

**INDHIRA GANDHI NATIONAL OPEN UNIVERSITY (IGNOU)**  
**VHS - M.A. CHIDAMBARAM COLLEGE OF NURSING, ADYAR, CHENNAI – 113**  
**PROGRAMME STUDY CENTRE CODE – 2577**  
**II YEAR P.B.B.Sc (N) - BNSL 108: MENTAL HEALTH NURSING**  
**SCHEDULE FOR ONLINE PRACTICAL CLASSES**

| Date       | Day       | Time         | Course                | Course Code | Practical Covered |       |
|------------|-----------|--------------|-----------------------|-------------|-------------------|-------|
|            |           |              |                       |             | Block             | Unit  |
| 23.08.2021 | Monday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     | 1                 | 1-5   |
| 24.08.2021 | Tuesday   | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 25.08.2021 | Wednesday | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 26.08.2021 | Thursday  | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 27.08.2021 | Friday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 28.08.2021 | Saturday  | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 30.08.2021 | Monday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 31.08.2021 | Tuesday   | 1 pm to 7 pm | Mental Health Nursing | BNSL108     | 2                 | 6-9   |
| 01.09.2021 | Wednesday | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 02.09.2021 | Thursday  | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 03.09.2021 | Friday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 04.09.2021 | Saturday  | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 06.09.2021 | Monday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 07.09.2021 | Tuesday   | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 08.09.2021 | Wednesday | 1 pm to 7 pm | Mental Health Nursing | BNSL108     | 3                 | 10-14 |
| 09.09.2021 | Thursday  | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 10.09.2021 | Friday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 11.09.2021 | Saturday  | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 12.09.2021 | Monday    | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |
| 13.09.2021 | Tuesday   | 1 pm to 7 pm | Mental Health Nursing | BNSL108     |                   |       |

**Consolidated details of the hours:**

| Sl. No. | Subject                         | Hours Prescribed | Hours Allotted/Planned |
|---------|---------------------------------|------------------|------------------------|
| 1       | BNSL 108: Mental Health Nursing | 120              | 120                    |



*L. Swathy*  
**IGNOU PSC 2577**  
**M.A. CHIDAMBARAM COLLEGE OF NURSING**  
**VHS CAMPUS, CHENNAI - 600 113.**

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**PROGRAMME STUDY CENTRE CODE – 2577**  
**II YEAR B.SC (PB) – PRACTICAL**  
**MENTAL HEALTH NURSING (BNSL 108)**

| S.NO | ACTIVITIES   | CATEGORY   | METHOD OF TEACHING   |
|------|--|--|--|
| 1    | <b>Process recording-10</b><br>5-Male patient<br>5- Female patient | <b>Self activity</b><br>i. Select patient from their area & write verbatim(counseling)<br>ii. Take format & guidance from the study centre.  | Discussion<br>PPT & Video  |
| 2    | <b>Case study-1</b>  | <b>Self activity</b><br>i. Case scenarios will be shared in GCR<br>ii. PPTs & videos will be uploaded in the GCR<br>iii. Take format & guidance from the study centre  | Discussion   |
| 3    | <b>Nursing care plan</b><br>Psychotic -1<br>Neurotic-1             | <b>Self activity</b><br>i. PPTs & videos will be uploaded in the GCR<br>ii. Case scenarios will be shared in GCR<br>iii. Online tests will be conducted  | Discussion   |
| 4    | Family Counseling  | <b>Supervised activity</b><br>Counseling should be given to alcoholic patient and the students should send recorded videos   | Presentation   |
| 5    | Drug Presentation  | <b>Supervised activity</b>   | Presentation<br>Discussion   |
| 6    | Procedures   | <b>VIVA: (VIRTUAL)</b><br>1. History collection<br>2. Mental status examination<br>3. Process recording<br>4. Electro convulsive therapy<br>5. Individual psychotherapy<br>6. Group psychotherapy<br>7. Family therapy<br>8. Behavior therapy<br>9. Milieu therapy<br>10. Occupational therapy | PPTs ,Checklists and Videos ,Google form test link will be uploaded in GCR |
| 7    | Observational report   | <b>Website visit to IMH</b><br>Nursing services /management of a Psychiatric Ward<br>Submit Reports  | Discussion   |



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