

# Certificate in Mental Health and Yoga

**Programme Short Description:** Certificate in Mental health and Yoga DMH

**Course Short Description:** CMHY

**Department Description:** Department of Psychology

**Program Description:** It is becoming increasingly clear that mental functioning is fundamentally interconnected with physical and social functioning and health outcomes. Yoga therapy has proved helpful for many chronic mental health conditions, and we explore these with an overall orientation to the reality of body-mind integration. This course covers a multi-dimensional view of yoga and mental health. The certificate in mental health and yoga provides knowledge about the concept and importance of the mental health, mental hygiene and the role of mental health in different settings and the importance of yoga in promoting mental health. The contents are designed to impart an integrated understanding to the learners about the issues involved in mental health and yoga. The target groups include all students those interested in acquiring knowledge in the subject. The certificate programme has the following papers.

**Eligibility:** 10+2 or its equivalent

**Medium of instruction:** English and Kannada

**Duration:** 4 Months

**Committee Members:**

**Director:** Dr. Jayalakshmi B. Principal, Government Home Science College for Women

**Course Co-coordinator:** Dr. Krishnamurthy V. S. Asst. Professor of Psychology GHSCW.

**Expert Members:**

**Dr. Bharathi Devi P. Asst. Professor and Head of the Department of Kannada, GHSCW**

**Shivakumar P. Asst. Professor of Kannada, GHSCW**

**Jayachandra M. S. Director of Physical Education, GHSCW**

**Shwetha Naik Asst. Professor of Home Science, GHSCW**

## Program Details:

Sl no	Paper code	Title of the paper	Credits
01	IMHY101	Introduction to Mental health and Yoga	1
02	PWBY102	Yoga and the mind	1
03	PMH103	Promoting mental health; Psychological well-being	1
04	EIY104	Emotional Intelligence and Yoga	1
05	SMY105	Stress management and Yoga	1
06	P106	Practical, Case History	1

## Syllabus:

<b>1</b>	IMH101	Introduction to Mental health and Yoga	<p>Introduction to Mental health: Definition of Health. Components of health. Mental Health. Mental Health Myths and Facts, The magnitude and burdens of Mental health problems. Importance of mental health in different settings: Workplace, Sports, Education and Family. Mental health condition in India.</p> <p>Introduction to Yoga: Definition of Yoga. Historical background. Importance of Yoga. The Yogic concept of "Swasthya" .The relationship of mental health and yoga.</p>
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2	PDM102	Yoga and the Mind	The Mind-Body Connection: How Your Mind Affects Your Body. Yoga perspectives on the structure, states, functioning, and conditions of the mind. States of mind: mudha (stupefied/dull), kshipta (disturbed), vikshipta (alternating between distraction and focus), ekagrata (one-pointed), nirodha (focus enveloped/held/ restrained), vaishvanara (waking), tajjasa (dream), prajña (deep sleep), turiya (beyond). Yoga and Mindfulness. Understanding the self.
3	PMH103	Promoting mental health; Psychological well-being	Mental health promotion: Psychological well-being. Yoga interventions for prevention of mental disorders. Psychotherapy. The role of Psychological counselling (Indian perspective), Guidance and Psychotherapy in Mental health setting. Mental Health act -2017.
4	EIY104	Emotional Intelligence and Yoga	Emotions. Components and types of Emotions. Reactions to Emotions. Emotional Intelligence: The Concept of EQ, General Intelligence, Social intelligence and EI, Components of EI, Importance of Emotional intelligence. Managing Emotions through Yoga, Meditation and Pranayama. Emotional regulation.

5	PSR105	Stress management and Yoga	Stress and adaptation: Stressors, Stress related problems, Fight or Flight response. Stress management through Yoga, Meditation and Pranayama.
6	P106	Practicals (With Demonstration)	<ul style="list-style-type: none"> <li>• Surya namaskara,</li> <li>• Guru Namaskara,</li> <li>• Pranayama: Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari, Suryabhedana, Chandrabhedana.</li> <li>• Yoga Asanasto improve concentration</li> <li>• Relaxation techniques</li> <li>• Some important Asanas</li> </ul>

References:

- Iyengar, B. K. S., & Menuhin, Y. (1968). *Light on yoga: Yoga dipika*. Aquarian/Thorsons.
- Iyengar, B. K. S.. *Light on Prāṇāyāma*. India, Aquarian/Thorsons, 1992.
- Mental Healthcare Act 2017 - eGazette