



**Kalipada Ghosh Tarai Mahavidyalaya**  
**Bagdogra, Darjeeling, 734014**

## **Department of Philosophy**

**Add-on Course 2021 - 2022**

**Title: Mental Health & Hygiene**

**April 11, 2022 - April 28, 2022**

### **Chairperson**

**Dr. Minakshi Chakraborty**

**Principal**

**Kalipada Ghosh Tarai Mahavidyalaya**

**Bagdogra, Darjeeling, 734014**

### **Course Coordinator**

**Anup Kuamr Das**

**SACT - II**

**Department of Philosophy**

**Kalipada Ghosh Tarai Mahavidyalaya**

**Bagdogra, Darjeeling, 734014**

### **Course Co-coordinator**

**Dr. Nayana Bhattacharjya**

**SACT - I**

**Department of Philosophy**

**Kalipada Ghosh Tarai Mahavidyalaya**

**Bagdogra, Darjeeling, 734014**



# KALIPADA GHOSH TARAI MAHAVIDYALAYA

ESTD: 1988

PO: BAGDOGRA, DIST: DARJEELING, PIN 734014

E-mail: prinkgtm@gmail.com

## Brochure Department of Philosophy “Mental Health & Hygiene”

**Few Words: Mental health** is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.

**Course objectives:** Health is often used to refer to a state of physical, mental, social and spiritual well-being of the individual. Thus, mental health is one of the components of the broad concept of health. It is concerned with an optimum level of emotional and behavioural adjustment of the individual. It is a state of maintaining harmony or balance between the needs, desires, aspirations and attitudes of the individual with respect to the prevailing conditions in the external environment. After studying this lesson, participants will be able to:

- explain the concepts of mental health and hygiene;
- distinguish mental health from mental ill-health and mental illness;
- explain behavioural symptoms of poor mental health;
- describe health behaviours which sustain good health; and
- learn strategies for time management.

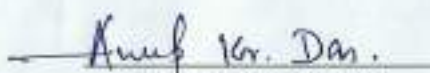
**Course Structure:** 30 Hours.

### Syllabus:

1. Mental Health (4 Hours): Meaning, Nature, Characteristics of Mental Health & Causes of ill Mental Health.
2. Mental Hygiene (4 Hours): Meaning, Aims, Scope, Relation between mental health, mental hygiene & education.
3. Stress & Stressor (8 Hours): Meaning of Stress & Stressor, Effect of Stress on Physical & Mental Health, Management of Stress through Education & Yoga
4. Preservation of Mental Health (4 Hours): Mental Health: A Man – Nature Relationship.
5. Preservation of Mental Health (8 Hours): Role of Parents, Teachers & Environment in Preservation of Mental Health.

**Course Outcome:** Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.

  
(Dr. Minakshi Chakraborty)  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra

  
(Anup Kumar Das)  
Course Coordinator  
Department of Philosophy  
SACT – II

Kalipada Ghosh Tarai Mahavidyalaya  
ADD-ON COURSE  
COORDINATOR, KGTMA





# KALIPADA GHOSH TARAI MAHAVIDYALAYA

ESTD: 1988

PO: BAGDOGRA, DIST: DARJEELING, PIN 734014

E-mail: prinkgtm@gmail.com

Ref. No: KGTM/Phil/Appln/10(b)/22

Date: 28.03.2022

To,  
The Principal  
Kalipada Ghosh Tarai Mahavidyalaya  
Bagdogra, Darjeeling-734014

**Sub: Prayer to start Add-On Course on "Mental Health & Hygiene"**

Respected Madam,

With due respect, I would like to inform you that the Department of Philosophy, Kalipada Ghosh Tarai Mahavidyalaya would like to start an Add-On Course on "**Mental Health & Hygiene**" from 11.04.2022 to 28.04.2022 from 8am to 10am for the 6<sup>th</sup> Semester students of Philosophy.

Looking forward to your kind consideration for the said course.

