

Certificate Course on Promotion of Health and Wellness of Senior Citizens

Conducted by
National Institute of Mental Health and Neuro Sciences, Bengaluru

In collaboration with Karnataka State Legal Services Authority
&
Karnataka State Resource Centre for Senior Citizens

Course Coordinators

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&

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& Karnataka State Resource Centre for Senior Citizens
Bengaluru: 560029

Certificate Course on Promotion of Health and Wellness of Senior Citizens

Promotion of health and wellness of senior citizen through developing human resources is the aim of the course. This certificate course is proposed by Department of Psychiatric Social Work and Geriatric Clinic and Services of National Institute of Mental Health and Neuro Sciences, Bengaluru. Current plan is to organize this course in every quarter of the year. Proposed course would add momentum to Age Friendly Karnataka Campaign, which is a joint initiative of NIMHANS, Government of Karnataka and Karnataka State Legal Services Authority.

Course Coordinators: Dr A Thirumoorthy, Professor and Head, Department of Psychiatric Social Work , Dr Sojan Antony, Assistant Professor, Department of Psychiatric Social Work, Dr P T Sivakumar, Professor of Psychiatry and Consultant in Geriatric Clinic and Services Services.

Eligibility of Candidates:

Age: 21 years and above

Education: Graduation in any discipline (Relaxation of educational qualification will be considered on request particularly if the candidate is deputed from Government or Non-Governmental organizations involved in care of senior citizens)

Those who are pursuing their Master's Degree are also eligible to apply. This is a part time online course, which would complete with in a period of three months.

This course would start on 1st April, 1st July, 1st October, 1st January of every year starting from 2019

Number of seats: 20

Mode of selection: Candidates who apply first will be selected on first –cum- first basis.

Course Fee: Rs 2000. Selected candidates will not be provided any stipend or accommodation. Candidates who are deputed by Governmental and nongovernmental organizations will be exempted from the course fee. Such candidates should apply the course through proper channel.

Learning Objectives: This certificate programme aims to enhance the knowledge of trainee on Physical, Psychological and Social challenges experienced by senior citizens and scientific and indigenous strategies to enable them to achieve optimum health and wellness.

Learning Outcomes: Trained persons would identify the health and wellness needs of senior citizens and assist them to avail appropriate services to ensure the wellbeing of elderly. They would be equipped with basic counselling and communication skills to offer supportive counselling services to senior citizens.

Methodology

This programme consists of both theory sessions and practicum. Out of 40 hours of training 24 hours is dedicated for theory classes and 16 hours are scheduled for field based practicum. Total duration of course is for three months. Twice in a week, sessions are scheduled either at NIMHANS campus and/or online. After the completion of theory classes, trainees would complete their practicum under the supervision of consultants of Psychiatric Social Work and Geriatric Clinic and Services at NIMHANS.

Content of the Course

Session 1 (6 hours): Healthy Ageing, Needs of elderly, and Prevention and management of life style diseases and mental health problems in elderly.

Session 2 (6 hours): Strategies to promote the wellness of elderly: Promotion of physical activity, prevention of cognitive decline, promotion of social participation, enhancing sensory function (vision & hearing), promoting skills of speech and communication, maintaining cordial interpersonal relationships

Session 3 (6 hours): Indigenous Strategies to Promote Health and Wellness: Yoga, Diet, spiritual or faith based groups, volunteering and living with children and grandchildren. Care givers' training and training on counselling skills to work with elderly.

Session 4 (6 hours): Review of Legislations, Policies and Programmes for the welfare of Senior Citizens in India

Practicum (16 hours): Trainee would get a chance to participate in NIMHANS initiatives towards Age Friendly Karnataka, a joint initiative of NIMHANS, Government of Karnataka and State Legal Services Authority of Karnataka.

For further information

Contact Details

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