



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

Dr.Mohan A K
DEPARTMENT OF SOCIAL WORK
Tejaswini Hills, Periy P.O, Kasaragod, Kerala, India- 671 316
Email: mohanak@cukerala.ac.in Ph: 9448215487

Ref: CUK/SW/ BOS/19-20

Date: 03/02/2020

To

The Assistant Registrar (Academic)
Central University of Kerala

Sir,

Subject: Submission of BOS Minutes held on 31st Jan2020

With reference to the subject, here by I am submitting Minutes of BOS meetings and changed syllabus for the approval of the upcoming AC meeting.

1. MSW syllabus
2. PhD syllabus

This for your further consideration and further process.

Warm regards

डा. मोहन ए.के. Dr. Mohan A K
उपाचार्य/Associate Professor

सामाजिक कार्य विभाग/Department of Social Work
केरल केन्द्रीय विश्वविद्यालय/Central University of Kerala
तेजस्विनी हिल्स, पेरिया/Tejaswini Hills, Periy
कासरगोड/Kasaragod. पिन/Pin 671316



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

Dr.Mohan A K
Chairman, BOS, DEPARTMENT OF SOCIAL WORK
Tejaswini Hills, Periy P.O, Kasaragod, Kerala, India- 671 316
Email: mohanak@cukerala.ac.in Ph: 9448215487

Minutes of the BOS Meeting Held on 31st January 2020

Agenda

1. Ph.D Course Work Syllabus
2. MSW updated syllabus
SSW 5004
SSW 5012
SSW 5103
SSW 5202
SSW 5014
SSW 5016
Other modification in the syllabus
3. Any other matter

Resolutions/Decisions taken

1. The Ph.D course work syllabus PHDSW 101, PHDSW102 and PHD SW103 there was major change in the syllabus and the BOS members with few suggestions accepted the new syllabus prepared by the department.
2. In the MSW syllabus course SSW 5101 the title was changed the new title "Social Work Profession-History and Ideology". Few corrections in the syllabus was proposed and with the suggestion of the BOS the Syllabus was finalized.
3. The course code SSW 5102 title of the paper was changed to "Dynamics of Human Behavior". Major modification as per the new title was made and with the suggestions of the BOS members the syllabus was finalized.
4. The Course SSW 5201 a new paper with the title "Education for Social Transformation" was prepared and submitted. With the suggestions of the BOS members this paper was incorporated in the new syllabus for the academic year 2020 (onwards).
5. The Course SSW 5302 a new paper with the title "Introduction to Life Skills Education" was prepared and submitted. With the suggestions of the BOS members this paper was incorporated in the new syllabus for the academic year 2020 (onwards).

Mohamed

[Signature]

[Signature]

[Signature]



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

Dr.Mohan A K

Chairman, BOS, DEPARTMENT OF SOCIAL WORK

Tejaswini Hills, Periy P.O, Kasaragod, Kerala, India- 671 316

Email: mohanak@cukerala.ac.in Ph: 9448215487

6. The Course SSW 5013 a new paper with the title "Public Health" was prepared and submitted. Major modification as per the new title was made and with the suggestions of the BOS members the syllabus was finalized.
7. The Course SSW 5002, SSW 5004, SSW 5012, SSW 5202, SSW 5014 major correction in the syllabus was proposed and with the suggestion of the BOS members the syllabus was finalized.
8. The Course SSW 5015 the title was changed to "Introduction to Mental Health, the course SSW 5016 the title was changed to "Psychiatric Social Work" based on the revised title correction were made and with the suggestion of the BOS members the syllabus was finalized.

Signature of the BOS Members

1. Dr. Mohan A.K (Chairman BOS)

Mohan A.K
31/1/2020

2. Prof.Dr. Lovelina Little Flower (External Expert)

Lovelina Little Flower
31/1/2020

3. Dr. Ashalekshmi (Internal Member, BOS, other department)

Ashalekshmi

4. Dr. Dilip Diwakar (Internal Member, BOS)

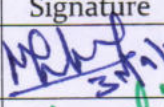
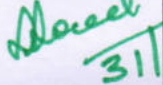

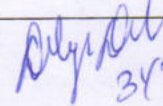
Dilip Diwakar
31/1/2020



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

Dr. Mohan A K
Chairman, BOS, DEPARTMENT OF SOCIAL WORK
Tejaswini Hills, Periy P.O, Kasaragod, Kerala, India- 671 316
Email: mohanak@cukerala.ac.in Ph: 9448215487

Attendance of the BOS Meeting Held on 31st January 2020

SL. No	Item of Expenditure	Designation	Signature
01	Dr. Mohan A K, Chairman, BOS, Department of Social Work, Central University of Kerala	Chairman, BOS	 31/1/2020
02	Prof. Lovelena Little Flower, Professor, Bharathiar University, Coimbatore, Tamilnadu	External Subject Expert	 31/1/2020
03	Prof. Shahin Sulthana, Professor, Central University, Pondicherry,	External Subject Expert	Absent
04	Prof. Gunjal Professor, Department of Social Work, Kuvempu University, Shimoga, Karnataka	External Subject Expert	Absent
05	Dr. Ashalekshmi, Asst. Professor, Department of Public Administration and policy studies, Central University of Kerala	Internal Member, BOS, other department	
06	Dr. Dilip Diwakar G Asst. Professor, Department of Social Work, Central University of Kerala, Kasaragod	Internal Member, BOS	 31/1/2020

SSW 5015: INTRODUCTION TO MENTAL HEALTH

- Course Objectives**
- Understand the concept of mental health
 - Understand major and minor mental illness
 - Undertake the methods and process of assessing the patients/clients
 - Familiarize the common mental health interventions

Course Outline

Unit I Mental Health

Mental health – global definitions, Trends in mental health care, Magnitude of mental health problems and its common causes, Need for mental health care in India.

