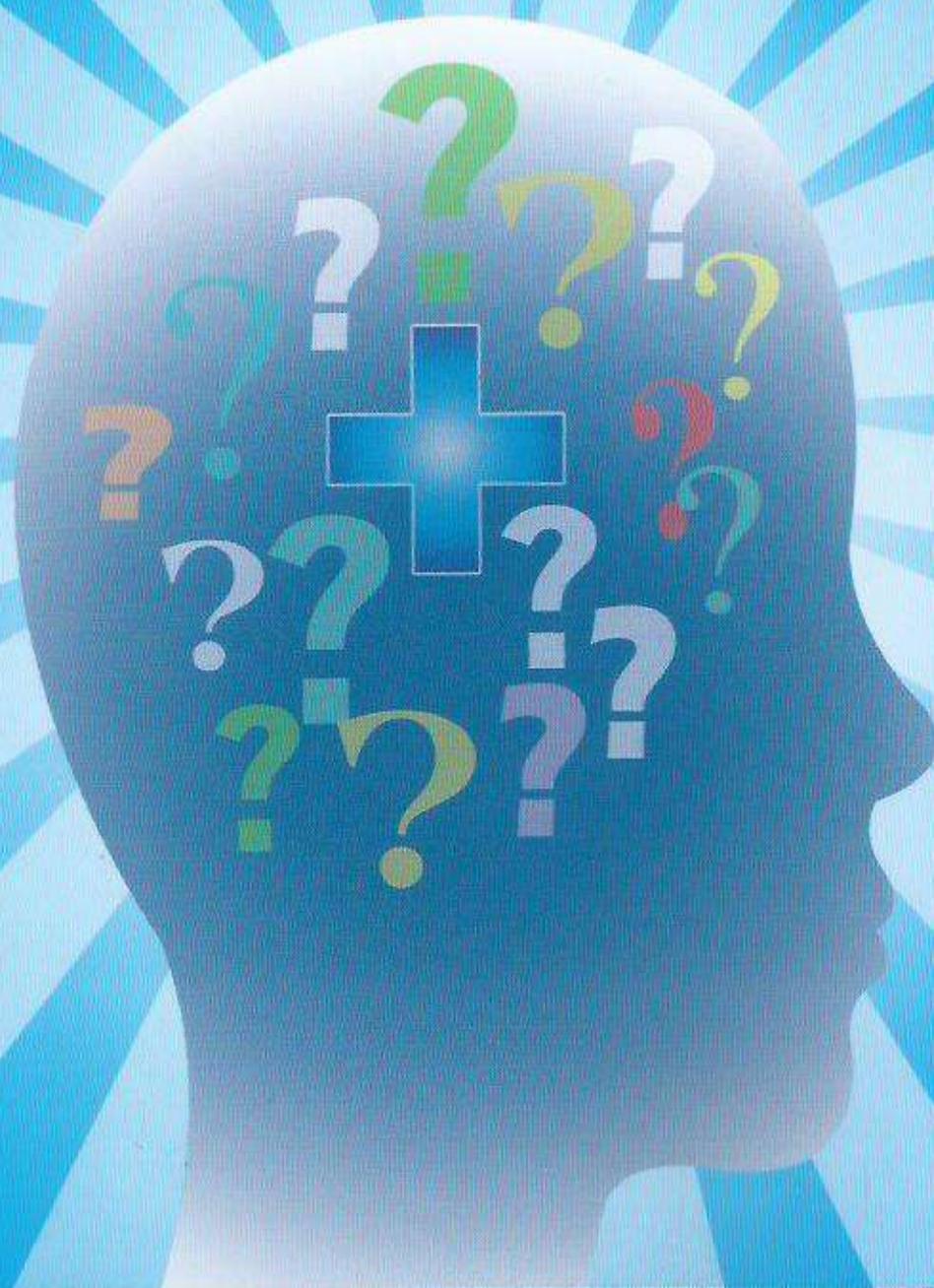


Mental Health : **Role of Education**

A Peer Reviewed Edited Book



Chief Editor : Dr. Chetan U. Chavan

Mental Health: Role of Education

A Peer Reviewed Edited Book

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(AFFILIATED TO UNIVERSITY OF PUNE
 & APPROVED BY AICTE, DELHI)

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 Ph.D. (Busi.Admi.), M.Com., B.A., LL.B. Sahityacharya
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Date :

MESSAGE

I am very glad that Gokhale Education Society's **College of Education & Research, Parel, Mumbai** in collaboration with Seth G. S. Medical College & KEM Hospital, Mumbai & Indian Association of Preventive & Social Medicine Mumbai branch is organising a **UGC sponsored** two day National Conference at the premises of our college on **"Mental Health - Role of Education"** on October, 1 & 2, 2011. This is a very contemporary theme of great social significance. It is through education alone one can make the civil society aware of various facts of such an important theme; The sub topics include 'Role of stake holders, Strategies to ensure mental health, Present status of Mental health in India & Various models for Mental Health'.

