



Rayat Shikshan Sanstha's

Radhabai Kale Mahila Mahavidyalaya, Ahmednagar

Accredited with 'A' Grade by NAAC/An ISO 9001:2015 Certified College
Affiliated to Savitribai Phule Pune University, Pune

Department of Psychology Skill Based Short Term Certificate Course

on

"Promotion of Health and Well-being"

2021-2022

REPORT

The skill based short term course 'Certificate Course on 'Promotion of Health and Well-being' has been regularly conducted in the academic year 2021-2022 in the college. The course has been conducted in the month of May- June 2022. Total 31 students were trained and benefited by this certificate course.

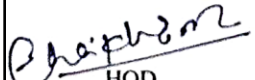
Course information at a glance:

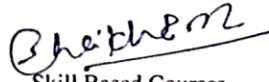
Class: FYBA, FYBsc, FYBBA (CA)

Timing: Offline (Friday & Saturday): 9:00am -11:00am

Online (Monday to Thursday): 7.00 pm to 9.00 pm

Sr. No.	Name of The Course	Batches	No. of Beneficiary	Course Duration	Trainer	Name of Incharge Department
1	Certificate Course on 'Promotion of Health and Well-being'	I	31	75 hrs	Mrs. Apurva Kale	Psychology


HOD
Incharge Department


Skill Based Courses
Faculty Coordinator


Chairman


Principal
Radhabai Kale Mahila Mahavidyalaya
Ahmednagar





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Department of Psychology

SHORT TERM COURSES

2021-2022

Course Completion Report

Name of the Course: 'Certificate Course on 'Promotion of Health and Well-being'

The college is running Skill Based Short Term Courses for giving professional training and inculcating practical approach among students. These courses provide the training in fewer fees. It is the need of an hour to provide skill based education along with university curriculum.

Name of the Trainer: Mrs. Apurva Kale

Name of the In-charge Department: Dr. Ezaz Shaikh

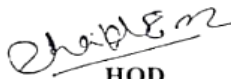
Duration of the Course: 75 hours

Students admitted for the course: 31 students

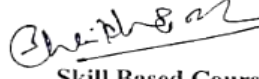
No. Students completed the course: 11 students

Skills Acquired:

- 1) Assessment of risk of life style disorders
- 2) Planning the interventions for management of emotional regulation skills, resilience and psychological well-being


HOD

In-charge Department


Skill Based Courses

Faculty Coordinator


Chairman

Skill Based Courses



PRINCIPAL

Radhabai Kale Mahila Mahavidyalaya
Ahmednagar





Rayat Shikshan Sanstha's

Radhabai Kale Mahila Mahavidyalaya, Ahmednagar

Department of Psychology

Certificate Course on "Promotion of Health and Well-being"

COURSE REPORT 2021-22

During the academic year 2021-22, the Department of Psychology, offered Certificate Course on "Promotion of Health and Well-being" for first year students of Arts, Commerce, and Science stream.

This was three credit course with 75 hours of students engagement which was conducted through mixed mode – offline and online mode – between 6th May to 18th June 2022. Mrs. Apurva Kale, assistant professor and consultant psychologist, worked as a course instructor for this course. Total 31 students were enrolled for this course.

Content Delivered:

The course aimed at helping participants to understand the concept of illness and health and its components, and the myths about mental illnesses. The information about the life style disorders like diabetes, cancer, heart disease, stroke, and AIDS was covered in this course. The risk and protective factors about mental illnesses such as anxiety, depression, and addictions was discussed. Impact of health compromising behavior (inactivity, overeating, & addictions) and health enhancing behaviour (exercise, diet, sleep & rest, vaccination) on health outcome was discussed. Importance of emotional regulation skills, psychological well-being, and resilience building skills was covered in this course.

Course Highlights:

- ✓ 31 students from FYBSc, FYBA, FYBBA(CA) were enrolled for this course.
- ✓ Training methodology – Blend learning, demonstration, role plays, group discussion
- ✓ Mode – Offline and On-line
- ✓ Supervised training in assessment
- ✓ Hands on practice of administration, scoring and interpretation of psychological tools related to health beliefs, addictions, anxiety, emotional regulations, coping skills, psychological well-being and resilience.
- ✓ Student successfully completing this course may be eligible for three credits required to receive the bachelor degree from SPPU, Pune.

