



KAMALA DEVI SOHAN RAJ SINGHVI JAIN COLLEGE OF EDUCATION

(A Govt. approved Minority Institution run under the auspices of Shree S. S. Jain Sabha)

AFFILIATED TO : THE WEST BENGAL UNIVERSITY OF TEACHERS' TRAINING, EDUCATION PLANNING AND ADMINISTRATION
& WEST BENGAL BOARD OF PRIMARY EDUCATION

Report on Certificate Course in Psychological and Mind Wellness in Collaboration with IGNITE@MPOWER of Aditya Birla Education Trust, 2024

Kamala Devi Sohanraj Singhvi Jain College of Education conducted 14 hours Certificate Course on Psychological and Mind Wellness for the B.Ed. Semester IV students of session 2022 - 2024 in collaboration with IGNITE@MPOWER of Aditya Birla Education Trust under a Memorandum of Understanding signed by both parties on

Objectives of the Course

- To provide comprehensive support for the mental health needs of people in our community.
- To address the growing need for mental health support among people in our community.
- To promote awareness and understanding of mental health issues.
- To manage stress, build resilience, and maintain positive mental health.
- To know about signs and symptoms of general mental ill health.
- To recognize adaptive vs. maladaptive behaviours, identify triggers, etc.
- List different treatments, considering that mental illness is treatable and that there are many different options available.
- To aware about certain common conditions such as depression, anxiety, bipolar disorder, schizophrenia and personality disorders.
- To reduce stigma surrounding mental illness and encouraging open and honest conversations about mental health issues.
- To adopt practical strategies for managing mental health and well-being, including mindfulness exercises, breathing techniques, and other relaxation methods.
- To implement protective factors such as yoga, deep breathing, regular physical activity, effective communication, etc.
- To enhance emotional wellness.

NCTE CODE NO. - APE 00737 ● APP 4090

6, RAM GOPAL GHOSH ROAD, COSSIPORE, KOLKATA - 700 002

Phone : 2546 8008, 2532 6056, 8420843443

E-mail : kssjaincollegeofedu@gmail.com, Website : www.kssjaincollegeofedu.in



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Goals and Targets of the Course

- Prioritizing Mind Health
- Boosting Self – confidence
- Understanding Stress and Management
- Balancing Work and Life
- Managing Relationships
- Understanding Specific Conditions: Depression, Anxiety, Eating Disorders, Psychosis and Substance Abuse

Assessment Criteria

- Compulsory Attendance of the participants.
- Active participation in practical sessions such as mindfulness exercises, breathing techniques etc.
- Interactive sessions.

Mental health awareness is an important issue for all educators, who are often the first line of defence for their students. There has always been a great impact of student's mental health on their learning and achievements, and therefore, it is imperative to protect students and prevent them from developing any sort of mental health issues. A well – known saying, “Healthy Mind in a Healthy Body” emphasises on the fact that mental and physical well- being is an integral part of health for the growth of balanced personality. With these objectives in mind, Kamala Devi Sohanraj Singhvi Jain College of Education took the initiative to address the relationship between mental health, substance abuse, and other negative coping behaviors, as well as the negative impact of stigma and cultural attitudes toward mental illness. The college conducted 15 hours Certificate Course on Psychological and Mind Wellness for the B.Ed. Semester IV students of session 2022 - 2024 in collaboration with IGNITE@MPOWER of Aditya Birla Education Trust. Through a series of in-depth discussions on topics such as stress management, coping skills, and self-care, the course offered a supportive and engaging environment to promote awareness and understanding of mental health issues. Both trainee-teachers and faculty members attended the theory as well as practical sessions of the course and gained valuable insights and explored strategies for managing their mental health and well-being, including mindfulness exercises, breathing techniques, and other relaxation methods. Certificates were issued to the participants on the completion of the course.

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Email : info@kjc.edu.in Website : www.kjc.edu.in



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ADITYA BIRLA EDUCATION TRUST

CERTIFICATE OF ACCREDITATION

Deblina Das

is Accredited by Mpower as a
YOUTH MENTAL HEALTH FIRST AIDER
after successful completion of training and assessment.

This 14-hour course teaches adults how to assist youth who are developing a mental health problem or in a mental health crisis.

Neerja Birla

Dr. Neerja Birla

Founder and Chairperson
Mpower

YMHFA Instructor: *[Signature]*

Batch Date : 12/05/24

Date of Expiry: 12/05/27



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Ishika Jaiswal

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Neerja Birla

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Founder and Chairperson
Mpower

YMHFA Instructor: *[Signature]*

Batch Date : 18/05/24

Date of Expiry: 18/05/27



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Sweety Singh

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Neerja Birla

Dr. Neerja Birla

Founder and Chairperson
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YMHFA Instructor: *Ranjan*

Batch Date : 18/05/24

Date of Expiry: 18/5/27



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Surabhi Mishra

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Muskan Jaiswal

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YMHFA Instructor: *Muskan*

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Srijani Dutta

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Founder and Chairperson
Mpower

YMHFA Instructor:

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Md. Muzammil Hossain

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Anita Ghakur

has completed
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Sweety Singh

has completed

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Preiyanka Ghosh

has completed
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Sabita Tiwari

has completed
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Founder and Chairperson Mpower

YMFA Instructor:

Koushani Sarkar

Batch Date:

18.05.24

Koushani Sarkar



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Ipsita Panda

has completed
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YMHFA Instructor:
Koushani Sarkar

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Koushani Sarkar



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Ranjana Hela

has completed

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Anisha Shadangji

has completed
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Debnita Saha

has completed
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Shalini Gupta

has completed
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Sukanya Chakraborti

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Devasmita Chatterjee

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Papriya Bhadra

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Anjali Prasad

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KM MONIKA

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