



Organized by

MMTTC
PRSU
Raipur 492010
Chhattisgarh

ONLINE
Refresher Course
in

Social and Behavioral Science
27.02.2024 to 14.03.2024



ज्ञान-विज्ञान विमुक्तये

Course Coordinator

Prof. Meeta Jha
SoS in Psychology, Pt.
Ravishankar Shukla
University, Raipur, (C.G.)

The UGC-MMTTC, PRSU, Raipur, Chhattisgarh is organizing an **Online Refresher Course in Social and Behavioral Science** during 27.02.2024 to 14.03.2024.

Course Module:

Mental health is a state of emotional, psychological, and social well-being that affects how we think, feel, and act. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships, and shape the world we live in. Mental health is a basic human right and is crucial to personal, community, and socio-economic development. It exists on a complex continuum and is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes. Prioritizing mental health at both individual and societal levels has far-reaching benefits that extend beyond the realm of mental health itself. It contributes to overall well-being, resilience, and the ability to navigate life's challenges successfully.

The Refresher Course will enable the teachers to keep abreast with the recent developments in the field of social and behavioral science with special reference to mental health and well-being and equip them with necessary functional skills for living a fulfilling and productive life.

Objective:

- To promote mental health education and skill development to enhance coping mechanisms, resilience, and emotional intelligence.
- To foster supportive social environments and networks that contributes to positive mental health outcomes.
- To implement policies and practices that support mental health in the workplace, including stress management programs and flexible work arrangements.
- To increase public awareness and understanding of mental health issues to reduce stigma and discrimination.
- To cultivate and maintain positive relationships with friends, family, and a supportive community
- To strive for a balance between work, personal life, and leisure activities.
- To foster a positive mindset by focusing on strengths and achievements which contributes individual's overall quality of life.
- To embrace new challenges and opportunities for personal and professional growth and set realistic goals and live healthy lifestyle.

Course Coordinator

Prof. Meeta Jha,

Professor, S.o.S in Psychology, PRSU, Raipur. Email: meetajha2010@gmail.com Mob:+91-9826180809,

Contact : Prof. Preeti K. Suresh , Director MM-TTC - 9827938427, **Dr. Brijendra Pandey** - 9827159831

Email:rchrdcprsu@gmail.com **Website:** www.prsu.ac.in

On line Application link is : <https://forms.gle/7r3gYsyTZdspS3Vx5>

Target Group:

Interested College / University teachers of Social Science with at least three years experience can apply through email to any of IDs mentioning their name, designation, subject and institution. However, they are required to fill up the application form of HRDC (www.prsu.ac.in) and produce relieving certificate from their Institution when they join the Refresher Course. Candidates working in those universities and colleges that are included under Section 2(f) of the UGC Act, even though they may not yet be fit to be included under Section 12(B), may participate in the Refresher Course. The teachers of college that do not yet come within the purview of Section 12(B), but have been affiliated to a university for at least two years, will be permitted to participate in the Program.

Mode of Delivery: Online Sessions on Google Meet. Sessions will be held from 10:30 to 17:30 daily.

Requirement for the Course: Desktop/ Laptop/ Smartphone with good Internet Connectivity (Webcam, Microphone, headphones and Multimedia enabled).

Registration fee: Rs. 1000.00 (non-refundable), to be paid online in Director, ASC bank account number - 30644576182;IFSC code: SBIN0003739, State Bank of India, PRSU, Raipur.

Number of Participants: Minimum 20 and Maximum 40 on first come first serve basis.