Thanking you

Sincerely yours,

*Anup Kr. Das.*

Anup Kumar Das

Course Coordinator

Department of Philosophy

SACT - II

Kalipada Ghosh Tarai Mahavidyalaya

**ADD-ON COURSE  
COORDINATOR, KGTM**

*Chakraborty*  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra



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ESTD: 1988

PO: BAGDOGRA, DIST: DARJEELING, PIN 734014

E-mail: prinkgtm@gmail.com

Ref. No: KGTM/Phil/Appln/10(c)/22

Date: 28.03.2022

To,  
The Coordinator  
IQAC  
Kalipada Ghosh Tarai Mahavidyalaya  
Bagdogra, Darjeeling-734014

**Sub: Prayer to start Add-On Course on "Mental Health & Hygiene"**

Respected Sir,

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Looking forward to your kind consideration for the said course.

Thanking you

*Approved*

Co-ordinator  
IQAC

Kalipada Ghosh Tarai Mahavidyalaya  
Bagdogra, Dist. Darjeeling  
West Bengal - 734014

Sincerely yours,

Anup Kumar Das

Course Coordinator

Department of Philosophy

SACT - II

Kalipada Ghosh Tarai Mahavidyalaya

ADD-ON COURSE  
COORDINATOR, KGTM



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PO: BAGDOGRA, DIST: DARJEELING, PIN 734014

E-mail: [prinkgtm@gmail.com](mailto:prinkgtm@gmail.com)

Ref. No: KGTM/Phil/Notice/10(d)/22

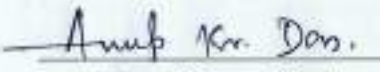
Date: 31.03.2022

## NOTICE

It is hereby informed to all 6<sup>th</sup> Semester students of the Department of Philosophy of Kalipada Ghosh Tarai Mahavidyalaya that an Add-on Course on “**Mental Health & Hygiene**” will be conducted by our Department from April 11, 2022 – April 28, 2022 from 8am to 10am.

All the students of 6<sup>th</sup> Semester are advised to participate in the said add-on course.

  
(Dr. Minakshi Chakraborty)  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra

  
(Anup Kumar Das)  
Course Coordinator  
Department of Philosophy  
SACT – II  
Kalipada Ghosh Tarai Mahavidyalaya

ADD-ON COURSE  
COORDINATOR, KGTM





# KALIPADA GHOSH TARAI MAHAVIDYALAYA

ESTD: 1988

PO: BAGDOGRA, DIST: DARJEELING, PIN 734014

E-mail: [prinkgtm@gmail.com](mailto:prinkgtm@gmail.com)

Ref. No: KGTM/Phil/Lecture/10(e)/22

Date: 01.04.2022

To,  
Prof. (Dr.) NayanaBhattacharjya  
Department of Philosophy  
Kalipada Ghosh Tarai Mahavidyalaya  
Bagdogra, Darjeeling-734014

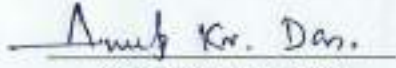
**Sub: To deliver lectures in an Add-on course on "Mental Health & Hygiene"**

Dear Madam,

I would like to inform you that an Add-on course on "Mental Health & Hygiene" will be conducted from 11.04.2022 to 28.04.2022 for the 6<sup>th</sup> Semester students of Philosophy in the Department of Philosophy from 8am to 10am. You are requested to deliver 04 lectures on the concept of "Stress & Stressor" for the students from 15.04.2022 – 19.04.2022.

Looking forward to your positive consent.

  
(Dr. Minakshi Chakraborty)  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra

  
(Anup Kumar Das)  
Course Coordinator  
Department of Philosophy  
SACT – II  
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ADD-ON COURSE  
COORDINATOR, KGTM



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ESTD: 1988

PO: BAGDOGRA, DIST: DARJEELING, PIN 734014

E-mail: prinkgtm@gmail.com

Ref. No: KGTM/Phil/Lecture/0810(f)/22

Date: 01.04.2022

To,  
Prof. Vivekananda Hore  
Department of Philosophy  
Kalipada Ghosh Tarai Mahavidyalaya  
Bagdogra, Darjeeling-734014

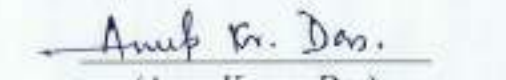
Sub: To deliver lectures in an Add-on course on "Mental Health & Hygiene"

Dear Sir,

I would like to inform you that an Add-on course on "Mental Health & Hygiene" will be conducted from 11.04.2022 to 28.04.2022 for the 6<sup>th</sup> Semester students of Philosophy in the Department of Philosophy from 8am to 10am. You are requested to deliver 06 lectures on 'Preservation of Mental Health' for the students from 20.04.2022 – 27.04.2022.

