

The M.L.Gandhi Higher Education
Society, Modasa



Shri S.K.Shah & Shrikrishna O.M. Arts College,
Modasa-383315

Add on Course on
Expertise Training Course in
mental health and well being

Prepared by
(*Psychology* Department)

Year 2020-2021




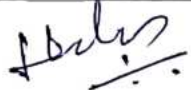

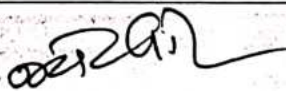
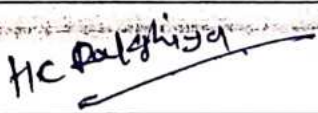
The M.L.Gandhi Higher Education Society, Modasa

Shri S.K.Shah & SHriKrishna O.M.Arts College,
Modasa- 383315


MINUTES

A Meeting of the Committee consisting by the following members was held on Dt. ^{24th July 2024} At 03.00pm to prepare the syllabus of add on courses by Psychology Department to be started in the College. The following members were present in this meeting.

The attached syllabus of 30 hrs add on course on Experties Training Course In ^{mental health and well being} is approved by this committee after intensive Discussion.

Sr.No	Name of Members	Designation	Signature
1	Dr D.H.Joshi	Principal	
2	Dr J.J.Desai	Vice Principal	
3	Dr P.R.Sinh	IQAC Co-Ordinator	
4	Shri J.B.Patel	Administrator Co-Ordinator	
5	Dr. H.C. Rakharia	Hod	
6	Dr. M. A. Kathiyar	Assistant Professor	M. A. Kathiyar




Principal,
Shri S. K. Shah & Shrikrishna
O.M. Arts College, Modasa.


2020-2021

Course Name: Mental Health And Wellbeing

Syllabus(30hrs)

Unit-1 Mental Health Awareness	1 Introduction to mental health Awareness 2 mental health problems 3 wellbeing Toolkit 4 Tips for management	Hour-5
Unit-2 Managing Anxiety	1. Introduction to Anxiety 2 management and Treatment of Anxiety 3 coping skills Anxiety	Hours-5
Unit-3 Resilience	1 Resilience meaning 2 why develop Resilience? 3 why Develop Resilience? 4 why is Resilience 5 Resilience Toolkit	Hours-5
Unit-4 Stress management	1 Stress Awareness and management Understanding. 2 Causes of stress	Hours-5
Unit-5 management Stress	1 Understand symptoms of Distress 2 managing Stress	Hour-5
Unit-6 Handling Difficult conversations	1. what are difficult conversations 2. Action Checklist 3 managers should avoid 4 key guidance 5 closing conversations About mental health 6 remember your skills.	Hours-5




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2020-2021

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Add-on Course - mental health and well being

Expertise Training Course in

Day 1 - Session 1

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyara	Introduction to mental health

Awareness

Day 2 - Session 2

Time	Expert	Subject
9:00 to 11:00	Dr. H.C. Parkhasiya	Mental health problems -


Day 3 - Session 3

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyara	Well being Toolkit Tips for management

Day 4 - Session 4

Time	Expert	Subject
9:00 to 11:00	Dr. H.C. Parkhasiya	Education of Anxiety




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Day 5 – Session 5

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyar	management and Treatment of Anxiety

Day 6 – Session 6

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Par Pakhasiya	Coping Skills Anxiety

Day 7 – Session 7

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyar	① Resilience meaning ② why Develop Resilience

Day 8 – Session 8

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Pakhasiya	why develop Resilience



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Day 9 - Session 9

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Katwiyar	① Why is Resilience? ② Resilience Toolkit

Day 10 - Session 10

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Balkshigg	① Stress Awareness ② Stress Management

Day 11 - Session 11

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Katwiyar	① Causes of Stress

Day 12 - Session 12

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Balkshigg	① Symptoms of Distress ② Managing Stress



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Day 13 - Session 13

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyaraj	① what are difficult conversations ② Action Checklist

Day 14 - Session 14

Time	Expert	Subject
9:00 to 11:00	Dr. H. C. Rakhsing	① Managers should Avoid ② key guidance

Day 15 - Session 15

Time	Expert	Subject
9:00 to 11:00	Dr. M. A.	① Closing Conversations About Mental Health ② Remember your skills



