



GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Bachelor of Science

Level: Under Graduate

Branch Name: Honors/ Honors With Research (Biotechnology)

Course / Subject Code: BS01001071

Course / Subject Name: Mental Health and Wellness

W.e.f. Academic Year:	2024-25
Semester:	1
Category of the Course:	Ability Enhancement Course-1

Prerequisite:	Students should be familiar with basic concepts of mental health, personality development, and the impact of mental health on academic and personal life.
Rationale:	This course aims to improve awareness of mental health and wellness. It covers key mental health issues, coping strategies, and personality development aspects that are critical to personal and professional success. Students will develop the skills, language, and information needed to promote positive mental health.

Course Outcome:

After Completion of the Course, Student will able to:

Sr. No	Course Outcomes	RBT Level
1	Gain knowledge about key mental health issues and coping strategies	UN,AP,AN
2	Develop emotional resilience and manage stress effectively	UN,AP,AN
3	Learn techniques for mindfulness and promoting mental well-being	UN,AP,AN

*RM: Remember, UN: Understand, AP: Apply, AN: Analyze, EL: Evaluate, CR: Create

Course Scheme:

Teaching Scheme			Total Credits	Assessment Pattern and Marks				Total Marks
L	T	PR	C	Theory		Practical		
				ESE (E)	PA(M)	ESE (V)	PA (I)	
2	0	0	2	50	50	0	0	100

Course Content:

Sr. No.	Course Content	No. of Hours	% of Weightage
1	Understanding Mental Wellness	5	20%



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	- Introduction to mental health -Mental health coping strategies -Creating a supportive mental health plan		
2	Personality Development - Definition and importance - Assessment to understand personality traits	4	16%
3	Grief and Loss - Understanding grief, stages of grief Mental health first aid	4	14%
4	Depression and Suicide Prevention - Causes, symptoms, and treatment - Mental health first aid	5	14%
5	Anxiety and Stress Management - Definition, causes, and treatments - Building resilience and emotional regulation	4	16%
6	Addiction Awareness - Types of addiction (substance, digital) - Treatment and management strategies	3	10%
7	Mindfulness and Meditation for Wellness - Techniques for improving focus and reducing anxiety	3	10%

Reference Books:

1. Mental Health in Schools by Raymond W. Shepard
2. Coping with Stress and Anxiety by Susan S. Chin
3. Mindfulness for Beginners by Jon Kabat-Zinn
4. Mental Health First Aid Manual by Betty Kitchener