**eITEC (2022-2023)**

**STRESS AND MENTAL HEALTH MANAGEMENT**

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| 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, 20221 Week  |
| 4 | Mode of Training | Online  |
| 5 | Start date | 21st November, 2022 |
| 6 | End date | 25th November, 2022 |
| 7 | Eligibility Criteria for Participants:* Educational Qualification
 | Technical Graduate (any field) |
| * 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 | * 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.
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| 9 | Details / Content of the Course (please attach detailed Course Profile) | **The course content are :*** 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.
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| 10 | Mode of Evaluation of Performance of the ITEC Participant | Viva-voce, case study |