This conference, I am sure, will provide an excellent opportunity to initiate the dialogue with all stake-holders, identify the strategies & understand the role of National Mental Health Programme. There are Four technical sessions & there is also the inaugural function, the key note address & the valedictory note. In addition all this is coupled with counseling, particularly, on HIV/AIDS and I hope it will go a long way in creating the impact of this great national conference on all concerned. I heartily congratulate the members of the College, Organizing committee and all other collaborators for its successful launching at the most opportune time.


Sir Dr. M. S. Gosavi
 International Educator
 Director & Secretary
 Gokhale Education Society

20.08.2011

FOREWORD

Last two decades mental, behavioural and social health problems are an increasing global public health problems. Yet these mental health problems have received poor attention in the more affluent and industrialized western countries. Although most people run into mental disorders in families and neighborhoods, there is a tendency to pretend ignorance and disregard this reality. This ignorance is outcome of unfortunate issue of stigma and rampant practices in our country. The WHO has pleaded to all peoples and countries around the world to commit to "*Stop exclusion – dare to care*". Though the burden of illness resulting from mental and behavioral disorders is enormous, it is grossly underrepresented by conventional public health statistics. Mental health problems are not mortality driven problems hence they receive little attention of public health system. Psychiatric disorders account for 5 of 10 leading causes of disability in the world. The overall DALYs burden for neuropsychiatric disorders is projected to increase by 15% by the year 2020 and this increase is proportionately larger than for cardiovascular diseases. However current increase in mental health problems in specific population like elderly population needs special attention due to major problems like suicide and dementia respectively. The main reason of overall increase in mental illnesses is that rates of depression have increased in the world. Depression is now being seen at younger ages and with greater frequency world-wide. A person who is stressed is subject to a variety of lifestyle diseases and even infectious diseases, and it has become the basis of major research today in biology and sociology. Hence public awareness especially through education is the need of the time. I hope this national conference will lead to major steps towards addressing the issues related to mental health in students.

Dr. Sanjay Oak
Director, Medical Education & Management
Dean, Seth G.S. Medical College & Hospital
KEM Hospital, Mumbai

**MUMBAI BRANCH OF INDIAN ASSOCIATION OF
PREVENTIVE & SOCIAL MEDICINE**

FOREWORD



The ultimate objective of imparting Education is to empower individuals with skills and abilities which will enable him / her to lead a quality meaningful life. The precursor to this outcome is "behavioural change" which in turn is an extension of a healthy mind. Hence, mental health promotion should be an integral part of education.

The conference on "Role of mental health in Education" aptly emphasizes on the importance of nurturing the mind to facilitate learning as a part of Education. The technical sessions on counseling skills, will provide practical insights to the prospective teachers in art and science of mentoring students as a part of his / her professional expertise.

The conference is evolved as joint collaboration of Gokhale Education Society's College of Education & Research, Dept. of PSM, G.S. Medical College & Mumbai branch of Indian Association of Preventive & Social Medicine and is supported by the university Grants Commission. This collaboration reflects the intersectoral approach highlighting the shift from "Education to Educare". The proceedings of the conference will provide an enriching experience to the delegates in pursuit of their professional endeavors.

On behalf of the Mumbai Branch of Indian Association of Preventive & Social Medicine, I wish the conference a grand success.

Dr. R. R. Shinde
President IAPAM &
Professor & Head
Dept. of PSM,
GSMC & KEMH, Mumbai

PREFACE

Mental health is a multidimensional concept; it includes physical as well as mental behaviour, a sense of well being. Identification and intervention are both important aspect in ensuring the objective of mental health education. Rising cases of substance abuse, depression, psychosis disorders, we hear and read in news media daily. There is a cyclic increase during examination times; we see alarming increase in eating disorder, nervous breakdown, suicides, depression and juvenile crimes.

