

Schedule for Theory sessions for IGNOU PGDMH July 2021 Batch

| | Date, Day | Time | Teacher | Topic |
|-----|--------------------------|--------------|-------------------|--|
| 1. | 30 Jan 2021 Saturday | 9 am – 11 am | Dr Dinesh Kataria | MPC – 051 - Block 4: Family, Culture and Mental Health |
| 2. | | 11 am – 1 pm | Dr Bhavuk | Block 1 Rights and laws related to mental illness Unit 1 Rights related to mentally ill Unit 2 Laws related to mentally ill |
| 3. | 31 Jan 2021 Sunday | 9 am – 11 am | Dr Sumit Rana | Block 2 Mental Health Services Unit 1 Mental health services in the community with special reference to India Unit 2 Rehabilitation of the mentally ill persons |
| 4. | | 11 am – 1 pm | Dr Sumit Rana | Block 4 Identification and Assessment of Mental Disorders Unit 3 Psychological assessment Unit 4 Role of physical investigation and assessment in mental disorders |
| 5. | 01 Feb 2021 Monday | 9 am – 11 am | Dr Nitin Raut | MPC 52 Block 3 Clinical Manifestations, Course and Outcome of Mental Disorders |
| 6. | | 11 am – 1 pm | Dr Nitin Raut | MPC 52 Block 3 Clinical Manifestations, Course and Outcome of Mental Disorders Unit 1 Cognitive disturbances Unit 2 Conative disturbances |
| 7. | | 2 pm – 4 pm | Dr Om Sai | MPC 53 Block 3 Developmental Disorders Unit 3 Affective disturbances Unit 4 Course and outcome of mental disorders |
| 8. | 02 Feb 2021 Tuesday | 9 am – 11 am | Dr Dinesh Kataria | Block 4 Future Direction Unit 1 Promotion of mental health |
| 9. | | 11 am – 1 pm | Dr Rehman | Block 1 Concept of Mind Unit 1 Mental health |
| 10. | | 2 pm – 4 pm | Dr Rehman | Block 1 Concept of Mind Unit 2 Mind |
| 11. | 03 Feb 2021 Wednesday | 9 am – 11 am | Dr Prerna | MPC 52 Block 2 Epidemiology and Prevalence of Mental Disorders Unit 1 Epidemiology: General concepts, epidemiological methods, epidemiology of mental disorders - international |
| 12. | | 11 am – 1 pm | Dr Prerna | MPC 52 Block 2 Epidemiology and Prevalence of |

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| | | | | Mental Disorders Unit 2 Epidemiology of mental disorders in India |
| 13. | | 2 pm – 4 pm | Dr Prerna | MPC 52 Block 2 Epidemiology and Prevalence of Mental Disorders Unit 3 Global burden of mental illness Unit 4 Impact of mental disorders on society |
| 14. | 04 Feb 2021 Thursday | 9 am – 11 am | Dr Dinesh Kataria | Block 4 Future Direction Unit 2 Positive mental health |
| 15. | | 11 am – 1 pm | Dr Shiv | MPC – 052 - Block 1 Classification of Mental Disorders Unit 1 Classification of mental disorders: Need, historical perspective and the modern system of classification Unit 2 Schizophrenia and other psychotic disorders |
| 16. | | 2 pm – 4 pm | Dr Rehman | Block 2 Specific Issues on Mental Health Unit 1 Deliberate self-harm and suicide Unit 2 Problems related to school |
| 17. | 05 Feb 2021 Friday | 9 am – 11 am | Dr Sumit | Block 1 Concept of Mind Unit 3 Biological basis of mind Unit 4 Psychological basis of mind |
| 18. | | 11 am – 1 pm | Dr Sumit | Block 2 Schools of Psychology Unit 3 Humanistic and existential theories Unit 4 Psychoanalytical and related theories |
| 19. | | 2 pm – 4 pm | Dr Raut | Block 3 Normality and Abnormality Unit 3 Conative functions-normal and pathological Unit 4 Cognitive functions-normal and pathological |
| 20. | 06 Feb 2021 Saturday | 9 am – 11 am | Dr Rehman | Block 3 Developmental Disorders Unit 5 Rehabilitation |
| 21. | | 11 am – 1 pm | Dr Bhavuk | Block 1 Rights and laws related to mental illness Unit 3 Other laws related to mental illness Unit 4 Social responsibility towards mentally ill |
| 22. | 07 Feb 2021 Sunday | 9 am – 11 am | Dr Rehman | Block 4 Addictions Unit 1 Alcoholism Unit 2 Substance abuse and addiction |
| 23. | | 11 am – 1 pm | Dr Rehman | Block 4 Addictions Unit 3 Tobacco addiction Unit 4 Gambling, internet and other addictions |
| 24. | 08 Feb 2021 Monday | 9 am – 11 am | Dr Sumit Rana | Block 1 Classification of Mental Disorders Unit 3 Mood disorders Unit 4 Neurotic group of disorders |
| 25. | | 11 am – 1 pm | Dr Sumit Rana | Block 4 Identification and Assessment of Mental Disorders |

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| | | | | Unit 1 Techniques of interviewing and case history taking Unit 2 Steps in mental health assessment |
| 26. | | 2 pm – 4 pm | Dr Om Sai | Block 1 Mental Health in Special Population Unit 1 Child and adolescent mental health Unit 2 Old age and mental health |
| 27. | 09 Feb 2021 Tuesday | 9 am – 11 am | Dr Sumit | Block 2 Specific Issues on Mental Health Unit 3 Problems related to sex Unit 4 Problems related to work area |
| 28. | | 11 am – 1 pm | Dr Bhavuk | Block 2 Mental Health Services Unit 3 Certification for different issues related to mental illness |
| 29. | | 2 pm – 4 pm | Dr Nitin Raut | MPC 51 Block 3 Normality and Abnormality Unit 1 Historical perspectives of mental health Unit 2 Definition of normality and abnormality: criteria and measurement |
| 30. | 10 Feb 2021 Wednesday | 9 am – 11 am | Dr Om Sai | Block 3 Developmental Disorders Unit 1 Mental retardation Unit 2 Specific learning disabilities |
| 31. | | 11 am – 1 pm | Dr Sumit | MPC 54 - Block 3 Psychological Therapies Unit 1 Counselling and guidance Unit 2 Psychotherapy |
| 32. | | 2 pm – 4 pm | Dr Shiv | Block 1 Mental Health in Special Population Unit 3 Women and mental health Unit 4 Marriage and mental health |
| 33. | 11 Feb 2021 Thursday | 9 am – 11 am | Dr Sumit | MPC 51 - Block 2 Schools of Psychology Unit 1 Behavioural theories Unit 2 Biological theories |
| 34. | | 11 am – 1 pm | Dr Shiv | Block 3 Psychological Therapies Unit 3 Cognitive therapies Unit 4 Anger and stress management, Crisis intervention |
| 35. | | 2 pm – 4 pm | Dr Prerna | Block 4 Future Direction Unit 3 Documentation in mental health and mental disorder field Unit 4 Policies and research related to mental health and mental illness |
| 36. | 12 Feb 2021 Friday | 9am – 11 am | Dr Nitin Raut | Block 3 Developmental Disorders Unit 3 Other disabilities Unit 4 Assessment and certification Block 4 Future Direction Unit 3 Documentation in mental health and mental disorder field Unit 4 Policies and research related to mental health |

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