



Guru Angad Dev Teaching Learning
Centre, SGTB Khalsa College, University of Delhi
(MoE - Under the scheme of PMMMNTT)

in Collaboration with The
IQAC & Department of Psychology

Rajagiri College of Social Sciences
(Autonomous), Kalamassery

Strategies for Enhancing Mental Health in Teachers & Students

26th October - 1st November 2021

REGISTRATION

Last date of payment/ registration: 25/10/2021, 2pm
Registration Fee: Rs. 700/- (Non-Refundable)

For registration: https://docs.google.com/forms/d/1QkH7B8omzeHIV1pTgUd75sDWZ_PC7TJRruzq_IXTT6E/edit?usp=sharing

(First Come, First serve basis)

Equivalent to One-week face to face FDP and fulfils requirement as
per CAS of UGC for promotion requirements of the teachers

For Further Details Contact: Faculty Co-ordinator
Dr. Palayoor Benyne Jos M. Sc. & M. Phil. Clin. Psy., Ph. D. (Germany)
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Ministry of Education
Government of India



Organising Team



CHAIRMAN, GAD-TCL
Prof. (Dr.) B K Bakhshi
Hon'ble Vice-Chancellor,
PDM University, Haryana



CO-PATRON
Dr. Jaswinder Singh
Principal, SGTB Khalsa College,
DU Director, GAD-TLC of MHRD



NATIONAL COORDINATOR
Dr. Vimal Rath
Project Head &
Joint Director, GAD-TLC



**Dr. Fr. Jose Kuriedath,
C. M. I.**
Director,
Rajagiri College of
Social Sciences
(Autonomous),
Kochi.



Prof. (Dr.) Binoy Joseph
Principal Rajagiri College of
Social Sciences (Autonomous),
RCSS, Kochi, Kerala



Dr. Fr. Saju MD
Associate Director &
Vice Principal, RCSS



Dr. Sr. Lizy PJ
IQAC Coordinator
RCSS



Dr. Fr. Varghese K Varghese
Dean & HOD
Department of Psychology,
RCSS



FACULTY CO-ORDINATOR
Dr. Palayoor Benyne Jos
Assistant Professor & Clinical Psychologist
Department of Psychology,
RCSS



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Prof. Dr. K. C. Sunny
L. L. B., L. L. M., Ph. D.
Vice-Chancellor,
The National University
of Advanced Legal
Studies (NUALS)



Dr. Sanju George
M. B. B. S., M. R. C. Psych.,
F. R. C. Psych.
Psychiatrist,
Lisie Hospital, Ernakulam



Dr. Vidya Kishor
M.Phil. Clin.Psy.(NIMHANS),Ph. D.
Consultant Clinical Psychologist,
Daya Hospital, Thrissur



Dr. Biju Sebastian
MPhil, PhD (Psychology)
Director, Snehatheeram
Asia Pacific Coordinator,
Camillian Disaster
Mangement Services.



Dr. Rajeev Michael
M. Sc.,M. Phil., & Ph. D.NIMHANS
Academician &
Clinical Psychologist,
St Joseph's Hospital, Kochi



Dr. Roshin Kunnel John
M.Sc.,M.Phil. & Ph. D.(Switzerland)
Consultant Psychologist,
St. Sebastians hospital, Alleppey



Ms. Suni Jolly
B. A., B. Ed.
(Special Education)
Special educator
& Director S J Procedo



Learning Outcomes:

- This FDP aims at letting the participants to
1. Understand the status of Mental Health & Illness in College Students & Teachers: Global v/s Indian Context
 2. Understand the importance of Strength-focused mentoring in Schools and Colleges
 3. Learn a mindful pathway to well-being
 4. Understand DSH & Suicide among College Students- Identification & Prevention
 5. Understand about Learning Disability in the Context of Higher Education
 6. Understand Psychiatric Issues in College Students and Academicians
 7. Create Awareness on the Legal Aspects Associated with Issues Targeting the Students
 8. Know coping strategies to deal with Burn-out in Teachers: Work v/s Family Context

About the FDP:

1. A One-week Online Faculty Development Programme on "Strategies for Enhancing Mental Health in Teachers & Students".
2. This FDP Organised by Guru Angad Dev Teaching-Learning Centre, SGTB Khalsa College, Delhi University (MoE- under PMMMNMTT), in Collaboration with The IQAC & Department of Psychology, Rajagiri College of Social Sciences, Kalamassery.
3. The FDP shall include online and flexible mode and will be equivalent to face to face one week FDP.
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5. It fulfils requirement, as per CAS of UGC for promotion requirements of the teachers.