In contemporary world adolescent is facing much more stress due to over-exposure of media, cut-throat competition and conflict in parent's and self ambitions. We see more and more young people indulging in pervasive sexual behaviour, substance abuse. Why is this all happening? Where have we gone wrong? What is wrong with our values and education? Are we the teachers, educators and parents aware of the seriousness of the situation?

There is need to join common platform to discuss the means and methods for the addressable crisis. It is impossible to tackle the problem of this magnitude by single agency; all the sections of society need to have dialogue and discussion to come with clearly defined method, roles and outcome of such initiatives.

Out of the four pillars of the education namely "learning to know, learning to do, learning to be, learning to live together," we as teachers and parents are taking care of only the first two pillars. It is therefore becoming more important to give attention to training and education for other two.

We are sure that deliberations of this book will produce valuable results and will help in improving the present situation. We expect that the outcome of this book will convince us to incorporate changes in school curriculum and practices. All of us must shoulder the responsibility of shaping the life of the youth through their own actions and making sure that life skills are rightly imbibed by the young generation. The promotional perspective of mental health requires continues dialogues between all the agencies namely Educational, NGOs and Media. The balanced mix views of teachers, health educationists, research scholars, and students in this book will help in brainstorming with different levels of perspectives. The WHO has declared October as the month dedicated to mental health world over. We are happy that this matter is being seen as very important and people world over are discussing simultaneously on the same lines as we are doing it here.

This edited book covers the peer reviewed views of scholars from all India in total 94 chapters on five subthemes. The subtheme Role of Stakeholders: Government Organisations, Educational Agencies, NGOs and Mass Media etc. cover 18 chapters. The subtheme Strategies to ensure Mental Health covers 25 chapters. The subtheme Present Status of Mental Health in India covers 29 chapters. The subtheme Various Models for Mental Health covers 13 chapters. The book has also given 9 chapters in local Marathi language at the end.

The main objectives of this book are i) To initiate the dialogue among the various Stakeholders in Education. ii) To identify the strategies to ensure Mental Health in Education. iii) To understand the status of National Mental Health Programme. iv) To share various Models of Mental Health promotion in India.

The editorial board acknowledges and thanks all the scholars who are contributed in this book. The committee would like to thank SIR M. S. Gosavi, Secretary, Gokhale Education Society for giving valuable message and best wishes. We are also thankful to our collaborators Department of Psychiatry, Seth G. S. Medical College & KEM Hospital and Mumbai branch of Indian Association of Preventive & Social Medicine. We are sincerely thankful to our publisher & printer Mr. Chandrakant Jadhav. Ketki publication for brings this valuable book in time.

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About the Book

Mental health is a universal phenomenon as it affects modern, industrialized and developed society equally. Mental Health has various manifestations in the form of mild problems of headaches to violent and extreme problems such as rape, molestation, child abuse, drug, suicide etc. These manifestations lead to an imbalanced individual and ultimately to an unbalanced family and society. There should be acceptance, tolerance and public awareness about mental health. Through education one can encourage awareness and application of mental health knowledge in general health care, social development and accessibility of minimum health care. According with a view the dissemination of information about mental health is becoming more important, as it seems that the information provides effective feedback loops between the various stakeholders should be facilitated.

This edited book covers the peer reviewed views of scholars from all India in 94 chapters on following four subthemes i.e. Role of Stakeholders: Government Organisations, Educational Agencies, NGOs and Mass Media. Strategies to ensure Mental Health. Present Status of Mental Health in India & Various Models for Mental Health.

About the Chief Editor : Dr. Chetan U. Chavan

Dr. Chetan Uttamrao Chavan is presently working as Assistant Professor in Gokhale Education Society's College of Education and Research, Parel, Mumbai. His total teaching experience is 6 years. He has done Ph.D. in Education from Department of Education & Extension, University of Pune. The title of his Ph.D. thesis is "Development of Need based Sex Education Programme for Adolescent Students." He did his Masters in Physics and Education from University of Pune and qualified NET & SET examination in education subject. He has also done Diploma in School Management from YCMOU.

He has participated & presented papers in several International, National & state level conferences, seminars & workshops. He has publications on his name & participated in training programmes. He had organised "National Workshop on Writing Research Papers & Scholarly Articles" on 8th & 9th August, 2009. He has worked on various college committees & adopted various innovative practices in teaching learning process. He is life member of various educational associations such as AIAER, IATE, MCEAM.

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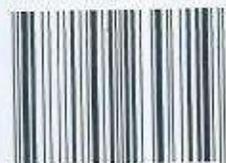
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