SUCCESSFUL ACTIVITY

Conduct of value-added certificate courses for students of various departments with academic autonomy

DETAILS OF CERTIFICATE COURSE CONDUCTED FOR STUDENTS

DEPARTMENT OF PSYCHOLOGY

MENTONEST

Digital Mental Health App

Certificate course

III BSC PSYCHOLOGY (Batch: 2021-2024)

March 2024

Duration: 30 HRS

Objective of the Program:

The course objectives were meticulously designed to provide participants with a holistic understanding of digital mental health tools and apps, as well as equip them with practical skills for personal and professional use. Through a structured curriculum and hands-on activities, participants have not only familiarized themselves with various tools but also gained insights into ethical considerations and best practices. Their ability to critically analyze and apply their knowledge to real-world scenarios reflects the attainment of our objectives.

About the Program:

The course structure, comprising intense training and experiential learning components, has been instrumental in fostering a dynamic and interactive learning environment. The blend of theoretical

insights, practical demonstrations, and independent exploration has empowered participants to engage deeply with the subject matter and develop a nuanced understanding of the topic.

Course Module:

1. Comprehensive Understanding of Digital Mental Health:

Exploration of Landscape: Participants gained insights into the vast array of digital mental health tools and apps available, including their functionalities and suitability for different mental health concerns.

Evidence-Based Practices: Through lectures, presentations, and discussions, participants learned about evidence-based practices underlying the effectiveness of various digital mental health interventions.

Ethical Considerations: The course delved into ethical considerations surrounding the use of digital mental health tools, such as confidentiality, data privacy, and informed consent.

2. Cultivation of Camaraderie through Peer Support:

Interactive Learning Environment: Participants engaged in interactive sessions, group discussions, and collaborative activities, fostering a sense of community and mutual support.

Sharing Experiences: Peer sharing sessions allowed participants to share their experiences, challenges, and insights, creating a supportive environment conducive to learning and growth.

Feedback and Encouragement: Through peer feedback and encouragement, participants felt empowered to explore new ideas and approaches, enhancing their learning experience.

3. Flexibility and Accessibility:

Online Platform Convenience: The online format of the course provided participants with the flexibility to access course materials and sessions from anywhere at any time, eliminating geographical barriers.

Self-Paced Learning: Participants had the freedom to pace their learning according to their individual schedules and preferences, allowing for a personalized learning experience.

Adaptability to Learning Styles: The course accommodated diverse learning styles and preferences, catering to the needs of participants with varying levels of digital literacy and technological proficiency.

4. Tailored Learning Experience:

Customization Options: Participants could tailor their learning experience by selecting specific modules or topics of interest, ensuring relevance to their personal and professional goals.

Interactive Tools and Resources: The course offered interactive tools, resources, and multimedia content, catering to different learning preferences and enhancing engagement.

Practical Application: Participants had the opportunity to apply their learning in real-world scenarios, experimenting with different digital mental health tools and apps to address specific needs and challenges.

5. Long-Term Impact:

Continued Professional Development: The knowledge and skills acquired during the course serve as a foundation for participants' continued professional development in the field of mental health.

Promotion of Mental Well-Being: Participants are equipped with tools and strategies to promote mental well-being in themselves and others, contributing to a healthier and more resilient society.

Networking Opportunities: The connections forged during the course, both with fellow participants and instructors, can lead to ongoing collaboration, support, and networking opportunities in the field of mental health.

Outcome of the Program:

By offering a comprehensive understanding of digital mental health, fostering camaraderie through peer support, providing flexibility and accessibility, enabling tailored learning experiences, and ensuring long-term impact, the certificate program has equipped participants with the knowledge, skills, and confidence to navigate the complex landscape of digital mental health effectively.

Name List of Students :

1	D21PY001	222108375	**AASHIFA SHAREN BANU S**
2	D21PY002	222108362	**ABISHIKAA D**
3	D21PY003	222108376	**AISHWARYA K B**
4	D21PY005	222108356	**ALLWYN CHARLES A**
5	D21PY006	222108377	**ANJALI M**
6	D21PY007	222108378	**ANUSHIYA. V**
7	D21PY008	222108357	**ARAVIND SAI KUMAR.S**
8	D21PY009	222108358	**BEETHOVAN RICHARD E**
9	D21PY010	222108364	**BHARATHI G**

10	D21PY011	222108369	CYRIL AMAL RAJ P S
11	D21PY012	222108380	GOMATHEESWARI K
12	D21PY013	222108381	HARINI N
13	D21PY014	222108354	HEEBA MALLIK
14	D21PY015	222108365	HIRA KHAN
15	D21PY016	222108359	JACOB BENNET HOBDAY .D
16	D21PY017	222108383	JENITA J
17	D21PY018	222108360	JOSHUA PREETHAM PRAVEEN
18	D21PY019	222108384	KIRTI E S
19	D21PY020	222108370	KISHORE SHYAM S
20	D21PY021	222108371	KOWSHIK R
21	D21PY022	222108366	LAVANYA
22	D21PY023	222108367	LAYA MADHURI R
23	D21PY024	222108385	MALAVIKA P S
24	D21PY025	222108355	NATHASHA BIJU
25	D21PY026	222108386	PRIYADHARSHINI A
26	D21PY027	222108368	SAMYUKTAA M.K
27	D21PY028	222108373	SRIKANTH.A
28	D21PY029	222108361	VETRIVEL S

