

VISION

“To Make this World a Better Place”

“विश्व को बेहतर बनाने की दिशा में एक प्रयास”

Objectives

Mental illness is a global problem. More than 300 million people, 4.4% of the world's population, suffer from depression. These alarming figures reflect the wider prevalence of mental ill-health more generally. It is estimated that mental health conditions will affect a staggering one in four people at some time in their lives. Disparities abound, both between countries and particular groups. It is scandalous that 35-50% of people with severe mental health disorders in the Global North receive no treatment; but that figure roughly doubles to 76-85% for people living in the South.

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety.

It is just the same as the idea of physical health, only, unlike physical health, there are no tests we can take to check how mentally healthy we are, and we cannot always see from the outside when we are in poor mental health. It's a very personal, individual sense of who we are and how we feel. Mental health is often used interchangeably with the terms emotional health and well-being - and our mental state is certainly a key part of our overall well-being. It refers to the way in which we are aware of our own abilities and how well we cope with the ups and downs of life.

Mental health support covers a range of things designed to manage symptoms and improve quality of life. The most common types of treatments include:

Prescribed medication to control symptoms (they are not a cure).
Talking therapies including psychotherapy, counselling, group psychotherapy, psychoanalysis and other forms of mental health counselling.

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Mental health problems are common, but there is help available. In fact, many people struggling with mental health issues recover completely and go on to live happy and healthy lives after they've sought help. To fulfill this purpose department of Psychology organized the online 30 hours Certificate Course on "Counselling for Mental Health and Well-Being". To help students build their career and for Knowledge enhancement.

Syllabus

UNIT 1: Fundamentals of Mental Health

Nature and Characteristics of Mental Health, Laws and Principles of Mental Health, Role and Importance of Mental Health, Determinants of Mental Health.

UNIT 2: Fundamentals of Counselling

Nature and Scopes of Counselling, Goals and objectives of Counselling, Personal Qualities of Counsellor, Counselling Process, Factors affecting in Counselling Process, Non- verbal Communication in Counselling Interview

UNIT 3: Role of Counselling for Mental Health and Wellbeing-I

Group Counselling, Family Counselling, Pre- Marital Counselling, Counselling with parents, Counselling with Juvenile Delinquents, Rehabilitation Counselling, Guidance and Career Counselling and Educational Counselling

UNIT 4: Role of Counselling for Mental Health and Wellbeing-II

Counselling with old age People, Counselling for Alcohol and Drug Abuse, Counselling for HIV AIDS Patients, Mental Retardation Counselling, relationship counselling and sports counselling.

UNIT 5: Indian approaches for counselling

Mental Health Act in India, National Mental Health Programme, Yoga Meditation, Dance and Music

Reference Books:

1. Zimbardo P.G. & Weber A.L.(1997), Psychology.New York: Harper Collins Publishers.
2. J.D. Page, Abnormal Psychology
3. Carson and Butcher- Psychology and Modern Life, Harper Collins Collage Publication
4. निर्देशन एवं परामर्श, अमरनाथ राय एवं मधु अस्थाना
5. आधुनिक परामर्श मनोविज्ञान, अमरनाथ राय एवं मधु अस्थाना

6. निर्देशन एवं परामर्श, आराधना, एच. पी. भार्गव बुक हाउस

Reference links:

1. <https://www.verywellmind.com/what-is-counseling-psychology-2795648>
2. <https://cpa.ca/sections/counsellingpsychology/counsellingdefinition/>
3. <http://www.dspmuranchi.ac.in/pdf/Blog/stages%20of%20counselling.pdf>
4. <https://ncert.nic.in/textbook/pdf/lehe108.pdf>

Course Schedule

S.No.	Date	Eminent Speakers	Topic
1	03-02-2021	Dr. B.D. Ahirwar Principal GDC, Sagar Prof. Rekha Baxy HOD, Dept. of Psychology GDC, Sagar	Inauguration
2	04-02-2021	Prof. Rekha Baxy HOD, Dept. of Psychology GDC, Sagar	Introduction to Mental Health, Nature and Characteristics
3	05-02-2021	Dr. S. K. Gupta Professor, Dept. of Psychology GDC, Sagar	Laws and Principals of Mental Health
4	08-02-2021	Dr. Gyanesh Tiwari HOD, Dept. of Psychology University of Sagar	Determinants of Mental Health
5	09-02-2021	Dr. Bharti Joshi HOD, Dept. of Life Long Learning DAVV, Indore	Nature, Scopes, Goals and Objectives of Counselling
6	10-02-2021	Dr. Anupam Shukla HOD, Dept. of Psychology IEHE, Bhopal	Personal Qualities of Counsellor and Counselling Process
7	11-02-2021	Dr. Sanjay Kumar Asst. Professor Dept. of Psychology University of Sagar	Factors affecting in Counselling Process, Non-Verbal Communication in Counselling Interview
8	12-02-2021	Taruna Nath Asst. Professor, Dept. of Psychology GDC, Sagar	Various types of Counselling-I
9	15-02-2021	Dr. Padma Acharya HOD, Dept. of Home Science GDC, Sagar	Various types of Counselling-II

