



SPARK OF LIGHTS  
To brighten your life

# CERTIFICATE COURSE

ON

# UNDERSTANDING BASICS OF MENTAL HEALTH & WELLNESS





*Educate Yourself & Others  
on the  
Most Important Topic of the Hour*

# MENTAL HEALTH & WELLNESS

*6 Weeks Program*





# **COURSE DESCRIPTION**

**This course will introduce students to the fundamental concepts of mental health and wellness. Students will learn about the various mental health disorders, their causes, symptoms, and treatments. They will also be introduced to different wellness techniques, such as mindfulness and meditation, that can be used to improve mental health.**



# LEARNING OUTCOMES

On completion of the course, students will be able to:

- Understand the concept of mental health and its importance.
- Recognize common mental health disorders and their symptoms.
- Understand the various causes and risk factors associated with mental health disorders.
- Explain the different treatments and therapies available for mental health disorders.
- Understand the role of wellness techniques in promoting mental health.
- Apply wellness techniques to improve their own mental health.

# COURSE MODEL

**Week 1:**  
Introduction to  
Mental Health  
and Wellness

**Week 2:**  
Causes and  
Risk Factors

**Week 6:**  
Advocacy  
and Support

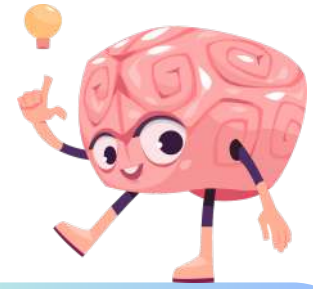
**Week 3:**  
Diagnosis  
and  
Treatment

**Week 5:**  
Applied  
Wellness  
Techniques

**Week 4:**  
Wellness  
Techniques



# COURSE OUTLINE



## Week 1:

### Introduction to Mental Health and Wellness

- Definition of mental health and wellness
- Importance of mental health
- Common mental health disorders

## Week 2

### Causes and Risk Factors

- Biological, psychological, and social factors
- Environmental factors
- Stigma and discrimination

## Week 3:

### Diagnosis and Treatment

- Assessment and diagnosis of mental health disorders
- Types of treatments and therapies available
- Medications and their uses

## Week 4:

### Wellness Techniques

- Introduction to wellness techniques
- Mindfulness and meditation
- Exercise and nutrition

## Week 5:

### Applied Wellness Techniques

- How to incorporate wellness techniques into daily life
- Strategies for managing stress and anxiety
- Self-care practices

## Week 6:

### Advocacy and Support

- Advocacy for mental health
- Community resources and support systems
- The role of family and friends in supporting mental health



# HERE'S WHAT YOU'LL GET

**Expert Training Sessions**

**Lifetime Support from Resource Faculty**

**Certificate & Letter of Recommendation**

**Chance to join Spark of Lights Team**

**Career Support & Counselling**

**Study Material: eBooks, PPTs, videos and other Well-being Resources**

**Chance to win scholarships**

## WHY CHOOSE US ?

- Best National and International Faculty.
- Pioneer in Well-being Programmes
- High Impact Teaching Strategies.
- Experiential Learning.
- Emphasis on Holistic Wellness and Growth.
- Mental Health Support.
- Staff Training Facility
- Modern teaching methods

## A NOTE FROM OUR FOUNDERS



*Sangeeta  
Vashishta*

*At Spark of Lights, our goal is to bring the Well-being Revolution in the country. We want to make skill development and Mental Health an integral part of the education system. We aim to help young adults achieve overall wellness and success in their careers.*



*Aditya  
Vashishta*