

Program-offerings

Positive
Psychology Unit
Dept. of Clinical
Psychology
NIMHANS

Basic
programs

Mind Matters!

A 2- hour orientation
to mental health

- ❑ Youth Pro: Training young volunteers to create a pro-mental health culture (Workshop: 1-day + extended support for implementation)

- ❑ Pro-Youth (2.5 hours) Orientation to faculty for assisting youth -pro

- ❑ Go For your Goals! (1 day)
- ❑ Managing Emotions: ME! (1 day)
- ❑ Applying Positive Psychology in Daily Life (2.5 hours)

- ❑ SMART RIDERS: Training for teachers/youth-leaders to promote road safety in young riders: 2 half days/1-day workshop + extended support for implementation

- ❑ Engage to Change: Youth Engagement Program 2- half days workshop+ extended support for implementation

- ❑ Strengths-based approach to mentoring (3 days)

Time-
Intensive
programs

- ❑ Befrienders: Basic training to volunteering youth to act as gate keepers & first line of support for peers: 7 half days

- ❑ Feeling Good & Doing Well Youth mental health promotion program

Theme coverage: Application of strengths, goal pursuit & motivation management + managing negative emotions & cultivating positivity.

20 hours (8 sessions of 2.5 hours each)

Alternative formats: once a week over 2 months/4 days at a stretch (inferior option)

- ❑ Feeling Good & Doing Well: Trainers' Workshop (Five full days) For training teachers/ youth-workers in delivery of Feeling Good & Doing Well program in their own settings