

PROPOSAL FOR THE CERTIFICATE COURSE

Certificate Course in Promotion of Mental Health and Life Skills Education for Adolescents

Name of the Department: Department of Psychiatric Social Work, NIMHANS, Bengaluru

Title of the Certificate Course: Promotion of Mental Health and Life Skills Education for Adolescents

About the Course

Adolescence is an age of opportunity for children, and a pivotal time for us to build on their development in the formative years of their life, to help them navigate risks and vulnerabilities, and to set them on the path to fulfilling their potentials. The process of growing and adjusting to changing surroundings, coping with the pressure of academics and increasing competition, tension of social relations with peer group and parents, are all serious challenges and threats to the mental health of adolescents. Involving in risk taking behaviours to become a part of the peer group and to gain their approval is a common feature of early adolescence. Many of the mental, behavioural and psychological problems among children and adolescents can be prevented if it is intervened at an early stage through enhancing their life skills.

About the Course

The Promotion of Mental Health & Life Skills Education for Adolescents is a universal comprehensive promotive school mental health programme designed to reduce risks and enhance psychosocial competencies and resiliency of adolescents in schools. It is universal as it applies to all the students. This program is an outcome of collaborative research Government of Karnataka and Department of Psychiatric Social Work, NIMHANS. It focus on training of schools and college teachers, school counsellors, social workers and other non-health care professionals as life skills facilitators. So far nearly 700 participants have been trained as Life Skills Facilitators and program has reached entire district of primary and secondary school children of Kolar District of Karnataka.

It is an interactive, skills-based program designed to promote positive health and psychological well-being of adolescents using teachers, school counsellors, educators, doctors, social workers, nurses, and other health professional as life skills facilitators in the schools and colleges. The program addresses the various developmental, behavioural and psychological issues and concerns of adolescents that affect their overall health and resilience. Empowerment of adolescents with life skills is the GOAL. The programme promotes psychosocial competencies of adolescents.

Aim:

- To train the health and non-health care professionals as life skills educators.
- Building capacity of the participants to apply the life skills education in different settings.

Course Learning Objectives:

- Understanding the theoretical foundation, concept of life skills education and importance in promotion of mental health and well-being of adolescents.
- Learning various teaching methodologies in application of life skills education
- Application of life skills education for promotion of mental health and wellbeing of individual using different teaching methodologies.
- Learning to develop life skills education modules for various psychosocial issues of individual in the society in the contexts such as school children, colleges, NGOs, youth organizations, vulnerable groups such as institutionalized children, street children, differently abled, and adolescents with illness such as HIV/AIDS etc. and children in conflict with law,

Course Coverage:

The course will include hands on participatory skills-based training on issues of children and adolescents using life skills approach, concept of WHO life skills and health promotion and preventive model, life skills teaching methodologies, facilitation skills, assessment and evaluation of life skills training, program sharing of NIMHANS promotive mental health and life skills modules, training and designing program in the context of children and adolescents issues in different settings.

No of Seats: Maximum 5 seats for each batch

Course Duration: Three months full-time, on campus at NIMHANS

Fee Payable: As per NIMHANS rules Rs. 9000/ for Non-medicals candidate and Rs 30,000 medical background candidate for the three months.

Important Dates

Course Dates	Last date to receive application	Intimation of selected candidates
January	20 th November	1 st December
July	20 th May	1 st June

Course Facilitators: Faculties of various Departments of NIMHANS

Accommodation: Selected candidates have to make their own arrangements of for accommodation and hostel accommodation will not be provided

Eligibility:

MA/MSc/ degree in Social Work/Psychology/Public Health/Mass Education/Communication (Regular Fulltime Only) or MBBS from a recognized university.

Procedure for Application: The interested candidates should send their application along with the following documents. Admission to the course will be through a personal interview selection process by the course coordinators based on the below mentioned criteria:

- One page write up on why they want to pursue the certificate course how does the present training program will help in your profession (500 words)
- Bio data with a recent passport size photograph and full postal address with email id and phone number.
- Research and work experience related documents, if any

Course Co-ordinators:

- Dr. Vranda MN, Associate Professor, Department of Psychiatric Social Work, M.V. Govindaswamy Center (1st Floor), NIMHANS, Bengaluru – 560029.
- Dr. A.Thirumoorthy, Professor and Head, Department of Psychiatric Social Work, M.V. Govindaswamy Center (1st Floor), NIMHANS, Bengaluru – 560029.

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 “**Promotion of Mental Health and Life Skills Education for Adolescents**” to:

Professor and Head
Department of Psychiatric Social Work
Dr. MV Govindaswamy Centre (First Floor)
NIMHANS, Bengaluru – 560029
Phone: 080 26995240

Last Date for Receiving Application: 20th May 2020

Intimation of the Selected Candidates: 1st June 2020

Course Commencement: 1st July 2020

For any clarification: Please contact Dr. Vranda MN, Associate Professor & Main Course Co-ordinator, Department of Psychiatric Social Work, M.V. Govindaswamy Center (1st Floor), NIMHANS, Bengaluru – 560029. Contact: 080 26995236/080-26995240. Email Id:vrindamn@gmail.com