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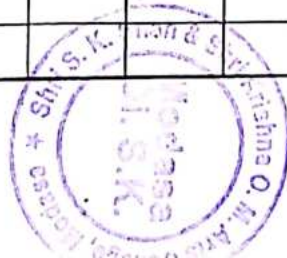
Short term Course, *mental health*
And well being

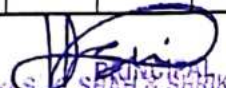
Department PSYCHOLOGY [2020-2021]

List of Students

Date: 04/8/2020 TO 20/8/2020

No.	Name Of Students	Roll No.	M/F	Class	Session-1	Session-2	Session-3	Session-4	Session-5	Session-6	Session-7	Session-8	Session-9	Session-10	Session-11	Session-12	Session-13	Session-14
1	Damodar Trusha R	7490	F	TY	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th
2	Gajjar Maitrik	7492	F	TY	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th	Th
3	Patel Hetal R	7554	F	TY	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P	H.R.P
4	Patel Mitali N	7558	F	TY	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P	M.N.P
5	Patel Rinkal J	7562	F	TY	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P	P.R.P
6	Patel Ruty B	7563	F	TY	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR	PR
7	Solanki Dinkar B	7578	M	TY	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB	SDB
8																		
9																		
10																		




 SHRI S.K. SHAN & SHRIKRISHNA
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Add On Course Report

Course Name : Mental Health and Wellbeing

In today's era of anxiety, it is important and mandatory to keep one's mental health balanced and remain happy within oneself even in difficult situations because mental health has an impact on the body. WHO also says that more and more diseases are occurring in people due to deteriorating mental health. If students are given scientific understanding about mental health and well-being at an early age, it will change the way students look at problems. Along with that, he will be able to keep his physical and mental health balanced. This course enhances students' understanding of the fundamental concepts and definitions of Mental Health and Wellbeing. It highlights the importance of early intervention, prevention, and self-care strategies in maintaining Mental Health and Wellbeing. Due to all these reasons, this course was included in add on course and taught to the students.



A handwritten signature in blue ink, appearing to be 'S.K. Shah'.

PRINCIPAL
SHRI S. K. SHAH & SHRIKRISHNA
O. M. ARTS COLLEGE, MODASA



Add on Course

Organized by



Department of Psychology

Shri S.K. Shah & Shri Krishna O.M. Arts College,
Modasa

CERTIFICATE OF APPRECIATION

This is to certify that PATEL MITALI N. has actively participated in the " Mental Health And Wellbeing " organized by the Department of Psychology at college campus, Modasa, held from 04-08-2020 to 20-08-2020.

I/c M.A. Katwary
Head

Department of Psychology

Principal
Dr. Dipak H Joshi



Add on Course

Organized by


Department of Psychology

Shri S.K. Shah & Shri Krishna O.M. Arts College,
Modasa

CERTIFICATE OF APPRECIATION

This is to certify that PATEL RUTU B. has actively participated in the "Mental Health And Wellbeing" organized by the Department of Psychology at college campus, Modasa, held from 04-08-2020 to 20-08-2020.

M.A. Katiyam
ILC Head
Department of Psychology


Principal
Dr. Dipak H Joshi



Add on Course

Organized by


Department of Psychology

Shri S.K. Shah & Shri Krishna O.M. Arts College,
Modasa

CERTIFICATE OF APPRECIATION

This is to certify that SOLANKI DINKAR B. has actively participated in the "Mental Health And Wellbeing" organized by the Department of Psychology at college campus, Modasa, held from 04-08-2020 to 20-08-2020.

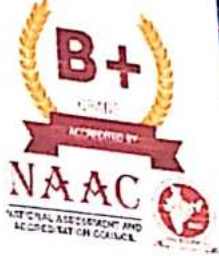
M.A. Karnian
I/C Head
Department of Psychology


Principal
Dr. Dipak H Joshi



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Department of Psychology

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Modasa

CERTIFICATE OF APPRECIATION

This is to certify that PATEL HETAL R. has actively participated in the "Mental Health And Wellbeing" organized by the Department of Psychology at college campus, Modasa, held from 04-08-2020 to 20-08-2020.

M.A. Katiyani

I/C-Head
Department of Psychology

Principal
Dr. Dipak H Joshi