10	16-02-2021	Dr. Sharda Vishwakarma Faculty, Dept. of Psychology University of Sagar	Counselling with old age people, drug abuse and HIV/AIDS
11	17-02-2021	Dr. Anjana Nema Professor, Dept. of Home Science GDC, Sagar	Mental Retardation Counselling
12	18-02-2021	Dr. S. K. Gupta Professor, Dept. of Psychology GDC, Sagar	Sports Psychology
13	19-02-2021	Ashwani Suryawanshi Asst. Professor, Dept. of Psychology GDC, Sagar	Mental Health Act in India National Mental Health Program
14	22-02-2021	Ms. Divyani Suryawanshi Yoga Trainer and Speaker	Indian Approach for Counselling: Yoga and Meditation
15	23-02-2021	Dr. Aparna Chachondiya Asst. Professor, Dept. Of Dance GDC, Sagar	Dance and Mental Health
16	24-02-2021	Dr. Hariom Soni Asst. Professor, Dept. Of Music GDC, Sagar	Music for Mental Health and Well-being
17	25-02-2021	Prof. Rekha Baxy HOD, Dept. of Psychology GDC, Sagar Dr. S.K. Gupta Professor, Dept. of Psychology GDC, Sagar	Closing

Registration Method

Google Form has been generated for the registration of students. Registration form included following details:



- Name of student
- Father's Name
- Class
- Mobile Number (WhatsApp)
- E-Mail Id
- Receipt of Fees Submission (Image Upload)
- WhatsApp Join Link

<https://chat.whatsapp.com/Llh6cOzbmZgFyc5Q0IbQQH>

Link for Registration:



<https://docs.google.com/forms/d/1qJSH1haRISf4wCz4ScnevFunhUcc-VMsq5VgmwzJOyQ/edit>

Flex

 **Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)** 

Reaccredited "A" By NAAC with CGPA 3.02/4.00

30 Hours Certificate Course
"Under the aegis of IQAC"

 **on** 

Counseling for Mental Health and Well-being

Dr. Ashwini Suryawanshi Dr. B. D. Ahirwar

Organized by the Department of Psychology

03-02-2021 to 25.02.2021

Dr. Ashwini Suryawanshi Course Co-ordinator	Dr. Anjana Nema IQAC Co-ordinator	Prof. Naveen Gideon NAAC Co-ordinator	Dr. B. D. Ahirwar Patron/Principal
---	---	---	--

Day Wise Report

DAY ONE

Date- 03 Feb 2021

Topic- Inauguration

Guest- Dr. B. D. Ahirwar

Principal, Govt. Auto. Girls P.G. College of Excellence, Sagar

Resource Person-

- Prof. Rekha Baxy
Examination Controller and HOD, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar
- Prof. S. K. Gupta
Administrative officer and Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- Counseling provided by trained professionals can make a profound impact on the lives of individuals, families and communities.
- Counselling involves therapy, on a talk-basis, that aims to help people develop self-understanding, and make positive change.
- Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health.
- Stay involved in your health care throughout the process, surround yourself by trusted loved ones, live well with diet and exercise, and maintain activities that you enjoy to better ensure positive mental health.

DAY TWO

Date- 04 Feb 2021

Topic- Introduction to Mental Health, Nature and Characteristics

Resource Person-

- Prof. Rekha Baxy
Examination Controller and HOD, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- SWOT stands for Strengths, Weaknesses, Opportunities, and Threats, and so a SWOT Analysis is a technique for assessing these four aspects of oneself.
- The term mental health is in common use, many conditions that doctors recognize as psychological disorders have physical roots.
- Preserving and restoring mental health is crucial on an individual basis, as well as throughout different communities and societies the world over.
- Everyone has some risk of developing a mental health disorder, no matter their age, sex, income, or ethnicity.
- There are various methods for managing mental health problems. Treatment is highly individual, and what works for one person may not work for another.
- Having a support network, whether via self-help groups or close friends and family, can also be essential to recovery from mental illness.

