

**Organizing,  
Value Added Course On:**

**“Psychology-101; Mental Wellbeing & Rejuvenation”**

**Name of the Department: Pharmacology, J.N. Medical College.**

**Course Co-ordinator : Dr Anupama M.G.**

**Venue : Department of Pharmacology**

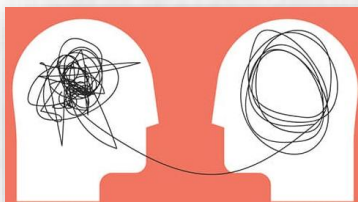


Sr.No	Details	
1.	Name of the Value Added Course	<b>“Psychology-101; Mental Wellbeing &amp; Rejuvenation”</b>
2.	Need of the course	<p>Sometimes due to mental stress or anxiety or a bad company, people get addicted to toxic substances like drugs, alcohol, tobacco, etc. It is important to remember that substance use disorders are chronic, relapsing disorders associated with significant morbidity, mortality and disability. This course propose that there should be some —minimum standards of services available for the young youth of our college.</p> <p>The specialized psychotherapies may be out-of-scope in most of colleges, however the trained manpower and other facilities must be available for the following psychosocial services like, Basic psycho-education about the nature of illness, important of treatment adherence, Motivation Enhancement, Reduction of high-risk behavior, Brief Interventions, Relapse Prevention &amp; Counselling for occupational rehabilitation.</p>
3.	Objectives of the course	<p>At the end of the course the student should be able to,</p> <ol style="list-style-type: none"> <li>1. Know the facts and identify types of substance use disorder.</li> <li>2. Promote collective initiatives &amp; self-help for psychological wellbeing</li> </ol>
4.	Target Group	Undergraduate students of Medical Course (50 students in each batch)
5.	Duration-	<b>16 hrs</b>
6.	Conducted	Total 5-6 Weeks (On Every Saturday, Time: 2:00pm to 5:00pm)
7.	Frequency	Once a year
8.	Teaching Methods	Interactive Lectures, Guest Lectures, Interview with patients, Counselling Sessions & Activities –(Role play / Scripted drama play by students).
9.	Fees	Nil
10.	Assessment and Certification Done	Yes
11.	Feedback collected	Yes
12.	Pre Tests & Post Tests	Yes

# “Psychology-101; Mental Wellbeing & Rejuvenation”



Sl.No.	Date (2pm to 6pm)	Faculty	Topics	Activity
1	<u>21 / 01/ 2023</u>	<b>Dr. Vinayak Korpade</b>	‘Stress busters - Adopting good habits for self-care’	Interview and discussion with college UG Alumni
2	<u>28/01/2023</u>	<b>Dr. Ravindra Honnunar</b>	‘Elements of drug Abuse’	Documentary on victims of substance abuse
3	<u>04/02/2023</u> 2pm to 3pm	<b>Dr. Nayana K. Hashilkar</b>	‘Say No to alcohol’	Debate / panel discussion • “College drinking, What is it? And what to do about it?”
	3pm to 4pm	<b>Dr. Sunita Patil</b>		
4	<u>11/2/2023</u>	<b>Dr. Yasmin Nadaf</b>	‘Mindfulness & Emotional Intelligence’	<ul style="list-style-type: none"> <li>• Students Activity</li> <li>• Poster Competition</li> </ul>



**When Youth Volunteer..**

**They learn..**

**They can improve the world**



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ent,  
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