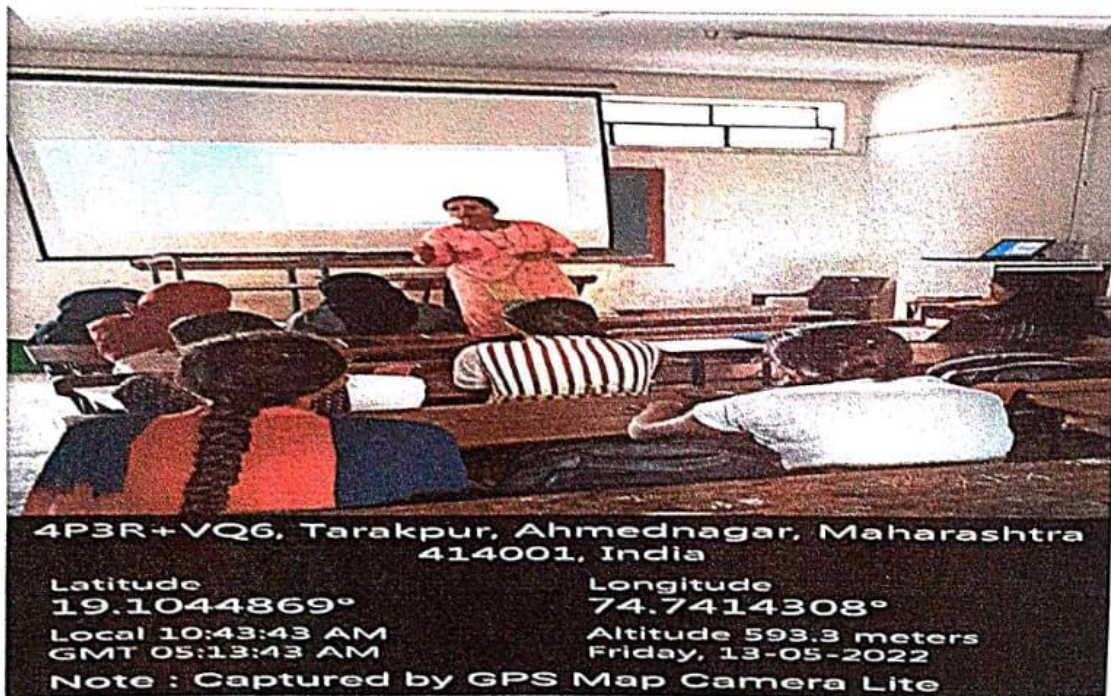
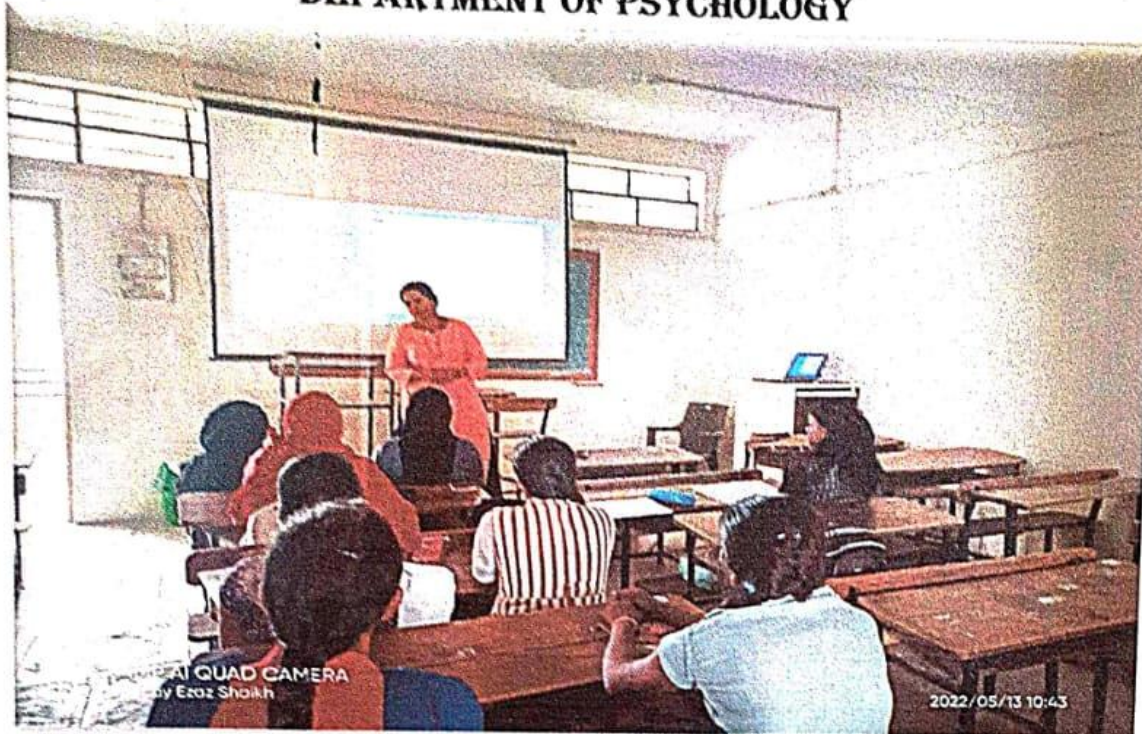
Ten students had successfully completed the course and the feedback of students regarding the course is highly satisfactory.

Dr. Ezaz Shaikh
Course Coordinator & Head
Department of Psychology



Dr. Shankar Thopate
PRINCIPAL
Radhabai Kale Mahila Mahavidyalaya
Ahmednagar

Rayat Shikshan Sanstha's
Radhabai Kale Mahila Mahavidyalaya, Ahmednagar
DEPARTMENT OF PSYCHOLOGY



4P3R+VQ6, Tarakpur, Ahmednagar, Maharashtra
414001, India

Latitude
19.1044869°

Local 10:43:43 AM
GMT 05:13:43 AM

Longitude
74.7414308°

Altitude 593.3 meters
Friday, 13-05-2022

Note : Captured by GPS Map Camera Lite