Looking forward to your positive consent.

  
(Dr. Minakshi Chakraborty)  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra

  
(Anup Kumar Das)  
Course Coordinator  
Department of Philosophy  
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ESTD: 1988

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E-mail: prinkgtm@gmail.com


## Programme Schedule for Add-on Course on Mental Health & Hygiene

Date: April 11 – 28, 2022

Time: 08 am to 10am

Date	Topic	Sub-Topic	Resource Person
11 <sup>th</sup> & 12 <sup>th</sup> April, 2022	Mental Health	Meaning, Nature, Characteristics of Mental Health & Causes of ill Mental Health.	Anup Kumar Das Deptt. of Philosophy
13 <sup>th</sup> & 14 <sup>th</sup> April, 2022	Mental Hygiene	Meaning, Aims, Scope, Relation between mental health, mental hygiene & education.	Anup Kumar Das Deptt. of Philosophy
15 <sup>th</sup> , 16 <sup>th</sup> , 18 <sup>th</sup> & 19 <sup>th</sup> April, 2022	Stress & Stressor	Meaning of Stress & Stressor, Effect of Stress on Physical & Mental Health, Management of Stress through Education & Yoga.	Nayana Bhattacharjya Deptt. of Philosophy
20 <sup>th</sup> – 21 <sup>st</sup> April, 2022	Preservation of Mental Health	Mental Health: A Man – Nature Relationship.	Vivekanda Hore Deptt. of Philosophy
22 <sup>nd</sup> , 25 <sup>th</sup> – 27 <sup>th</sup> April, 2022	Preservation of Mental Health	Role of Parents, Teachers & Environment in Preservation of Mental Health.	Vivekanda Hore Deptt. of Philosophy
28 <sup>th</sup> April, 2022	Students Feed Back through Multiple Choice Question		

  
(Dr. Minakshi Chakraborty)  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra

  
(Anup Kumar Das)  
Course Coordinator  
Department of Philosophy  
SACT – II  
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## Department of Philosophy

### “Mental Health & Hygiene”

**Report:** Department of Philosophy successfully conducted an Add-on Course on ‘Mental Health and Hygiene’ from April 11, 2022 – April 28, 2022 from 8:00 a.m. to 10:00 a.m.. **Prof. Anup Kumar Das** convey the students about the objectives, course structure, schedule, resource person, attendance, the course outcome and feedback through multiple choice question test. In the course among 75 enrolled students 71 students completed the course. All the resource person delivered their lecture as per the schedule.

Dr. Minakshi Chakraborty, Principal, Dr. John Breakmas Tirkey, IQAC coordinator and Professor Vivekananda Hore, Head of the Department, Philosophy addressed the students during the valedictory session of the add-on course on April 11, 2022. Students also share their queries during the session.

  
(Dr. Minakshi Chakraborty)  
PRINCIPAL  
Kalipada Ghosh Tarai  
Mahavidyalaya  
Bagdogra

  
(Anup Kumar Das)  
Course Coordinator  
Department of Philosophy  
SACT – II  
Kalipada Ghosh Tarai Mahavidyalaya



# Department of Philosophy

## M.C.Q Paper on Mental Health & Hygiene

Duration: 1Hour

Marks: 2 x 10 = 20

Answer any 10 question, chose the correct option & mark it by v

1. Which are the benefits of Mental Health?
  - a) Improve Learning, Creativity.
  - b) Build better social relationships.
  - c) Increased life expectancy.
  - d) All of the above.
2. What is the cause of mental illness?
  - a) Social isolation or loneliness
  - b) Long-term stress
  - c) Childhood abuse, trauma, or neglect
  - d) All of the above
3. Which among the given is not the characteristics of good mental health?
  - a) Gratefulness, excitement, letting go, resilience and being supportive.
  - b) Appreciation
  - c) Only B
  - d) None of the above
4. How do you maintain mental hygiene?
  - a) Set goal and priorities
  - b) Get regular exercise, Eat healthy, Focus on positivity
  - c) Only A
  - d) Both B & C
5. What is the scope of mental hygiene in education?
  - a) To know the causes of mental disorders
  - b) Know the preventive measure to overcome mental problems
  - c) None of A & B
  - d) Both A & B

