

Certificate course on Mental Health Education

The Department of Mental Health Education, NIMHANS aims to promote the health and wellbeing of individuals and communities through excellence in teaching, research, and service in the area of mental and neurological disorders. The Department is an integral part of the institute and actively involved in teaching, research and training activities in the field of mental health education. Over a period of time, the quality and nature of healthcare has improved with advanced technology and digitalisation. The department has large research projects to its credit and developed collaborations with other clinical departments providing quality work. The Department provides intensive specialized training in the development of strategies ranging from an individual to systemic level that can assist individuals, communities, and societies in adopting and maintaining healthy lifestyles.

The focus of the Department of Mental Health Education is to prepare students, all health care professionals, caregivers and the community at large to promote health in individual and group settings, and among diverse populations using culturally appropriate health education methodologies. Its goal is to facilitate voluntary health-related behavioural and social change through the application of principles of behavioural and social sciences. The department aims at developing health education and training materials that will help all individuals and organisations. Applications are invited for admission to a One month full time Certificate course on **Mental Health Education and Promotion** being conducted by the Department of Mental Health Education, NIMHANS, Bangalore.

Name of the program: Certificate Course in Mental Health Education

Course Coordinator:

Dr.K.S.Meena
Associate Professor
Department of Mental Health Education
NIMHANS
Bengaluru-560029

Course Learning Objectives: At the end of the course, the participant would be able to:

- ❖ Understand the disease causation and consequences in a holistic manner by appreciating the linkage of social determinants and biological risk factors
- ❖ Apply the basis of socio - cultural, economic and political determinants of health in mental health promotion
- ❖ Apply the principles and methods of social and behaviour change for mental health promotion
- ❖ Apply and practice the principles of effective mental health communication in mental health promotion
- ❖ Learn to develop audio visual aids, like posters, videos, brochures, flipcharts in promoting mental health education

Number of Seats: Eight per year

Duration: One Month full time

Course date: 1st September 2018 to 30th September 2018

Fee Payable: As per NIMHANS rules, Rs.3000/- (non-refundable)

Accommodation: The candidates need to make their own accommodation arrangements.

Eligibility: MBBS/MA/MSc/MSW degree in Social Work/Clinical Psychology/Public Health/Health Education/Mass Communication or any other behavioural sciences obtained through a regular full time course from a recognized university.

Procedure for Application: The interested candidates should send their application on a plain paper along with the following documents:

- Bio data with a recent passport size photograph and full postal address with email id.
- Write briefly your keen interest to pursue this program in 500 words.

Hard copies of the application along with supporting documents should be sent to the following address, with the mention in the cover **'Certificate Course in Mental Health Education'** to:

Dr.K.S.Meena

Associate Professor

Dept of Mental Health Education

M.V. Govindaswamy Center (Ground Floor)

NIMHANS, Bangalore-560029

Contact Details: 080-26995157

For any clarification: Please contact: Dr .K.S.Meena, Associate Professor, Dept of Mental Health Education at meenaksiyer@gmail.com

Last Date for Receiving Application: 20th July, 2018

Intimation of selection: 1st August, 2018