DAY THREE

Date- 05 Feb 2021

Topic- Laws and Principals of Mental Health

Resource Person-

- Prof. S. K. Gupta
Administrative officer and Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- Everyone should benefit from the best possible measures to promote their mental well-being and to prevent mental disorders.
- This principle includes the following components: 1. mental health promotion efforts; 2. mental disorders prevention efforts.
- This principle includes the following components: 1. mental health care should be of adequate quality 2. Access to mental health care should be affordable and equitable; 3. Mental health care should be geographically accessible; 4. Mental health care should be available on a voluntary basis, as health care in general; 5. Access to health care, including mental health care, is contingent upon the available human and logistical resources.

DAY FOUR

Date- 08 Feb 2021

Topic- Determinants of Mental Health

Resource Person-

- Dr. Gyanesh Tiwari
Assistant Professor, Department of Psychology
Dr. Harisingh Gaur Vishwavidyalaya, Sagar

Key Points of Session-

- A person's mental health and many common mental disorders are shaped by various social, economic, and physical environments operating at different stages of life.
- Risk factors for many common mental disorders are heavily associated with social inequalities, whereby the greater the inequality the higher the inequality in risk.
- It is of major importance that action is taken to improve the conditions of everyday life, beginning before birth and progressing into early childhood, older childhood and adolescence, during family building and working ages, and through to older age
- social conditions—such as interpersonal, family, and community dynamics, housing quality, social support, employment opportunities, and work and school conditions—can also influence mental health risk and outcomes, both positively and negatively.

DAY FIVE

Date- 09 Feb 2021

Topic- Nature, Scopes, Goals and Objectives of Counselling

Resource Person-

- Dr. Bharti Joshi
HOD, Department of Life Long Learning
Devi Ahilya Vishwavidyalaya, Indore

Key Points of Session-

- The three basic elements in counseling are the counselee (the person in pain desiring to be healed), the counselor (the helper who listens), and the negative experience, or that which causes pain and distress.
- Counselors assist individuals to identify and achieve goals that they have selected in response to the difficulties they are experiencing
- Immediate goals include: (1) helping the person do what is in his best interest (2) the reduction of emotional distress (3) increased self-knowledge, and (4) improved relations with others.
- A four-step process for counseling problems those are not clear-cut. These include: (1) attending (2) responding (3) initiating, and (4) communicating.

DAY SIX

Date- 10 Feb 2021

Topic- Personal Qualities of Counsellor and Counselling Process

Resource Person-

- Dr. Anupam Shukla
HOD, Department of Psychology
IEHE, Bhopal

Key Points of Session-

- Thus counseling focuses on helping people make changes unlike guidance that focuses on helping individuals choose what they value most.
- To be a good counselor you must possess the following qualities: patience, good listening, observant, warm, knowledgeable, empathy, confidentiality and personal integrity.
- The opening process is perhaps, one of the most important parts of the interaction with your client. The exploration process is where you will begin to understand your client. Important in developing a strong relationship with your client, you can demonstrate understanding by using verbal and nonverbal cues, as well as reflections and paraphrases.
- The intervention process is about choosing the appropriate counseling techniques that will encourage growth within your client. Exploration is the process of learning more about your client and why they have come to counseling. Empowering your client is not about providing them with all the answers.

DAY SEVEN

Date- 11 Feb 2021

Topic- Factors affecting in Counselling Process, Non-Verbal Communication in Counselling Interview.

Resource Person-

- Prof. S. K. Gupta
Administrative officer and Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- The client is not a passive object who sits there and is treated in the manner of a traditional doctor-patient situation. A critical question is about what is going on in their heads and they hence need to be an active part of the process.
- The counselor has a significant effect on the outcomes of the sessions. They first should encourage and support the client in taking a positive viewpoint about the treatment and the outcomes.
- The environment in which the counseling takes place can have a significant effect. If it takes place where the client feels uncomfortable, for example where a school counselor speaks with a child in a feared classroom, then this may negatively affect the session.
- There are many factors within the counseling process that may contribute towards success including: Understanding of client and counselor roles, Bonding between client and counselor, Open listening, Unconditional acceptance, Exploration of problems, Insights and awareness of issues.