Unit II Psychiatry Assessment and Diagnosis

Assessment and Diagnosis: Case history taking, Mental Status Examination (MSE) (Based on field work experience), Psychopathology: Disorders of Perception, Disorders of Thought and Speech, Disorders of Memory, Disorders of Emotion, Disorders of Experience of Self, Disorders of Consciousness, Motor Disorders.

Unit III Mental and behavioural disorders - I

Classification of mental disorders in ICD, Organic mental disorders and Non Organic Mental Disorders, Psychotic and Neurotic Disorders, Disorders due to substance use.

Organic Mental Disorders: Dementia and its types, Delirium and its types
Non Organic Mental Disorders: Schizophrenia, schizotypal and delusional disorders, Mood [affective] disorders, Delusional Disorders
Disorders of adult personality and behaviour: Paranoid, Schizoid, Dissocial, Emotionally Unstable, Histrionic, Anankastic and Anxious Personality Disorders.

Unit IV Mental and behavioural disorders - II

Behavioural syndromes associated with physiological disturbances: Eating Disorders, Sleep Disorders, Sexual Disorders,
Neurotic, stress-related and somatoform disorders: Phobic-Anxiety Disorders, Obsessive Compulsive Disorders, Dissociative Disorders, Somatoform Disorders.

Mental retardation: Mild, Moderate, Severe and Profound Mental Retardation, IQ Tests

Disorders of psychological development: Specific development disorders of speech and language, Specific development disorders of scholastic skills, Specific development disorders of motor function, Pervasive Developmental Disorders

Behavioural and emotional disorders in childhood and adolescence:

Unit V Psychosocial Management

Psychosocial interventions – relevance and importance, Research evidences for psychiatric interventions, Psychosocial management of psychiatric illness, Individual level - psycho-education, activity schedule, social skills training, token economy, graded exposure, systematic desensitization, relaxation techniques, flooding, exposure and relapse prevention, pre-discharge counselling; indigenous approaches to treatment of mentally ill, yoga, meditation Group level - group work, group therapy, support groups Family level - family psycho-education, family

therapy.

Community level - awareness programmes, stigma reduction, community-based rehabilitation

- Course**
- Learners will be able to expand their information on the various concepts of mental health.
- Outcome**
- The course will enable the learner to get a clear understanding on different major and minor mental illnesses and the process of assessing the patients systematically.
 - The course will equip the learner to familiarize with the psycho social management of mental health problems at individual, family and community level.
 - Learners will be able to provide psycho social support to the needy.

References

1. Aboud, Frances E. (1998), Health Psychology in Global Perspective, Sage Publications, USA.
2. American Psychiatric Association (1994) Diagnostic Criterion from DSM-IV. Washington DC, American Psychiatric Association.
3. Austrian S G (2000). Mental Disorders, Medications, and Clinical Social Work, New York: Columbia University Press
4. Bajpai, P. K. (Ed) (1997), Social Work Perspective on Health, Rawat Publications, New Delhi.
5. Bartlett, H. M. (1961), Social Work Practice in the Health Field, National Association of Social Workers, New York.
6. Bentley, Kia, J. (2002) Social Work Practice in Mental Health: Contemporary Roles, Tasks and Techniques. USA, Brooks/ Cole.
7. Bhatia, M.S., Jagawat, T., & Pradhan S.C. (1997) Psychiatric Interview & Examination. New Delhi, CBS Publishers & Distributers.
8. Bhatti, R.S., Varghese, M., & Raguram, A. (2003) Changing Marital And Family Systems Challenges to Conventional Models in Mental Health. Bangalore, NIMHANS.
9. Brandell, J R (1997). Theory and Practice of Clinical Social Work, London: Free Press
10. Carter E.A. and Goldrick M.M.C. (1980). The Family Life Cycle: A Framework for Family Therapy. New York: Gardner Press
11. DSM V (2013) Diagnostic Criterion from DSM-V. Washington DC, American Psychiatric Association.
12. Fish, F. (1985) Fish's Clinical Psychopathology Signs and Symptoms in Psychiatry edited by Max Hamilton. Bristol, John Wright.
13. French, L.M. (1940) Psychiatric Social Work. New York, Common Wealth Fund.
14. Kappur, N., Sheppard, Ralph & Renate (eds.) (1993) Child Mental Health – Proceedings of Indo-US Symposium, NIMHANS & ADAMHA.
15. Saddock B.J. & Saddock VA. (2007) Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry. (10th edition). USA, Lippincott Williams & Wilkins and Wolters Kluwer Business.
16. Verma R (1995). Psychiatric Social Work in India, New Delhi: Sage Publication
17. WHO (1992) The ICD-10 Classification of Mental and Behavioral Disorders, Clinical Description and Diagnostic Guidelines. Oxford University Press.
18. WHO (2016) Mental health: a state of well-being. [Online] Available from: http://www.who.int/features/factfiles/mental_health/en/index.html. [Accessed 1st January 2016]
19. Archambeault, J. (2009). *Reflective reader: social work and mental health*. Learning Matters.
20. Karban, K. (2011). *Social work and mental health*. Polity Press. Francis, A. P. (2014). *Social work in mental health: contexts and theories for practice*. SAGE.

21.American Psychiatric Association. (2017). *Diagnostic and statistical manual of mental disorders: Dsm-5*.