

B.C.S.Govt.P.G.College, Dhamtari (C.G.)

“ Improve Your Mental Health With Easy Therapies “

(Learn psychological and alternative therapies)



Course Coordinator

Prof. P.C.Choudhury

Dr. Sarla Dwivedi

Course Co-ordinator

Mrs. Jayshree Panchangam

Mrs. Neeta Mittal

A Value Added Course

by

Department of Psychology

&

Department of English

Patron

Dr.Shreedevi Choubey

Incharge Principal

**B.C.S.Govt.P.G.College, Dhamtari
(C.G.)**

Technical Head

Dr.Seema Sahu

Mr. Rajesh Chourasia

Mr.Harpreet Anand

Mr.Bhupenda Sahu

Mr.Chandraprakash



IMPROVE YOUR MENTAL HEALTH WITH EASY THERAPIES

(LEARN PSYCHOLOGICAL AND ALTERNATIVE THERAPIES)
VALUE ADDED COURSE

DEPARTMENT OF PSYCHOLOGY AND ENGLISH

Mental health is crucial for living a balance ,happy and fulfilling life. It encompasses our emotional, psychological and social well being and impact how we feel, think and conduct our lives. When people there the term healthy ,they usually focus on physical connotations, such as low cholesterol level, good cardiovascular strength and absence of diseases. Unfortunately countless people suffer from many mental health problems that are just debilitating as some of the worse physical ailments.

Mental health issues can make life unbearable for the people who have them. At the same time, these problems can have a wider effect on society.

Let us understand why is mental health important :

01. Mental health affects physical health.
02. Mental health is related with emotional well being.
03. Mental health plays a crucial role in relationship.
04. Mental health in linked with crime and victimization.
05. Mental health is connected to productivity and financial stability.
06. Mental health linked to societal factors.
07. Mental health affects quality of life.
08. Mental health awareness can help in curbing suicide rate.
09. Mental health awareness can help in ending stigma.
10. Mental health awareness enables community buildings.

Curriculum

Course outline 30 hours and 15 working days

Time – 12:00 To 02:00 PM

S.No.	Date	Topic	Resource Person
01	09-10-2021	Course orientation and Induction	Prof. P.C.Choudhury, Astd. Prof. English Dr.Sarla Dwivedi Astd. Prof. Psychology
02	11-10-2021	Introduction of mental health : Concept, dimensions and determinants , symptoms of mentally healthy person	Dr.Mamta Barman ,Associate Prof. (Psychology) Govt.M.K.B Arts & Commerce Autonomous College , Jabalpur (M.P.)
03	12-10-2021	Life style and illness : Anxiety disorder	Dr.Sharda Vishwakarma ,Astd. Prof. (Psychology) Dr. H.S.G.University Sagar (M.P.)
04	13-10-2021	Stress and mood disorder	Dr. Devaki Nandan Sharma, Astd. Prof. (Psychology) Dr. H.S.G. University Sagar M.P.
05	18-10-2021	Yogasana & Yogamudra	Mr. Vikas Kansari (Yogacharya), Miss Amrika Sahu, Yoga Vikas Dhamtari
06	20-10-2021	Positive attitude formation, happiness and well being	Dr. Sandeep Jain ,Joint Secretary (Academics) at CBSE New Delhi

07	21-10-2021	Cognitive – behavioral therapy	Dr. Mukesh Panth ,Associate Prof. (Psychology) Mahatma Gandhi Kashi Vidyapeeth Varanasi (U.P.)
08	22-10-2021	Sudarshan kriya	Mrs. Sumita Panjwani ,Teacher of Art of leaving Dhamtari
09	23-10-2021	Sound therapy with omkar	Sister Anjana , Om Mandli Shiv shakti avatar sewa sansthan Dhamtari
10	25-10-2021	Mindfulness, chakra Meditation, with colour therapy	Kopal Jain Freelancer trainer Blogger Reiki and pranik healer ,Bhopal (M.P.)
11	26-10-2021	Reiki Healing	Kopal Jain Freelancer trainer Blogger Reiki and Pranik healer ,Bhopal (M.P.)
12	27-10-2021	Rajyoga	Sister Sarita Prajapita Bramakumari Ishwariya Vishwavidyalaya, Dhamtari
13	28-10-2021	Gratitude and mental health	Dr.Sarla Dwivedi Astt. Psychology
14	29-10-2021	Physical fitness with music	Shri L.K.Sahu, Retired Army Officer
15	30-10-2021	Final Examination of VAC 12:00- 2:00 pm	Total = 30 Hours (Including Exam.)