DAY EIGHT

Date- 12 Feb 2021

Topic- Various types of Counselling-I

Resource Person-

- Mrs. Taruna Nath
Assistant Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- The counsellor doing the work is a specialist in their respective field.
- The following are the most common types of counselling: Marriage and Family Counselling, Educational Counselling, Rehabilitation Counselling, Mental Health Counselling, Substance Abuse Counselling.
- Both Counsellors and Psychotherapists work from a variety of Theoretical Approaches with their clients. Research has found that the 'relationship' that develops with the counsellor is as important as any specific approach used.
- This is when several distinct models of counselling and psychotherapy are used together. Many of the therapies outlined below are used in the integrative approach.

DAY NINE

Date- 15 Feb 2021

Topic- Various types of Counselling-II

Resource Person-

- Mrs. Ashweni Suryawanshi
Assistant Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- Counseling is a process where clients are helped in dealing with their personal and interpersonal conflicts by a third-party therapist. It allows an individual to have an opportunity to improve upon their understanding of themselves, including their pattern of thoughts, behaviours, feelings and the ways in which these may have been problematic in their lives. It also helps to examine how to tap into existing resources or develop new ones that enhance their lives and relationships.
- Psychological tests are used to assess a variety of mental abilities and attributes, including achievement and ability, personality, and neurological functioning.
- Psychological testing requires a clinically trained examiner. All psychological tests should be administered, scored, and interpreted by a trained professional, preferably a psychologist or psychiatrist with expertise in the appropriate area.

DAY TEN

Date- 16 Feb 2021

Topic- Counselling with old age people, drug abuse and HIV/AIDS

Resource Person-

- Dr. Sharda Vishwakarma
Faculty, Department of Psychology
Dr. Harisingh Gaur Vishwavidyalaya, Sagar

Key Points of Session-

- Aging is a natural process that may present challenges for some individuals and their families. Although many older adults look forward to moving from middle age into their later years, it may be difficult for others to adjust.
- Older adults will experience some changes in cognition, but this is a normal part of the aging process. Researchers have found that healthy older adults often experience mild decline in the areas of: visual and verbal memory, visuospatial abilities, and immediate memory.
- HIV treatment can protect your immune system and reduce the HIV virus, it cannot cure it.
- If you find yourself struggling after your diagnosis, isolating yourself, feeling low or bad about yourself, you could benefit from seeking support. You may find it helpful speaking to other people who have HIV. You could join a support group (online or in-person) or you could try group therapy.

DAY ELEVEN

Date- 17 Feb 2021

Topic- Mental Retardation Counselling and Psychological Testing

Resource Person-

- Mrs. Taruna Nath
Assistant Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar
- Mrs. Ashweni Suryawanshi
Assistant Professor, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- Mental retardation strikes the parents much harder than it does the retarded child itself. Because of the personality difficulties and problems of adjustment of the retarded child, many parents consider their life to be miserable.
- Residential places deals with the total control of the retarded person's life, his private and personal experiences.
- Psychotherapy becomes a very effective method of treatment. Usually, individual psychotherapy, group psychotherapy, behaviour modification and observational learning are included under psychotherapy.

DAY TWELVE

Date- 18 Feb 2021

Topic- Sports Psychology

Resource Person-

- Dr. Sanjay Kumar
Assistant Professor, Department of Psychology
Dr. Harisingh Gaur Vishwavidyalaya, Sagar

Key Points of Session-

- Sports psychology is the study of how psychological factors influence sports, athletic performance, exercise, and physical activity.
- Sports psychologists investigate how participating in sports can improve health and well-being. They also help athletes utilize psychology to improve their sports performance and mental well-being.
- Attentional focus involves the ability to tune out distractions, such as a crowd of screaming fans, and focus attention on the task at hand.
- Visualization involves creating a mental image of what you "intend" to happen. Athletes can use these skills to envision the outcome they are pursuing.
- A major subject in sports psychology, the study of motivation looks at both extrinsic and intrinsic motivators.

DAY THIRTEEN

Date- 19 Feb 2021

Topic- Mental Health Act in India and National Mental Health Program

Resource Person-

- Dr. Padma Acharya
HOD, Department of Home Science
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- The Government of India ratified the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) in 2007.
- The preamble of the Mental Healthcare Act, 2017 (Act or MHCA) aims to provide mental healthcare and services for persons with mental illness and to promote, and fulfil the rights of such persons during delivery of mental healthcare and services.
- The Act envisages the right of the patients to access a range of mental healthcare facilities.
- This legislation rotates around autonomy and gives every person the right to make an advance directive which is a written statement explaining "how they want to be cared" and "how they should not be cared for" in case they become incapacitated because of the mental illness.

