 2.00pm-3.00pm	MB TM
DAY 12	Special interactive session for helping students to manage stress -Unlocking Minds: Journeying through Question & Answer for searching solutions	1+1=2Hours	14/01/2023 (online) <u>4.00pm-6.00pm</u>	MB PB TM TR AM
DAY 13	Continuation of Day 12 Program	2Hours	16/06/2023 (online) 1.00pm to 3.00pm	MB TR PB TM AM
DAY 14	Online Paper Presentation by students	2Hours	10/06/2023 (Online) 6.00pm to 8.00pm AM	MB PB TR
DAY 15	Paper Presentation: continuation of Day 14 program 30 minutes Cultural Program & certificate Distribution	2Hours	28/01/2023 3.00pm to 4.00pm. <u>4.00pm.to</u> 5.00pm	PB MB TM