29	D21PY030	222108379	DEVIKA B
30	D21PY031	222108388	SOWMIYA K
31	D21PY032	222108372	SELVA KUMAR S
32	D21PY033	222108382	HARINI P
33	D21PY034	222108374	WINDSOR CLADIOUS Y
34	D21PY035	222108387	R.SHABRIN

Attendance Sheet

DIGITAL MENTAL HEALTH - CERTIFICATE COURSE

S.No	Roll No	Register No	Name of the Student						
1	D21PY001	2221083375	AASHIFA SHAREN BANU S						
2	D21PY002	2221083362	ABISHIKAA D						
3	D21PY003	2221083376	AISHWARYA K B						
4	D21PY005	2221083356	ALLWYN CHARLES A						
5	D21PY006	2221083377	ANJALI M						
6	D21PY007	2221083378	ANUSHIYA. V						
7	D21PY008	2221083357	ARAVIND SAI KUMAR.S						
8	D21PY009	2221083358	BEETHOVAN RICHARD E						
9	D21PY010	2221083364	BHARATHI G						
10	D21PY011	2221083369	CYRIL AMAL RAJ P S						
11	D21PY012	2221083380	GOMATHEESWARI K						
12	D21PY013	2221083381	HARINI N						
13	D21PY014	2221083354	HEEBA MALLIK						
14	D21PY015	2221083365	HIRA KHAN						
15	D21PY016	2221083359	JACOB BENNET HOBDAY .D						
16	D21PY017	2221083383	JENITA J						
17	D21PY018	2221083360	JOSHUA PREETHAM PRAVEEN						
18	D21PY019	2221083384	KIRTI E S						
19	D21PY020	2221083370	KISHORE SHYAM S						
20	D21PY021	2221083371	KOWSHIK R						
21	D21PY022	2221083366	LAVANYA						
22	D21PY023	2221083367	LAYA MADHURI R						
23	D21PY024	2221083385	MALAVIKA P S						
24	D21PY025	2221083355	NATHASHA BIJU						
25	D21PY026	2221083386	PRIYADHARSHINI A						
26	D21PY027	2221083368	SAMYUKTAA M.K						
27	D21PY028	2221083373	SRIKANTH.A						
28	D21PY029	2221083361	VETRIVEL S						

29	D21PY030	222108379	DEVIKA B						
30	D21PY031	222108388	SOWMIYA K						
31	D21PY032	222108372	SELVA KUMAR S						
32	D21PY033	222108382	HARINI P						
33	D21PY034	222108374	WINDSOR CLADIOUS Y						
34	D21PY035	222108387	R.SHABRIN						

