

# CERTIFICATION COURSE

## Department of Mental Health Education

<b>Title of the course</b>	Online Certificate Course in Media and Mental Health
<b>Duration of course</b>	Three months
<b>Eligibility Criteria</b>	<ol style="list-style-type: none"><li>1. Media Professionals: Those working as journalists in various media organizations, especially covering healthcare. (Visual media, Digital media and Print media)</li><li>2. Media students: Diploma or Master's Degree in Media studies, Mass communication, Journalism and Visual Communication related courses. Those who have completed or pursuing these courses.. (Completed or Pursuing)</li></ol>
<b>Aims and Objectives of the course</b>	<ul style="list-style-type: none"><li>• To train the media professionals and media students on the role of sensible media reporting related to mental health issues.</li><li>• To strengthen skills for content writing with regards to mental health for media professionals &amp; students.</li><li>• To understand the impact of sensationalised reporting on mental health on media and to promote factual &amp; sensitive portrayal on mental health.</li><li>• To eliminate the stigma associated with mental illness through appropriate media awareness and responsible reporting.</li></ul>
<b>Design</b>	<p>Blended Approach</p> <p>E learning modules (1 to 2 hour X 5 sessions = 8 to 10 hours)</p> <p>Format: Pre-test followed by session and post-test with weekly assignment</p> <p>Online contact program (2 hours X 4 sessions = 8 hours)</p> <p>Format: Virtual direct face to face interaction including presentation of assignments both individual &amp; group assignments, grading of assignments, feedback by experts, video demonstrations</p>

	Onsite contact program: Walking tour of NIMHANS (Half day)
<b>Course curriculum</b>	<p><b>Module1: Mental illness &amp; stigma an overview</b></p> <p><b>Module 2: Mental Health promotion</b></p> <p><b>Module 3: Responsible Media Reporting</b></p> <p><b>Module 4: Social &amp; emerging media</b></p> <p><b>Module 5: Skill development and practical exposure</b></p>
<b>Scheme and method of assessment for declaration of result / criteria for pass</b>	<p>Pre and Post test completion – 100% (mandatory)</p> <p>Completion of Assignments- 100% (mandatory)</p> <p>Exit exam (mcq pattern) for 50 marks</p> <p>Submission of Assignments – 50 marks</p> <p>Total – 100 marks</p> <p>Pass marks should be 80% in each category</p> <p>Attendance – 80% is mandatory in live sessions</p>
<b>Course Fees</b>	INR 2,700/-
<b>Frequency and Entry</b>	<p>Course will be conducted once a year.</p> <p>The course will be advertised in website and social media.</p> <p>First cum First serve basis rule will be followed.</p>
<b>Team Leads</b>	<p>Course coordinators</p> <p>Course instructors – Core team and Faculty at NIMHANS</p> <p>Technical &amp; Support Team- Fellowship students and IT cell, BME</p>

<b>About the Course</b>	<ul style="list-style-type: none"> <li>• Continued professional development</li> <li>• This is recognized by NIMHANS NDA Board of Studies</li> <li>• Not recognized by NMC or Press Council of India.</li> </ul>
<b>Suggestions and Comments</b>	academics.mhed@gmail.com

### Course Overview:

The Department of Mental Health Education at NIMHANS aims to create mental health awareness among general public and is working towards improving mental health literacy. To achieve this aim, it is very important for us to partner with key stakeholders, and media being one of them can help us in promoting mental health. Media plays a pivotal role in mental health promotion by reaching to large numbers of people in short span of time. It is very crucial that the portrayal of the mental health in media needs to adhere to the guidelines issued by the government and bigger organizations like World Health Organization. Most of the media portrayals related to mental health issues are depicted as negative portrayal including unacceptable headlines, glorified/glamourized depictions and images. In the recent changes, positive changes are seen with sensitive reporting by few media houses. It is important to help the reporters and publishers to understand the various perspectives to different cases of mental health issues and make them aware that it is possible to bring about a mindset shift about mental health through their reporting.

### Course Objectives:

- To train the media professionals and media students on the role of sensible media reporting related to mental health issues.
- To strengthen skills for content writing with regards to mental health for media professionals & students.
- To understand the impact of sensationalised reporting on mental health on media and to promote factual & sensitive portrayal on mental health.
- To eliminate the stigma associated with mental illness through appropriate media awareness and responsible reporting.

### Duration of Course:

This is a blended learning digital certificate course of **three months** duration

### Digital Tools

E learning modules through Google classroom and Youtube

Online contact program - multi modal video conference platform (Zoom/Google meet).

## Teaching Methodology

Blended learning Method

E learning modules through Google classroom and Youtube

Online contact program - multi modal video conference platform (Zoom/Google meet).

Learning Activity	E Learning	Online Contact Program	Onsite	Assignments
Time in Hours	8-10 hours	8 hours	Half Day	5

## E-Learning and Online live sessions

Modules	Mode
E learning module (Self learning)	Passive (At their convenience)  In the form of recorded videos, articles, powerpoint presentations etc.
Online Contact program	Brief Didactic Lecture followed by Virtual direct face to face interaction including presentation of assignments both individual & group assignments, grading of assignments, clarification of doubts, feedback by experts, video demonstrations
Onsite contact program	Walking tour of NIMHANS- visiting various mental health facilities including Heritage museum, Psychiatry block, PRS, ECT services, Child & Adolescent Psychiatry, CBT

### **Criteria for Completion**

- Pre and Post test completion – 100% (mandatory)
- Completion of Assignments- 100% (mandatory)
- Exit exam (MCQ pattern) for 50 marks
- Submission of Assignments – 50 marks
- Total – 100 marks
- Pass marks should be 80% in each category
- Attendance – 80% is mandatory in live sessions