DAY FOURTEEN

Date- 22 Feb 2021

Topic- Indian Approach for Counselling: Yoga and Meditation

Resource Person-

- Ms. Divyani Suryawanshi
Yoga Trainer and Speaker

Key Points of Session-

- Yoga has a positive impact on mental health and was shown to have benefits of improving resilience or general health. Yoga poses, also called postures or asana, are a series of movements that help improve balance, flexibility, and strength. Poses range in difficulty from lying flat on the floor to physically challenging positions.
- Ashtanga yoga literally means "eight-limbed yoga," as outlined by the sage Patanjali in the Yoga Sutras. According to Patanjali, the path of internal purification for revealing the Universal Self consists of the following eight spiritual practices:
 - Yama [moral codes]
 - Niyama [self-purification and study]
 - Asana [posture]
 - Pranayama [breath control]
 - Pratyahara [sense control]
 - Dharana [concentration]
 - Dhyana [meditation]
 - Samadhi [absorption into the Universal]

DAY FIFTEEN

Date- 23 Feb 2021

Topic- Dance and Mental Health

Resource Person-

- Dr. Aparna Chachondiya
HOD, Department of Dance
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- The happiness experienced while dancing is measurable even after dancing, increased levels in happiness present as long as a week after the last dance.
- Dancing itself should not replace help from a mental health professional. It is just one of many ways to practice healthy mental health and wellbeing.
- Dance is the perfect balance between sport and creativity. Dance makes you confident - in and out of the studio.
- Dance makes your body-aware.
- Dance creates a community of like-minded people.

DAY SIXTEEN

Date- 24 Feb 2021

Topic- Music for Mental Health and Well-being

Resource Person-

- Dr. Hariom Soni
HOD, Department of Music
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- listening to and creating music can have various positive effects on mood and mental health. Incorporating music into your everyday life can help to: elevate your mood and motivation, aid relaxation, increase the efficiency of your brain processing.
- Music can stop you from feeling lonely or isolated. Whether it's sharing playlists with your friends, or meeting new, like-minded people at your favourite band's next gig, music connects people.
- Classical music is a winner at helping you focus. Music that has a tempo of 60 bpm (beats per minute) increases the efficiency of the brain in processing information. The best way to use it is to have it playing softly in the background as you get on with your tasks.

DAY SEVENTEEN

Date- 25 Feb 2021

Topic- Closing

Guest-

- Dr. B. D. Ahirwar
Principal, Govt. Auto. Girls P.G. College of Excellence, Sagar
- Prof. Rekha Baxy
Examination Controller and HOD, Department of Psychology
Govt. Auto. Girls P.G. College of Excellence, Sagar

Key Points of Session-

- Certification Course helps an individual to showcase his competency, commitment for the profession, build expertise in his professional subject area, and helps with job advancement.
- The curriculum of these courses is designed in such a way that it includes all practical skills to be used at the work place.

Feedback Process

Google Form has been generated for the feedback of students. Feedback form included following details:

- Name of the Student
- Name of the College
- Mobile Number
- E- Mail ID
- And many other relevant information

Link for Feedback:

https://docs.google.com/forms/d/1bxQLGK5uFWCR6Z5_f43qVfaiGZUroiD-AFFZ4ONM4rI/edit?usp=sharing

Financial Details

Following are the details of total Registration, Revenue collected and Expenditure:

S. No.	Collection and Expenditure	Amount
1.	Total No. of Registration	51
2	Fees of Certificate course per Student	210/-
3	Total Amount Collected	10710/-
4	Honorarium Per Resource Person	1000/-
5	Honorarium total Amount	6000/-
6	Certificate	1320/-
7	10% amount to college	1071/-
8	10% amount to Course Coordinator	1071/-
9	Flex	200/-
10	Brochure	200/-
11	Other Expenses	600/-
12	Total Expenditure	10462/-
13	Remaining Amount	248/-

Concluding Remarks

- We received so many feedbacks for this certificate course; feedbacks are both for appreciation and for suggestions.
- During this pandemic, this online certificate course was successful; although I would try to conduct this this certificate course in offline mode after this pandemic.
- College faculties and staff were so cooperative during this course.
- I convey my thanks to everyone who helped me directly or indirectly.