

About College

Dahyalal Dosjibhai Choksi College of Secondary Education was established in the year 1971 with the charity of D. D. Choksi Charitable Trust. The purpose of establishing this institute is to provide best secondary school teachers in Banaskantha District.

The college has completed 50 years of illustrious service in the field of teacher education and has always achieved exceptional results in academic, cultural and other related fields.

Since its foundation, our college has carved a unique place for itself in the educational superstructure of North Gujarat by dint of its pupil's marvelous accolade in academic and cultural spheres.

The college has always taken lead to provide progressive and quality teacher education by equipping each & every pupil with all the necessary virtues and traits. Dahyalal Dosjibhai Choksi College of Secondary Education has always remained committed to fulfill its social responsibility of producing value driven quality teachers to fulfill the challenging demands of 21st century.

About the University

The Indian Institute of Teacher Education (IITE) is a state university located at Gandhinagar, Gujarat, India. It was established in 2010 by the Government of Gujarat and focuses on teacher education with a vision "To nurture teachers of tomorrow with the transformative knowledge of Indian tradition and usher in a new era of teacher education, focusing upon the integral development of teachers" and mission "To provide integrated courses in teacher education, marked and defined by value-education, global outlook, and interdisciplinary". University runs UG Program, PG Program & Research Programs.

About Vidyamandir Trust

Vidyamandir Trust, Palanpur has been working in the field of education for last six decades and manages institutes ranging from Kindergarten to Higher Secondary schools with Teachers' Training Colleges in both English as well as Gujarati medium. We at Vidyamandir believe that the character of a nation depends on the quality of education we provide to the young growing minds.

In today's rapidly changing times of globalization, students need to be empowered to develop independence, decision making abilities and civic responsibility.



Vidyamandir Trust, Palanpur managed D. D.Choksi College of Secondary Education

Vidyamandir Campus, Taleybaug, Palanpur-385 001
Dist. Banaskantha (N Gujarat)

PG Diploma Courses



Approved by
UGC, New Delhi
under
NSQF Scheme
&



Affiliated with
IITE, Gandhinagar, Gujarat



PG Diploma Courses

- PGDEML. Educational Management & Leadership
 - PGDCD. E-Content Development
 - PGDMH. Mental Health & Well- Being
 - PGDLMS. Learning Management Systems
- (Medium of course will be Gujarati, Hindi & English)**

Benefits

UGC & IITE approved certificate will be issued after successful completion of the course which will add 60 credit points.



Eligibility & Fees

- Minimum Qualification : Graduate in any discipline
- Regular Course
- Age is no bar
- Duration: 1 Year (2 Semesters)

Fees Structure:

**Rs. 5000/-
Only
Per Sem**



For more details of above mention courses visit our website

<https://www.ddchoksibedcollege.vidyamandir.org>

Mo:- 9428852627, 9427261305, 9879471029

Last Date of admission: 28/10/2020



Program Objectives

- To improve professional practice towards being a transformative leader.
- More usable presentation in the context of e-learning.
- Improving Mental Health of Children and Adolescents.
- LMS to host and track online learning providing a virtual hub.

Who Can Join

Professors, Principals, Administrators, Managers, Teachers & all those working or aspiring to work in educational institutions.

Assessments

Assessments are based wholly on course work, assignments & work based reports submitted by a learner & semester wise external exams from IITE

The instruction Package Consists Of

- Study Material
- Audio/video Programs



P G Diploma in Mental Health AND Well Being



D.D. CHOKSI COLLEGE OF SECONDARY EDUCATION

Managed By Vidyamandir Trust, Palanpur,
Banaskantha, Gujarat

About The Course

This course is suited to educators and professionals working with children and adolescents in an era of growing concern about mental health and wellbeing. It provides an opportunity for you to develop strategies for implementation with individual children and adolescents and to develop whole school positive wellbeing programs.

Objectives of the Course :

- understand factors impacting upon mental health and emotional wellbeing
- understand how mental health and emotional wellbeing impacts academic, social and adaptive functioning
- interpret research findings regarding mental health and emotional wellbeing
- evaluate the evidence base underpinning programs that support positive mental wellbeing
- develop, implement and evaluate mental health and emotional wellbeing programs in educational contexts

Why study mental health and wellbeing in education?

