

CHAUDHARY BANSI LAL UNIVERSITY, BHIWANI

(A State University established under Haryana Act No. 25 of 2014)

DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK**Undergraduate Programs (Social Work) Syllabus, Semester –V****VOC**

Session: 2026-2027			
Part A – Introduction			
Subject	Social Work		
Semester	V		
Name of the Course	Mental Health Care		
Course Code	26UN-SWK-VOC-501		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSI/PC/AEC/VAC)	VOC		
Level of the course(As per Annexure-I)	300-399		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner/student will be able to: CLO1: Understand the basic concepts and determinants of mental health and wellness. CLO2: Practice mindfulness, yoga, and meditation for personal well-being. CLO3: Develop a holistic and sustainable approach to maintaining mental wellness.		
Credits	Theory	Practical	Total
	2	2	4
Teaching Hours per week	2	4 Per group	6
Internal Assessment Marks	15	15	30
End Term Exam Marks	35	35	70
Max. Marks	50	50	100
Examination Time	2	2	4
Part B – Contents of the Course			
Instructions for Paper-Setter: The examiner will set 5 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist 7 parts of 1 mark each covering entire syllabus. The examinee will be required to attempt 3 questions, selecting one question of 14 marks from each unit and the compulsory question.			
Unit	Topics		Contact Hours
I	Understanding Mental Health and Mental Illness • Concept of Mental Health: WHO definition, mental hygiene, and importance. • Determinants of mental health (biological, psychological, social, spiritual). • Difference between mental health and mental illness, • Mental Health: Issues and Challenges		15
II	Promotion and Prevention in Mental Health • Stress Management • Lifestyle, nature, and creative therapies for mental wellness. • Holistic self-development through Panchkosh and self-awareness. • Mental health in society: Education, policy, and prevention		15

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	strategies.	
	Total	30
Instructions for Field Work: Each student will be allotted topic for field work in which he/she has to work during the session. There shall be Concurrent Field Work of 4 hours per week in the Semester. The 4 hours per week of concurrent field work shall be completed by the student under the supervision and guidance of a faculty member. The External and an Internal Examiner will conduct the viva-voce examination. The fieldwork report must be submitted by the student in consultation with the supervisor. A student shall not be allowed any leave during Field Work. Concurrent Field Work Progress Reports shall essentially be submitted to the concerned supervisor every Monday. Field work report must be submitted by the student, well before the external examination, so that it can be checked and signed by supervisor, to appear in Field Work Viva-Voce.		
Suggested Evaluation Methods		
Internal Assessment (IA) /Practical: 30		End Term Examination: 70
Theory IA: 15 Marks	Practical IA: 15	Theory: 35 Written Examination
Class Participation: 4	Class Participation: 5	
Seminar/presentation/ assignment/quiz/class test etc.: 4	Seminar/Demonstration/ Viva-voce/lab record, etc: 10	Practical Examination: 35 Viva-Voce
Mid-Term Exam: 7		
Part C- Learning Resources		
1. World Health Organization. (2013). Investing in mental health: evidence for action. https://iris.who.int/bitstream/handle/10665/87232/9789241564618_eng.pdf 2. Snyder, C. R., & Lopez, S. J. (Eds.) (2002). Handbook of Positive Psychology. Stress Management (book reference). 3. Nyang'wa, B. B., Nyang'wa, Ministry of Health, Malawi, & Bandawe, C. (2024). Mental Health Handbook for University Students. 4. WHO (2004). Promoting Mental Health: Concepts, Emerging Evidence, Practice. 5. Goleman, D. (1995). Emotional Intelligence. 6. Corey, G. (2016). Theory and Practice of Counseling and Psychotherapy. 7. Sommers-Flannagan, J. & Sommers-Flannagan, R. (2004). Counseling and Psychotherapy Theories and Practice: Skills, Strategies, and Techniques. Hoboken: John Wiley & Sons 8. Gladding, S. T. (2018). Counseling: A Comprehensive Profession. New York: Pearson Education. 9. UGC Guidelines on Mental Health (latest versions).		

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DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK**Undergraduate Programs (Social Work) Syllabus, Semester –VI****VOC**

Session: 2026-2027			
Part A – Introduction			
Subject	Social Work		
Semester	VI		
Name of the Course	NGO Management		
Course Code	26UN-SWK-VOC-601		
Course Type:(CC/MCC/MDC/CC-M/DSI:C/VOC/DSE/PC/AEC/VAC)	VOC		
Level of the course(As per Annexure-I	300-399		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO):	After completing this course, the learner/student will be able to: CLO1: Explain the concepts, types, functions and development of NGOs. CLO 2: Differentiate NGOs, VOs and Civil Society and analyse their development roles. CLO 3: Identify key issues, challenges and development indicators in NGO management. CLO 4 : Describe major organizations working in the development sector. CLO 5: Explain the legal framework and registration procedures for NGOs in India. CLO6: Apply relevant laws governing NGO establishment and functioning in India.		
Credits	Theory	Practical	Total
	2	2	4
Teaching Hours per week	2	4 Per group	6
Internal Assessment Marks	15	15	30
End Term Exam Marks	35	35	70
Max. Marks	50	50	100
Examination Time	2	2	4
Part B – Contents of the Course			
Instructions for Paper-Setter: The examiner will set 5 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist 7 parts of 1 mark each covering entire syllabus. The examinee will be required to attempt 3 questions, selecting one question of 14 marks from each unit and the compulsory question.			
Unit	Topics		Contact Hours
I	Basics of NGO Management – NGOs – An Introduction, Concepts and Functions – Historical Development of NGOs in Global Level – Basics of NGO Management, Types of NGOs, Difference between NGOs, Voluntary Organizations (VOs) and Civil Society – Issues and Challenges in NGO Management, Development Issues, Development Indicators. – International Organizations National and Regional Organizations		15

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II	Legal Procedures For Establishment of NGOs – Overview of Societies Registration Act, 1860 – Indian Trust Act, 1882 – Indian Company's Act, 2013 – Charitable Endowment Act, 1890 – Haryana Societies Registration Act, 2012	15
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Instructions for Field Work: Each student will either placed in welfare agencies (Government or Non-Governmental) or open community for field work in which he/she has to work during the session. There shall be Concurrent Field Work of 4 hours per week in the Semester. The 4 hours per week of concurrent field work shall be completed by the student under the supervision and guidance of a faculty member. The External and an Internal Examiner will conduct the viva-voce examination. The fieldwork report must be submitted by the student in consultation with the supervisor. A student shall not be allowed any leave during Field Work. Concurrent Field Work Progress Reports shall essentially be submitted to the concerned supervisor every Monday. Field work report must be submitted by the student, well before the external examination, so that it can be checked and signed by supervisor, to appear in Field Work Viva-Voce.

Suggested Evaluation Methods		
Internal Assessment (IA) /Practical: 30		End Term Examination: 70
Theory IA: 15 Marks	Practical IA: 15	Theory: 35 Written Examination
Class Participation: 4	Class Participation: 5	
Seminar/presentation/assignment/quiz/class test etc.: 4	Seminar/Demonstration/Viva-voce/lab record, etc: 10	Practical Examination: 35 Viva-Voce
Mid-Term Exam: 7		

Part C- Learning Resources

Lewis, D. (2004). *The management of non-governmental development organizations: An introduction*. Routledge.

Drucker, P. (2012). *Managing the non-profit organization*. Routledge.