

## OUR FLAGSHIP PROGRAMME

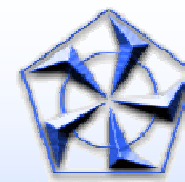
### **Certificate Programme in Counselling Skills under by K K Handiqui State Open University, Assam**

The course is a cumulative learning programme with 75% practical orientation and 25 % theoretical integration. The course focuses on excellence in counselling skills and personal growth.

The course syllabus has been developed by MIND India and is recognized as the dedicated study centre in Assam to conduct this course. It is a UGC recognized course.

**K K Handiqui State Open University** (KKHSOU) was established in 2005 and is the only state Open University in the whole of NE India. The motto of the University is 'Education beyond Barriers' of age, academic background and geographical boundaries. The university is recognized by the University Grants Commission and Distance Education Council, Govt. of India.

The course is also offered in **our Distance Learning Centre at Dimapur, Nagaland.**



## **MIND India** **Institute of Positive Mental** **Health & Research**

*Ensuring Positive Mental Health for  
All*

**Disseminating Information**

**Spreading Awareness**

**Training People**

**Collecting Data**

**Conducting Research**

**Destigmatizing Mindsets**

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### **MIND India**

#### **Institute of Positive Mental Health & Research**

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## ABOUT US

MIND India, Institute of Positive Mental Health & Research, is a registered society formed on January 20, 2006, by a group of mental health professionals dedicated to the cause of ushering in the benefits of **positive mental health & wellbeing** to the general population. The group has been working relentlessly since its inception to meet its objectives especially in the North East region of India. It is based out of Guwahati Assam. We aspire to develop, nurture and grow an environment conducive for positive mental health to take root in society at large.

### Our Vision

*Positive Mental Health & Well being for all*

### Our Mission

*Enable People to "Choose Change"*

**OPERATIONS:** Pan India

### POSITIVE MENTAL HEALTH FOR ALL .....

The effects of the rapid changes in all walks of life brought about by the vast technological advances made by humankind over the last few decades has impacted lifestyle at the individual as well as collective levels. Be it family, society, profession or values these changes makes it all the more necessary to restructure our belief system and look afresh at placing mental and emotional well being alongside physical health and not merely as a far removed corollary of "good physical health".

MIND India has therefore adopted a plan of action primarily focused on **addressing individual issues through Counselling and other well-being related interventions** to usher in positive social change. The organization has provided technical support based on evidence based research inputs so as to build capacity of manpower at different levels for **healing and personal growth** which will in turn enhance **personal effectiveness**.

### Positive mental health is about:

- feeling in control of ourselves
- being able to make rational decisions
- being in touch with our feelings
- being able to form positive relationships
- feeling good about ourselves
- knowing how to look after ourselves

## OUR ACTIVITIES

### UNIT I: DIAGNOSTIC & THERAPEUTIC UNIT

- a. **Counselling, Psychotherapy and Lifestyle Change practices:**
  - ✚ Individual Counselling
  - ✚ Group Therapy
  - ✚ School Mental health programmes
  - ✚ Life Skills Workshops
- b. **Child & Adolescent Mental Health Services (CAMHS):**
  - ✚ IQ and other Psychological Assessments
  - ✚ Counseling and guidance to children, adolescents, Young adults and parents
  - ✚ Auditory training and stimulation
  - ✚ Speech and language intervention
  - ✚ Special education intervention
  - ✚ Referral services
- c. **Career Assessment, Guidance and Individual Counselling Service:**
  - ✚ Psychometric testing for Career Assessment
  - ✚ Individual career counselling.

### UNIT II: MANPOWER DEVELOPMENT UNIT

- ✚ Need based manpower development programmes for government for, corporate and NGOs
- ✚ Standardized Psychometric Assessments for professional & personal effectiveness

### UNIT III: RESEARCH & DEVELOPMENT

- ✚ Data Collection & Analysis
- ✚ Project Work
- ✚ Monitoring & Evaluation programmes
- ✚ Documentation