



# 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>



## Details:

**Duration-** 3 months (Thrice a week /72 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/-

**Patron-** Prof. Sangeeta Bhatia (Principal)

**Convener-Ananda-** Dr. Geeta Sidharth

**Course Coordinator-** Dr. Sabeen H .Rizvi

For any queries email us @  
[mentalhealthwellbeing@gargi.du.ac.in](mailto:mentalhealthwellbeing@gargi.du.ac.in)  
or Call us @ 9716927924; 991150900



## Bank Details for Fees:

**Bank Name-**State Bank of India

**Branch-** Gargi College, Siri Fort Road, New Delhi

**Account Number-** 10617208676

**IFSC Code-** SBIN0001188

**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