Room  
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COORDINATOR, KGTM





6. What are the common characteristics of good mental health & Hygiene?
  - a) Ability to make adjustments
  - b) Solves his problems largely by his own efforts
  - c) Only A
  - d) Both A & B
7. The symptom of stress are:
  - a) Losing interest in daily activities
  - b) Feeling guilty, helpless, or hopeless
  - c) Fatigue
  - d) All the above
8. How can we manage stress?
  - a) Balance work and play
  - b) Deal with problems as they come up
  - c) Plan your day & Stick to your plan
  - d) All of the above
9. What is the role of parents to improve mental health of the children?
  - a) Giving Nurturing and loving care
  - b) develop the social and emotional skills
  - c) Instilling Moral Values for Children
  - d) Only A
10. What is the role of teacher to promote mental health of the children?
  - a) Seek suggestions from children on how to create a welcoming, safe and comfortable classroom
  - b) Teachers should build a relationship of trust with the students so that they can open up and share what's bothering them.
  - c) Both A & B
  - d) Only B
11. What is the meaning of mental health?
  - a) a state of mental well-being that enables people to cope with the stresses of life
  - b) realize their abilities
  - c) learn well and work well
  - d) All of the above.

*A. can.*  
ADD-ON COURSE  
COORDINATOR, KGTM





**Attendance Sheet**  
**Add-on Course on "Mental Health & Hygiene"**  
 Conducted by, Department of Philosophy  
 Kalipada Ghosh Tarai Mahavidyalaya

Dated: 11.04.2022 to 28.04.2022 . Time: 8am - 10am. Duration: 15 Days, 30 Hours.

Course Coordinator: Anup Kumar Das, SACT - II, Deptt. of Philosophy

Sl.No	Stud ID	Roll No.	Students' Name	11.04.22	12.04.22	13.04.22	14.04.22	15.04.22	16.04.22	18.04.22	19.04.22	20.04.22	21.04.22	22.04.22	25.04.22	26.04.22	27.04.22	28.04.22
1	190892	90001	Mamata Paul	P	P	P	P	P	.	.	P	.	P	P	P	P	P	P
2	192801	90003	Minu Roy	P	.	.	P	P	P	.	P	P	P	.	P	P	P	P
3	190510	90005	Rita Singha	P	P	.	P	P	.	P	P	P	P	P	P	P	P	P
4	193216	90007	Karna Singha	.	P	P	.	P	P	P	.	P	P	P	P	P	.	P
5	192730	90010	Prasenjit Das	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P
6	190762	90013	Priya Das	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
7	191636	90014	Jayashree Bhattachrjee	P	P	P	P	P	P	.	P	P	.	P	P	.	P	P
8	193832	90017	Jamuna Barman	P	.	P	P	P	P	P	.	P	P	P	.	P	P	P
9	191688	90021	Susmita Singha	P	P	P	.	P	P	.	P	P	P	.	P	P	P	P
10	191403	90023	Nikita Saha	P	.	P	P	P	P	.	P	P	P	.	P	P	P	P
11	180670	80002	Bikash Rajak	P	P	P	P	P	.	.	P	P	.	P	P	P	P	P
12	180071	80003	Sayub Ansari	P	.	.	P	.	.	.	.	.	.	.	.	.	.	.
13	180194	80005	Sourab Ghosh	P	P	P	P	P	.	P	P	P	P	.	.	P	P	P
14	180351	80007	Priyanka Singha	.	P	P	P	P	P	.	P	.	.	P	P	P	.	P
15	180440	80011	Beauty Singha	P	P	P	P	.	.	P	P	.	P	P	P	.	P	P
16	180569	80012	Bappi Roy	.	P	P	P	.	P	.	P	P	P	.	P	P	.	P
17	180679	80015	Banosree Sarkar	P	P	P	P	.	P	P	P	P	.	P	P	P	.	P
18	180719	80016	Chayanika Roy	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P
19	180731	80017	Dipanjali Tamang	P	.	P	.	P	P	P	P	.	P	P	P	P	P	P
20	180743	80018	Roni Ghosh	.	P	P	.	P	P	P	.	P	.	P	P	P	P	P
21	180996	80001	Adrija Paul	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P
22	182446	80002	Susmita Baul	P	P	P	P	.	P	P	P	.	P	P	P	P	.	P
23	182549	80003	Sampa Singha	P	.	P	P	P	.	P	P	.	P	P	P	.	P	P
24	183185	80004	Nandini Das	P	P	P	P	.	P	P	P	P	.	P	P	P	.	P
25	190932	90002	Tanushree Singha	P	P	.	P	P	.	P	P	P	P	.	P	P	P	P
26	191611	90003	Suman Sarkar	P	P	P	.	P	P	.	P	P	P	.	P	P	.	P
27	192347	90004	Sushanta Biswas	P	.	P	P	.	P	P	P	P	.	P	.	P	P	P
28	193932	90062	Haimanti Singha	P	P	P	P	.	P	P	.	P	.	P	P	P	.	P
29	190051	90063	Priyanka Singha	P	.	P	P	P	.	P	P	P	P	.	P	P	P	P
30	180977	80005	Priyanka Dey	P	P	.	P	P	P	.	P	P	.	P	P	.	P	P
31	181567	80007	Payel Paul	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P
32	184381	80008	Namita Karmakar	P	P	P	P	.	P	P	P	P	.	.	P	P	P	P
33	181838	80010	Fazle Karim	P	.	.	.	.	.	.	.	P	.	.	.	.	.	.
34	185949	80010	Aparna Chowdhury	P	P	P	P	.	P	P	.	P	.	P	P	P	P	P
35	180318	80011	Puja Roy	P	.	P	P	P	.	P	P	P	.	P	P	.	P	P
36	180397	80012	Sudeshna Ghosh	P	.	P	.	P	P	P	.	P	P	.	P	P	.	P
37	180530	80013	Tanjina Begam	P	.	P	P	P	P	P	.	P	P	.	P	.	P	P
38	180578	80014	Sayan Giri	P	.	P	P	.	P	P	P	.	P	P	.	.	P	P
39	180866	80016	Laboni Ghosh	P	.	P	P	P	.	P	P	P	.	P	.	P	P	P
40	183223	80040	Susmita Singha	P	P	P	.	P	P	P	.	P	P	.	P	P	P	P
41	181425	80041	Madhumita Das	P	.	P	P	P	.	P	P	P	.	P	.	P	P	P

