

Course Code	Course Title	L	T	P	C
AEXC139N	The Importance of Mental Health and Well-Being	0	0	0	2
Pre-requisite	NIL	Syllabus version			
		1.0			
<b>Course Objectives:</b>					
<ol style="list-style-type: none"> <li>1. To conduct various events/awareness programmes/ trainings thereby improving their leadership, management and coordinating skills</li> <li>2. To build a network in showcasing skills, talents and contribute individually and collectively, as responsible members of the local / national / international community</li> <li>3. To learn how teamwork, cooperation and collaboration can bring changes to society</li> </ol>					
<b>Course Outcomes:</b>					
<ol style="list-style-type: none"> <li>1. To identify and solve problems prevalent in the society</li> <li>2. To gain practical knowledge about best practices in chosen domain</li> <li>3. To master team building and leadership skills</li> </ol>					
<b>General Guidelines</b>				<b>90 hours</b>	
<ol style="list-style-type: none"> <li>1. Regular activities: Participation in events like orientation session, training, awareness programmes, guest lecture, workshop &amp; internal competitions, organized by associated club and understanding the societal problems</li> <li>2. Gaining of practical knowledge through participation in outreach activities, field visits and relevant events</li> <li>3. Participating / Organizing / Volunteering for events during Riviera/ Vibrance organized by associated club thereby enhancing and exhibiting the team building and leadership skills</li> <li>4. Representing the institute as a part of Club in events or competitions conducted by other institutes</li> <li>5. Report – report on all the activities for a duration of 90 hours needs to be submitted</li> </ol>					
Mode of Evaluation: (No FAT) Participation in activities for 90 hours and report					
Recommended by Board of Studies		23-11-2022			
Approved by Academic Council		No. 68	Date	19-12-2022	