

eITEC (2022-2023)

STRESS AND MENTAL HEALTH MANAGEMENT

1	Name of the Institute	Centre for Development of Advanced Computing, Mohali
2	Name of the Course	Stress and Mental Health Management
3	Proposed Dates and Duration of the Course in week	21st -25th November, 2022 1 Week
4	Mode of Training	Online
5	Start date	21st November, 2022
6	End date	25th November, 2022
7	Eligibility Criteria for Participants:	Technical Graduate (any field)
	• Educational Qualification	
	• Work Experience	As per MEA guidelines
	• Age Limit	As per MEA guidelines
	• Target group (Level of participants and target ministry/department etc. may be identified)	Professionals from Government or Private Sector
8	Aims & Objectives of the Course	<ul style="list-style-type: none"> To provide the deeper understanding of the Stress and Mental health related issues and solutions to cope up with them. To encourage the participants about mental health knowledge and skills in general healthcare and social development.
9	Details / Content of the Course (please attach detailed Course Profile)	The course content are : <ul style="list-style-type: none"> Introduction to Stress and Positive Health Management Importance of Physical Health and Lifestyle. Basic Relaxation and Mindfulness Strategies Introduce the Complementary Ideas of Rest and Play Effects Of Isolation & Some Strategies to Make Isolation More Tolerable The Importance of Social Relations Recovery From Stress and

		Mental Illness Methods Like Creativity and Art therapy, Music Therapy, Yoga and Meditation.
10	Mode of Evaluation of Performance of the ITEC Participant	Viva-voce, case study