



Indian Institute of Management Indore

INTEGRATED PROGRAMME IN MANAGEMENT (IPM)

TERM: VII

TITLE OF THE COURSE: Community Mental Health (CMH)

CREDITS: 2

COURSE DESCRIPTION

Each of us is a significant part of the larger community. The aspiration to contribute to the community growth and development often coincides with the meaning and purpose of life. One of the growing societal concerns as acknowledged by WHO (World Health Organization) and WHS (World Health Survey) both in Indian and the International terrain is that of poor mental health. Since the discipline of psychology has successfully offered remedies to overcome mental health problems, addressing the community mental health through a psychological lens is imperative.

This course aims to understand the mental health issues pervasive across borders, along with their psychological prevention and treatment from a community intervention perspective. The course begins with an introduction to theoretical and practical concepts of community mental health. This is followed by imparting a basic understanding of the mental disorders, the knowledge of which is essential to develop and customize a CMH policy and/or an intervention plan. Finally, this course offers an opportunity for students to understand and employ psychological services to the community, paving way for a transformative change.

COURSE OBJECTIVES

- 1) To develop a critical understanding of theory and practice of Community Mental Health (CMH)
- 2) To equip students with a holistic view of mental disorders, with a special focus on community-related mental health disorders
- 3) To aid students to explore the Indian and International policies on mental health and enable them to devise an awareness and intervention plan
