

Course Name-Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name – Mental Health

Topic No. - Sec - C (7)

Paper No. - IInd

Lecture No. - 12

Lecture Name

Mental Health

References

Chauhan, S.S (1986). Mental Hygiene A Science of Adjustment. Allied Publishers pvt. Ltd. New Delhi.

Mangal, S.K. (2009). The Learner- Nature and Development. Tandon Publications, Ludhiana.

Mittal, H.C. (1994). Fundamental of Educational Psychology & Guidance. Dhanpat Rai & Sons. Delhi.

Mohanty, G. (2006). Textbook of Abnormal Psychology. Kalyani Publishers. Ludhiana.

Links

- www.simplypsychology.com
- www.wikipedia.com