*Keem*  
 ADD-ON COURSE  
 COORDINATOR, KGTM





**Attendance Sheet**  
**Add-on Course on "Mental Health & Hygiene"**  
 Conducted by, Department of Philosophy  
 Kalipada Ghosh Tarai Mahavidyalaya

Dated: 11.04.2022 to 28.04.2022 . Time: 8am - 10am. Duration: 15 Days, 30 Hours.

Course Coordinator: Anup Kumar Das, SACT - II, Deptt. of Philosophy

Sl.No	Stud ID	Roll No.	Students' Name	11.04.22	12.04.22	13.04.22	14.04.22	15.04.22	16.04.22	18.04.22	19.04.22	20.04.22	21.04.22	22.04.22	25.04.22	26.04.22	27.04.22	28.04.22
42	183368	80042	Shekhar Chhetri	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	180930	80045	Adaita Barman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	183312	80046	Surajit Singha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	180461	80047	Nispat Jahan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	180801	80050	Rima Barman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	181787	80052	Banasree Singha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	180763	80053	Anamika Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	180767	80054	Prabir Singha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	183347	80005	Biswanath Roy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	183480	80006	Deepshikha Roy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	181137	80007	Susma Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	182263	80008	Manti Mahajan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	182666	80009	Vishal Gupta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	183099	80010	Rubi Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	183413	80011	Bittu Barman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	184353	80014	Shilpi Biswas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	180055	80152	Taniya Biswas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	180192	80153	Kallol Bala	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	180244	80154	Babun Sarkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	180332	80155	Sanjoy Mohanta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	180345	80156	Ankita Saha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	180458	80157	Taniya Mitra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	180494	80159	Sunita Kumari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	180520	80160	Rahul Sarkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	180532	80161	Payel Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	180702	80163	Biru Singha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68	180708	80164	Hema Thakur	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	180727	80165	Sandip Ghosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	180809	80167	Tanushree Majumdar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	180824	80169	Debashis Sarkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	180844	80170	Namita Singha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	180898	80171	Sushanta Roy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	180901	80172	Koushik Mandal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	180909	80173	Sucharita Sen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Anup Kumar Das  
 ADD-ON COURSE  
 COORDINATOR, KGTM