


Certificate Course in Mental Health

(Digitally driven with Blended and e-learning, three-month duration, Online course for in-service Government AYUSH Doctors only)

Organized by Department of Integrative Medicine, NIMHANS through NIMHANS Digital Academy

Department	Department of Integrative Medicine, NIMHANS
The minimum requirement for admission	<ol style="list-style-type: none">1. BAMS/BUMS/BHMS/BNYS/BSMS/BSRMS degree from a recognized university and working in Government Sector.2. AYUSH Doctors who have passed final year and undergoing Internship in Government settings.3. Those with MD/MS/PhD/Diploma in any branch of AYUSH discipline after obtaining above qualifying degree and are working in government sector.
Age Limit	No
No. of Seats	50 seats per batch
Duration of the Course	3 months (Total 24 hrs)
Training Schedule	Online training of 2 hours per week
Commencement of Course	Once a year
Fees	Rs. 1000/-
Brief Description of the Course	Candidates who enrol for the course will be taught conventional medicine symptomatology and diagnostics along with traditional system of medicine based-lifestyle advices and their application in mental health enhancement especially in prevention and promotion of positive mental health and biorhythm regulation.
Learning Goals	<ul style="list-style-type: none">● Identify, screen for mental health disorders (CMD, SUD, and SMD) CMD: Common Mental Disorders (anxiety, depression, stress) SUD: Substance Use Disorders (Alcohol and Nicotine Use Disorders),

	<p>SMD: Severe Mental Disorders (Schizophrenia and Bipolar Affective Disorder)]</p> <ul style="list-style-type: none"> ● Learn lifestyle strategies for primary, secondary and tertiary prevention of mental health disorders and promotion of positive mental health and well-being based on traditional methodology. ● Understand common mental health conditions from traditional system of medicine. ● Prescribe non-pharmacological traditional methodology based lifestyle strategies in clinical settings. ● Educate caregivers/ family members about the mental health conditions and traditional methodology based lifestyle strategies accordingly. ● Choose brief psychological interventions like relaxation, exercise, brief intervention for alcohol and stress management techniques.
Course Coordinator & Contact details	Dr. Hemant Bhargav Associate Professor (Yoga)
Faculty	<p>Dr Kishore Kumar R Professor (Ayurveda) Dr Hemant Bhargav Associate Professor (Yoga) Dr Bharat Holla Associate Professor (Psychiatry) Dr Jyotsna Additional Professor (Psychology) Dr Umesh C Assistant professor (Ayurveda) Dr Nishitha Jasti Scientist-B</p>
How to apply?	<p>Google Form: https://forms.gle/nZyNMEfZWtHD5Xvb9</p>  <p>OR</p>

	<p>Send hard copy on a plain paper along with following documents:</p> <ol style="list-style-type: none"> 1. Filled application form 2. One-page write up on why they want to pursue the certificate course 3. Biodata with a recent passport-sized photograph, full postal address, 4. the email id/ phone Education, Research, and work experience related documents, if any as per the eligibility criteria for the course. <p>Send hard copy “Certificate Course in Mental Health” Head, Department of Integrative Medicine, NIMHANS Integrated Centre for Yoga, NIMHANS, Bangalore-560029.Ph: 080 26995730</p>
Contact	<p>For clarifications contact: Ph.: 080-26995730, 26995931 email: yogaforstress.nimhans@gmail.com</p>
Selection process	<p>After the expression of interest is filled, the institution will review the application and those who have fulfilled the criteria will be sent a link for the payment.</p>
Support	<p>NIMHANS Digital Academy (NDA)</p>