- Equip yourself to respond to a growing crisis among school aged children and adolescents and create tangible positive outcomes for schools and the community
- Benefit from an evidence-based, experience-rich curriculum.
- Learn from expert researchers in the field.
- Make teaching effective in child centered education system.
- Module III : Pratical Session/Assignments



Module 1 : Positive mental health and Psychiatry

In today's world, mental illness and distress are common and these account for a significant burden of disability within our community. At the same time, there is a growing interest in understanding and enhancing positive mental health and wellbeing; particularly from developments in the fields of positive psychology and mental health promotion. Positive Psychiatry is a new term, that describes a dual approach to mental health, where we build strengths, supports and healthy lifestyles as well as treating illness and distress

1. Biological and Psychological basis of mind
2. Positive mental health and Psychiatry
3. Stress
4. Recovery prospective
5. Tina's Story - Part 1
6. Positive Psychology
7. 8 Steps to Happiness

Engagement In Field :

- 1 practice exercise – pre course knowledge
2. Nutrition Diet Chart



Module 2 - Body and Mind

This module is about the body and mind. We will learn about the central importance of physical health and lifestyle, and how exercise can be used as an evidence-based treatment for common mental health conditions. We will cover basic relaxation and mindfulness strategies, as well as personality strengths, and how to identify your own strengths.

1. Exercise
2. BONUS : The benefits of pet ownership
3. Yoga and mental health Role of AYUSH
4. Sleeping well
5. Nutrition : Prevention
6. Relaxation
7. Mindfulness
8. Personality strengths
9. A strengths approach to community mental health

Engagement In Field :

Practice exercise – Yoga Classes/ Meditation



Module 3 - Love and Work

Mental health has sometimes been described simply as the capacity to love and to work. Psychiatry still uses similar concepts today. In this module, we talk about love and work, and introduce the complementary ideas of rest and play. We hear about attachment theory, social connections and the ancient wisdom of Australian Aboriginal views on wellbeing. We discuss the importance of contributing and here you find out whether or not work is good for you.

1. Attachment and mental health
2. Creative selves
3. Autonomy and connection
4. Families and carers
5. Aboriginal Australians: social and emotional wellbeing
6. Social and economic participation
7. The YES Project
8. Consumer communities
9. Work and mental health

Engagement In Field :

Enhancing Creativity-SUPW activities



Module 4 - Mental Illness

In this module, we cover the major categories of mental illness: their symptoms, causes and treatments. This includes the more common conditions such as anxiety, depression and addictions, as well as less common mental illnesses such as psychosis, schizophrenia and bipolar disorder.

1. Anxiety
2. Depression
3. Addictions
4. Trauma
5. Bipolar disorder
6. Psychosis and Schizophrenia
7. Psychotherapies
8. Psychiatric medication

Engagement In Field :

Community Services



Module 5 - Paths to Recovery



In this module, we will detail some of the many paths to recovery. From early intervention through the philosophy of personal recovery, consumer support networks, creative arts as therapy as well as spiritual and religious practices.

1. Resilience
2. Counselling and guidance
3. Psychotherapy Unit
4. Cognitive therapies
5. Innovations in mental health
6. Creativity
7. Music therapy
8. Art therapy
9. Spirituality
10. Role Of Nature

Engagement In Field :

Guidance and Counselling

Module 6: Promoting mental health and wellbeing in your school

1. Importance of Happiness classes /curriculum
2. Components of a whole of school approach
3. Schools enhance mental health and wellbeing and build resilience at three levels - organisational, pedagogical, and relational.
4. Promotion of mental health/Organise a Wellness Week
5. Establish "Community Builders", develop Intergenerational Activities
6. Create a School Based/Community Mentor Program /Open-Door Policy
7. Why mental health and wellbeing is promoted in schools
8. Key features of promoting mental health and wellbeing in schools

Engagement In Field :

Intergenerational Activities

