



Cluster University of Srinagar

Title:- Health Education

Credits: (06) Theory-4 Tutorial -2

Course Code: UGEDU22J503

Max. Marks: 150 (100+50)

After the completion of the course, the students will be able to:

Understand the complexity and dilemmas of diverse perspectives in the field of Health Education.

Understand the importance of Yoga and meditation per the Mental and Physical Well Being.

Unit I

1. Understanding Health and Health Education

- a) Concept of Health, Physical Fitness and Wellbeing
- b) Concept of Health Education
- c) Aims and objectives of Health education
- d) Principles of health education

Unit II

2. Mental Health

- a) Meaning, Elements and Purpose
- b) Characteristics and Causes of Poor Mental Health
- c) Mental Health and Role of Teachers.

Unit III

3. Mental Hygiene

- a) Meaning and Importance of Mental Hygiene
- b) Factors influencing the Mental Hygiene.
- c) Principles for the Protection of mental illness

Unit IV

4. Understanding Yoga and Meditation

- a) Understanding Yoga Philosophy
- b) Aims and objectives of Yoga and Meditation
- c) Need and Importance of Yoga and Meditation

Practical / Tutorial Based

Unit V

- i) Preparation of Power Point Presentation (PPT) on the prescribed units of the paper (at least three)
- ii) Preparation of Health Education Terms (Glossary Type) on each unit of the paper (at least 5 from each unit)

Unit VI

- i) Visiting of Mental Hospital and preparation of two case histories on the causes of Abnormal Behavior.
- ii) Preparation of cases admitted in the hospital with detailed clinical history (at least two)

Reference:

1. Aggarwal, J. C. (2011). Essentials of Edu. Psychology. New Delhi: Vikas Pub. House.
2. Baron, R. A. (1987). Psychology. Dorling Kindersley. Pvt. Ltd.
3. Chauhan, S. S. (1998). Advanced Educational Psychology. New Delhi: Vikas Pub. House Pvt. Ltd.
4. Dandapani, S. (2010). Advanced Educational Psychology. New Delhi: Anmol Pub. Pvt. Ltd.
5. Lindzey, G., Hall, O.S (2012). Theories of Personality. London: Wiley India Pvt. Ltd.
6. Mangal, S. K. (2015). Advanced Educational Psychology. New Delhi:

7. Mattoo, M. I. (2019). Psychological Foundations of Education. New Delhi: Discovery Publishers.
8. Parveen, A. (2011) Fundamentals of Education. Srinagar: Info-world.
9. Shameem, S & others (2018): Modern Text Book on Education. New Delhi: Anshal Publishers.
10. Weiten, Wayne & Lloyd, Margaret, A. (1994). Psychology Applied to Modern Life. Brooks: Cole Publishing Company Inc.
11. Woolfolk, A, E. (1995). Educational Psychology. Boston: Allyn and Bacon.
12. Zastrow, Charles and Ashman, K. K. (1997). Understanding Human behavior and the Social Environment. Chicago: Nelson-Hall Publishers.