



Ananda: Gargi College's Centre For Wellbeing



Certificate Course on Fostering Mental Health & Wellbeing

Course Description:

This course is open for all community members and will introduce you to the scientific notions of mental health and wellbeing. It will make you more aware about the importance of mental and physical health and their interconnectedness. It will teach you to make healthier lifestyle choice and every lecture will cover evidence-based strategies to take care of your mental health and enhance your wellbeing. Major goal is to make one more aware about day-to-day choices and apply the learnings and how making small changes in cognitions/habits and behaviours will have incremental impact on the mental health and overall wellbeing of the individual.



Objectives:

- Introducing with the concept of mental health & wellbeing with reference to self and community
- Exploring strengths and resilience within
- Discovering the science behind a positive state of mental health and wellbeing
- Learning to be mindful, happier and cultivating productive habits

Intended Learning Outcomes or Course Takeaways:

- Increased awareness about mental health and decreased stigma around it
- Critically appraise the intrinsic and extrinsic challenges to fostering positive mental health
- Developing skill based positive attributes to enhance mental health and wellbeing
- Knowing about the evidence-based practices that have positive impact on mental health
- Incorporating informed choices that are conducive to healthier living and flourishing
- Developing greater agency to make impactful changes in the self and community

Learning Modality:

The course is taught in easy language through a combination of lectures, multimedia videos, workshops and group discussions, case studies from lived experiences that would foster active learning. The instructors are all experienced psychologists from Indian Institutes and Universities abroad with decades of hands-on experience in curating modules on mental health and wellbeing. This course specifically aims to inspire and challenge you to make healthier choices for fostering your mental health and wellbeing.

Want to be accountable towards your mental health & wellbeing?

Enroll in today!

Last Date for Applying:


31st July, 2023

Registration Link:


<https://forms.gle/UPSmeMJaABFskq346>



SOME OF OUR EMINENT SPEAKERS AND FACILITATORS



Prof. Sheri Johnson-
Distinguished Professor,
Department of Psychology,
University of California
Berkeley, USA



Dr. Rick Hanson-
Psychologist & Senior Fellow
at Berkeley's Greater Good
Science Center & New York
Times Best Selling Author,
Berkeley, USA

Prof. Anand Prakash-
Senior Psychologist,
Ex. Professor & Head,
Department of
Psychology, University of
Delhi, India

Dr. Sanjana Seth-
Senior Consulting
Psychologist,
Goa, India

Prof. Nandita Chaudhary-
Distinguished Visiting
Professor, Federal University
of Bahia,
Salvador, Brazil

Dr. Arvinder Singh-
Director Ashoka
Centre for Wellbeing,
Ashoka University,
Haryana

Dr. Divya Parashar-
Consultant Psychologist,
New Delhi, India

Dr. Manvir Bhatia-
Consultant Neurologist &
Sleep Specialist,
New Delhi, India



Dr. Sneha Sharma-
Psychiatrist, Manasvita
Clinic, Vasant Vihar,
New Delhi, India

Dr. Prerna Sharma-
Clinical Psychologist &
Associate Professor, IHBAS,
New Delhi, India



Dr. Sharad Phillips-
Assistant Professor &
Psychologist, AIIMS,
Guwahati, India

Stay tuned for more
and enroll today!



Details:

Duration- 3 months
(Twice a week/ 48 hours)
No of Seats- 25
Medium of Instruction- English/Hindi
Age- Above 18+
Eligibility- Graduate from any discipline
from a recognized University
Fees-
For students-Rs.5000/-
For Others- Rs. 8000/-

Course Coordinator- Dr. Sabeen Rizvi
For any queries email us @
mentalhealthwellbeing@gargi.du.ac.in

or Call us @ 9716927924; 9911150900



Bank Details for Fee Payment:

Bank Name-State Bank of
India
Branch- Gargi College, Siri
Fort Road, New Delhi
Account Number-
10617208676
IFSC Code- SBIN0001188

Patron- Prof. Sangeeta Bhatia (Principal)
Ananda: Wellbeing Centre's Convener- Dr. Geeta Sidharth

Ananda@Gargi
Invites You To Be The Creator of
Your Own Wellbeing!



Module Details:

- Exploring Mental Health & Wellbeing; The interconnectedness of Mental & Physical Health; The 'PERMA' Model; Community & Mental Health; Misconceptions and Stigma around Mental Health
- Strategies to foster Mental Health (Nutrition & Diet; Sleep; Exercise; Mindfulness & Yoga; Nature; Volunteering; Gratitude); Applications- Journaling; Logging; Art; Practicing Mindfulness Based Activities; Nature Walk; Social Snacking; Music as an intervention