Eligibility:

Administrators or teachers from various Higher Education/School Education. No student shall be provided with this certificate. However, Research scholars / B.Ed students who are aspiring to be teachers may be allowed, who will be given certificate of participation in Workshop with same title and not as FDP.

Terms & Conditions:

Blended Mode: The sessions would be held online every day from 2.00 P.M to 5.00 P.M. The participants are expected to attend the live sessions. However, the recordings of live sessions would be made available in the Learning Management System (LMS) to those who are not able to join the live sessions. The feedback and assignments shall be completed on the LMS on a day to day basis.

Certification:

Certificates with Grade shall be issued to all those who successfully complete the daily feedback, assessment and final Quiz in the LMS as per norms (50% or above). The certificate of FDP is equivalent to One-week face to face FDP and fulfils requirement as per CAS of UGC for promotion requirements of the teachers.

Grading will be done based on:

Attendance ,Online Quiz (based on MCQs),Assignments,Project

Total Marks-100 (Qualifying marks will be 50)

Account Details:

Name of Account: Rajagiri College of Social Sciences

Name of Bank: State Bank of India

Account No.: 10447876600

Name of branch: Kalamassery South

IFSC: SBIN0010570




INAUGURAL SESSION

Date: 26/10/2021

Time: 2 to 3. 30p.m.

RAJAGIRI ANTHEM 2 P.M.

Welcome Address 2.03 – 2.10 P.M.	Dr. Fr. Varghese K. Varghese Dean & HOD, Department of Psychology, Rajagiri College of Social Sciences (Autonomous)	
Inaugural Address 2.10- 2.20 P.M.	Prof. Dr. A. K. Bakshi Hon'ble Vice-Chancellor, PDM University, Haryana.	
Presidential Address 2.20- 2.30 P.M.	Prof. Dr. Binoy Joseph Principal Rajagiri College of Social Sciences (Autonomous)	
Key-Note Address 2.30-3.10 P.M.	Dr. Gautam Saha President, Indian Psychiatric Society, Haryana.	
Special Address 3.10-3.20 P.M.	Dr. Vimal Rarh Project Head & Joint Director, GAD-TLC	
Felicitations 3.20-3.25P.M.	Dr. Fr. Saju M.D. Associate Director and Vice Principal Rajagiri College of Social Sciences (Autonomous)	
Vote of Thanks 3.25 P.M.	Dr. Sr. Lizy P. J. IQAC – Co-ordinator Rajagiri College of Social Sciences (Autonomous)	



Date	Topics	Name of Resource Person	Time
26/10/2021	Inaugural Session		2 to 3.30 pm
26/10/2021	Overview on the Status of Mental Health & Illness in College Students & Teachers: Global v/s Indian Context	Dr. Palayoor Benyne Jos	3.30 to 5 pm
27/10/2021	Moment to moment awareness: A mindful pathway to well-being	Dr. Sr. Roshin Kunnel John	2 to 3.30 pm
27/10/2021	Legal Aspects: Cloaked Menaces towards College Students	Prof. Dr. K. C. Sunny	3.30 to 5 pm
28/10/2021	Strength-focused mentoring: College teachers and students	Dr. Fr. Rajeev Michael	2 to 3.30pm
28/10/2021	Learning Disability: Dilemma in the Context of Higher Education	Mrs. Suni Jolly	3.30 to 5 pm
29/10/2021	DSH & Suicide among College Students: Identification & Prevention	Dr. Vidya Kishore	2 to 3.30 pm
29/10/2021	Psychiatric issues in college students and academics: stories from a psychiatrist's clinic	Dr. Sanju George	3.30 to 5 pm
30/10/2021		Assignment	
31/10/2021		Project	
01/11/2021	Burn-out in Teachers: Work v/s Family context	Dr. Fr. Biju Sebastian	2 to 3.30 p.m.
01/11/2021	Valedictory Session		3.30 to 5 pm