

Notification (Last Date: August 31, 2022) - 6 Month Certificate Course in Prevention and Management of Mental Health Problems (CC-MH Online Mode) - An ICTRC Initiative for Educational Leadership

From: ICTRC Programs (jpo6.ictrc@gmail.com)

To: dyalsingheveningcollege@yahoo.in

Date: Wednesday, 17 August, 2022 at 02:03 pm IST

Dear **Dr. Pawan Kumar Sharma,**

Institute of Counsellor Training Research and Consultancy (ICTRC) is inviting deputations for the 6 Month Certificate Course in Prevention and Management of Mental Health Problems (CC-MH Online Mode) - 2022 intake.

Over the past few decades, our knowledge regarding Mental Health issues and their prevalence in society has grown. However, higher education institutions at large have failed to realize the gravity of the situation, with respect to understanding such conditions, knowing the extent of their pervasiveness, and realizing the negative impact of mental health problems on campus. As per latest figures, more than 75% of individuals experiencing mental health problems do not receive any support. On an average, countries spend less than 2% of their total healthcare budget on mental health. Educational leadership cannot afford to take mental health problems lightly anymore. Lack of motivation and commitment among faculty members, absenteeism, missing deadlines, poor relationship with colleagues and students, and diminished efficiency, are only the minor consequences of mental health problems. Major consequences include high risk behaviors like substance use/misuse, violence, and sexual assaults. Some individuals with mental health issues may be preoccupied with themes of death, and may attempt or commit suicide.

In the course of our interaction with higher education institutions spanning three decades, we have realized that even in educated circles, mental health problems are viewed in an extremely unfavorable light; so much so that individuals with mental health issues are thought of as insane, unintelligent, or having a character flaw. These misconceptions bring along with them deep social stigma which makes coping with the loss of normalcy for the affected individual even more difficult. The lack of education regarding mental health in higher education institutions in general and the affected individual in particular, leads to an unfounded sense of shame and guilt which proves to be a hindrance in acceptance and supportive interventions. In this scenario, in-depth understanding of mental health among educational leaders becomes indispensable.

The objective of this Certificate Course in Prevention and Management of Mental Health Problems (CC-MH) is to equip educational leaders and other functionaries who are responsible for the wellbeing of faculty and students. Although, it is ideal to impart training in mental health to all faculty members, considering administrative practicalities, we suggest you to depute at least one faculty member from all the departments in a given year. Even if you are able to train a few every year, in a short span of time, you will be able to develop a strong team which will be able to further strengthen the mental health promotion program in your institutions.

The Course Information Bulletin is attached with this mail.

How to Apply

Option 1 (Offline Form): The Course Structure and Deputation Form are also attached with this mail, and the seats for the course will be reserved on the receipt of duly filled-in deputation form. Send the scanned copy of the duly filled-in deputation form with payment details to info@ictrc.org

OR

Option 2 (Online Form): The Deputation Form can be filled online using the following link: [CCMH Deputation Form 2022](#)

The last date to apply is August 31, 2022.

For any further information/clarification regarding the course please feel free to contact us at Phone: +91 (011) 43035840, 43048382; Mobile: +91 9971226076, +91 9821166307.

In case you are unable to reach us at the above numbers, kindly SMS/WhatsApp 'CCMH 2215' to +91 9971226076.


With regards,


Anshu Bhardwaj
Program Coordinator

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30 years of ICTRC
1992-2022

 CCMH Information Bulletin 2022.pdf
2.2MB

 CC-MH Course Structure and Deputation Form 2022.pdf
204.8kB

Circulation
- for Students' NB
- For College Website
- Staff Room NB.
Pradumn
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