Geo Tagged photos of Course
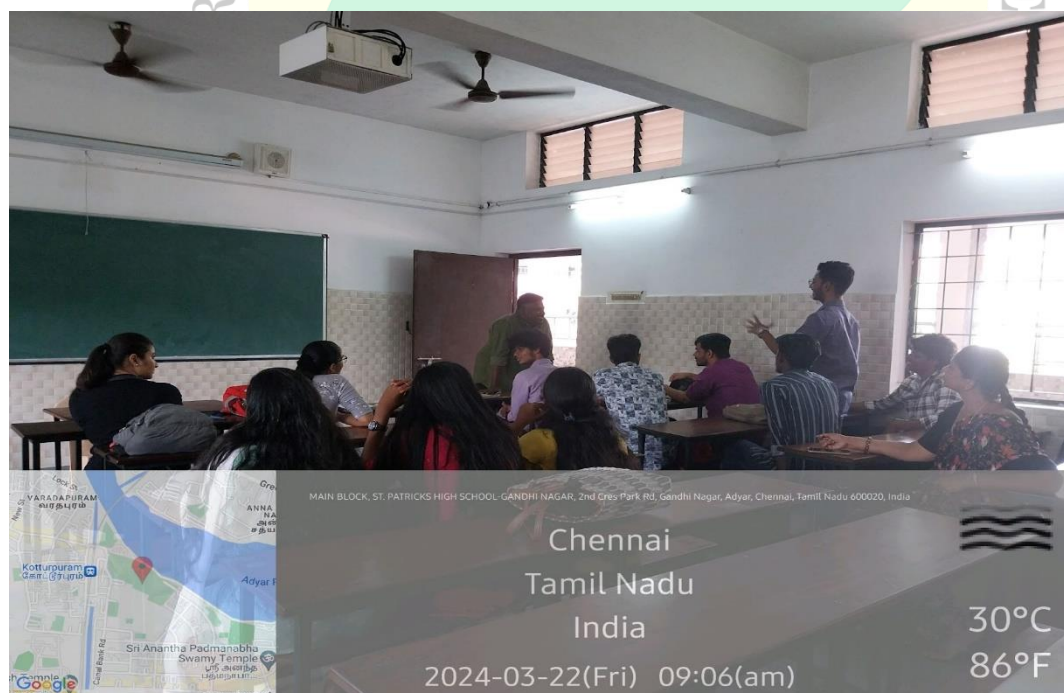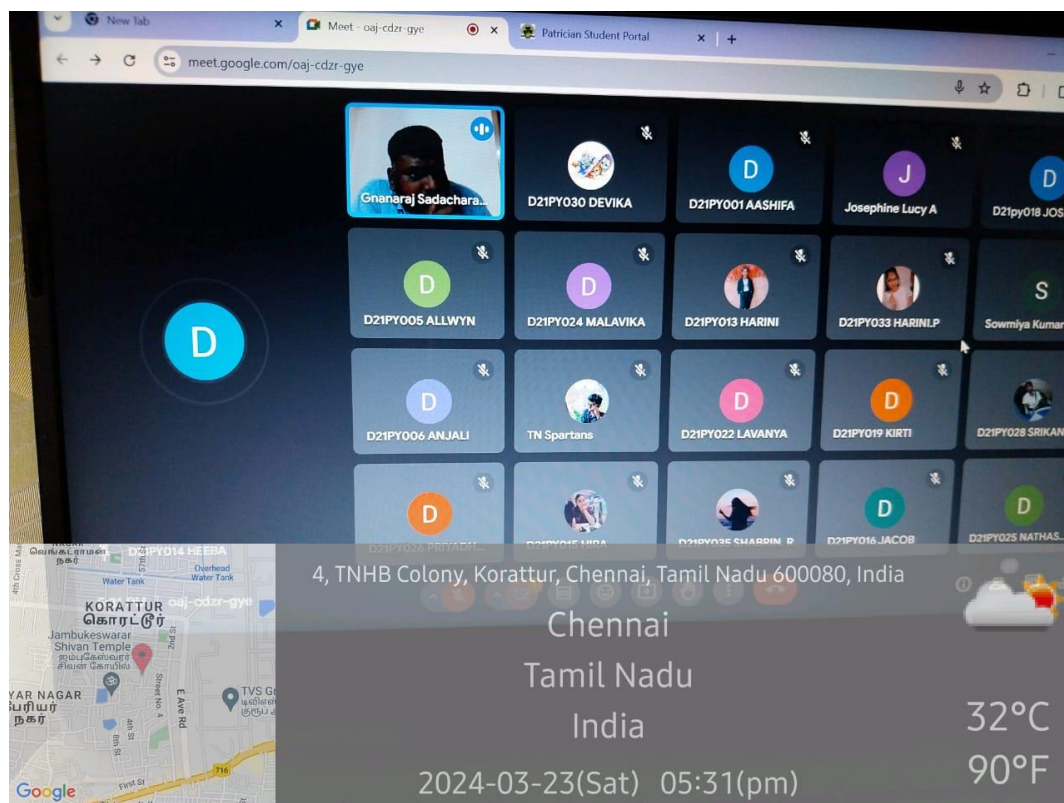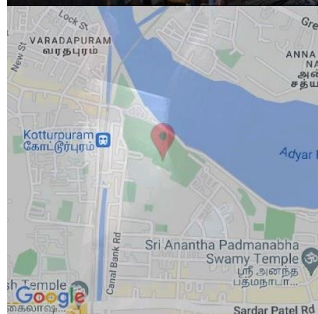
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Chennai
Tamil Nadu
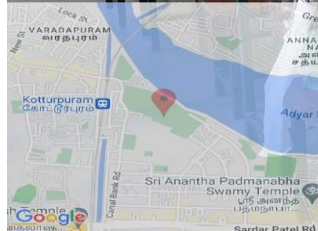India
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32°C
90°F

MAIN BLOCK, ST. PATRICKS HIGH SCHOOL-GANDHI NAGAR, 2nd Cres Park Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India
Chennai
Tamil Nadu
India
2024-03-22(Fri) 09:06(am)
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MAIN BLOCK, ST. PATRICKS HIGH SCHOOL-GANDHI NAGAR, 2nd Cres Park Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India

Chennai
Tamil Nadu
India
2024-03-22(Fri)   10:45(am)

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MAIN BLOCK, ST. PATRICKS HIGH SCHOOL-GANDHI NAGAR, 2nd Cres Park Rd, Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020, India

Chennai
Tamil Nadu
India
2024-03-22(Fri)   09:06(am)

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Sample Certificate

Feedback

On a Scale of 1-5, how would you rate your overall experience of the event (1 - Least Satisfied to 5 - Extremely Satisfied)

33 responses