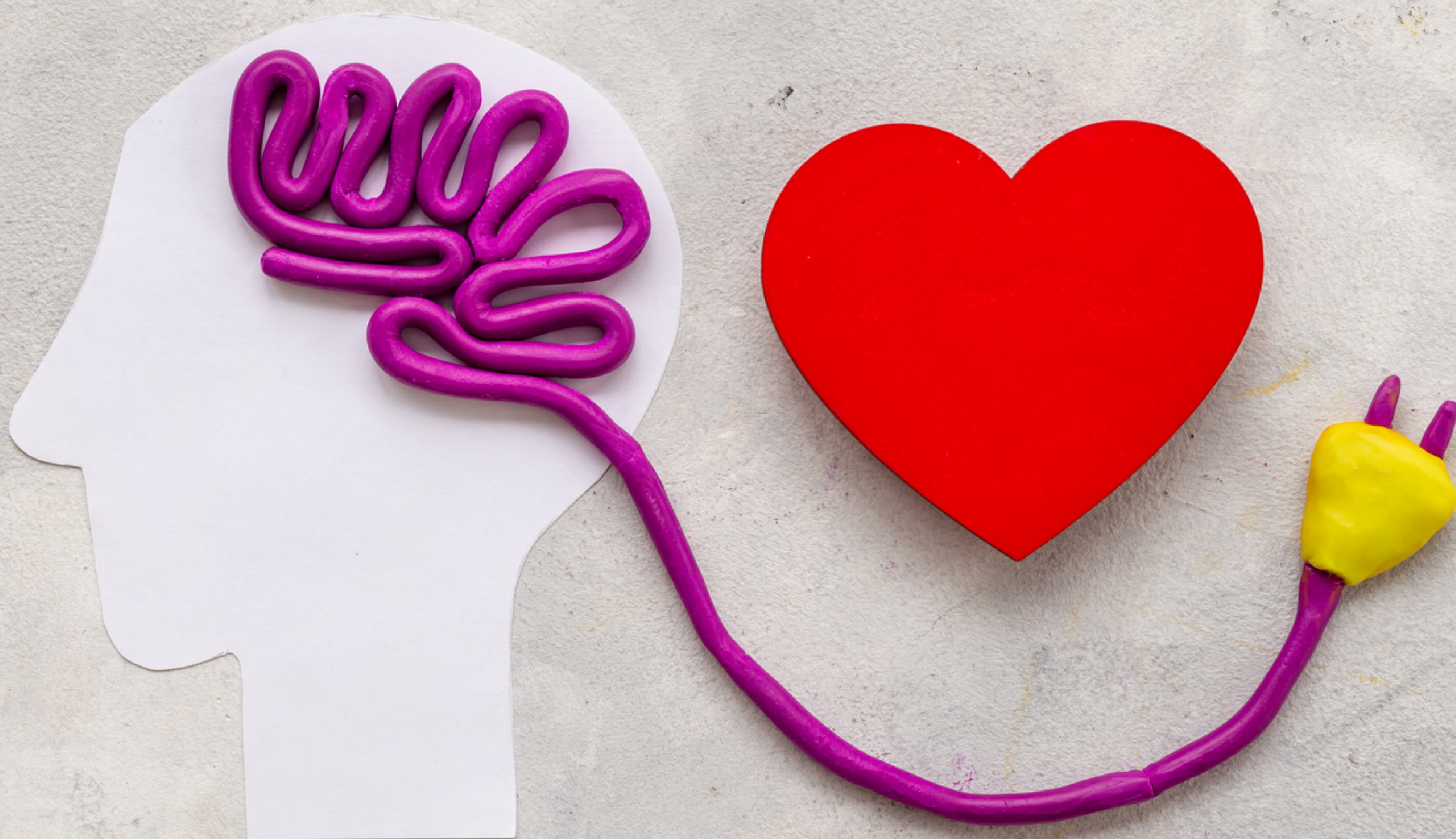


Department of PSYCHOLOGY



TRAINING FOR MENTAL HEALTH PROMOTION

Value Added Course 2023 -24

Duration : 30 hours

Objectives

- To understand the importance of mental health promotion.
- To help trainees to develop and execute training programs.
- To help trainees to develop public speaking skills, prepare modules and conduct training for various age group.

Expected Outcome

- Empathize with people.
- Able to conduct awareness class.
- Develop modules for training programmes

Syllabus

Module 1 - Introduction to Mental Health

Module 2 - Training Programs

Module 3 - Presentation

Module 4 - Module Preparation

Module 5 - Awareness Programs

**THIS COURSE AIMS
TO FAMILIARIZE
STUDENTS WITH
WHAT MENTAL
HEALTH IS,
UNDERSTAND THE
MENTAL HEALTH
ASPECTS IN INDIA,
DIFFERENT
TRAINING
PROGRAMS**

Duration : 30 hours

LEARN. GROW. EXCEL