



MILE: Mental Health and Resilience through Cultural lens

Subject Code:

Lectures:

Credits: 2

Objectives and Learning outcomes

Objectives

1. To gain comparative knowledge of meaning of mental health through intercultural exchange
2. To develop understanding of Resilience through a cultural lens (caste, gender, socio economic class, race, ethnicity, religion).
3. To understand the interconnection between mental health, Culture and Resilience

Learning Outcomes

1. Develop a deeper understanding of mental health needs and resilience through a cultural lens
2. To enhance the ability to use digital tools and resources.

Unit 1: Introduction

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Students will use Flipgrid to introduce themselves including the following information and end with one question to partner class (less than 2 minutes):

- Name and the meaning of your name
- Birthplace and where your family is originally from (country or state)
- Major and future career goal
- What you know about each other's country or city
- What do you do to unwind yourself after a stressful day?/ What are your ways of managing your mental health?
- Identifying your feelings- using feelings wheel

Students will respond to at least two students

Unit 2: Research on Mental Health, Resilience and its relationship

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Tarini *J.J. Salasavale*
Course Coordinator



We all face trauma, adversity and stresses but all of us can build resilience to overcome these challenges in life.

1. Mental Health - “Conversations about Home” by Warsan Shire (98-99)
Somalia to UK

Q. How is mental health viewed in your culture ? Please cite at least two articles to support your responses and also add your own experience if it's relevant.

2. Resilience - “Back to Granada” by Sam Salvon (page 116-127) Granada to UK
Perspectives of Resilience (Developmental and Clinical)
Understanding resilience from Ecological framework. (Bronfenbrenner model)

Q. How do you define resilience ? Do you think you are able to build resilience? If so, how?

3. Relationship between mental health and resilience

Q. How do you think mental health and resilience are related? You can discuss this from existing literature and your own or family experience?

Q. What did you find from this research? Any new perspective you gained which you were not aware of? How will you be applying to your life as a university/college student?

Unit 3: Active Component

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- Your story of “mental health and resilience” from your cultural point of view
- Making Photo essays - Select a picture/s from your childhood (upto high school) which represents resilience.
- Explore if there is a new interpretation about yourself/your childhood or your journey.
- Identify protective factors that are contributing to your resilience and mental health in your ecological model.

Other details -

A. Duration of the course- 17th March – 29th April

B. Course Coordinators – Ms. Pooja Jain 
Ms. Sharmin Palsetia

C. Course Instructor – Dr. Kyoko Toyama - College Discovery Program
College Discovery Counseling Seminar: Honors and Leadership Seminar
Ms. Sharmin Palsetia
Ms. Pooja Jain

D. Remuneration to the Instructor – NIL

E. Fees of the course – NIL


Sharmin Palsetia
Course Coordinator