

E. Diploma in Psychological Wellbeing for Tamil Nadu

Police Officers

Duration: 6 Months (64 hours)

Commencement of the course: 2 batches per year

Mode: Online

Number of seats: 40 seats per batch

Eligibility: Master Trainers of Police Wellbeing Programme

Fee: INR 1500/-

Department: Department of Psychosocial Support in Disaster Management

F. Diploma in Primary Care Psychiatry for Doctors (DPCP)

Duration: 1 year (100 hours online + 25 hours on-site)

Mode: Hybrid

Number of seats: 10-20 seats per batch

Eligibility: MBBS Doctors with sponsorship from government agencies

Department: Tele Medicine Centre, Community Psychiatry, Department of Psychiatry

G. Diploma in Prison and Correctional Psychiatry for Practising Medical Officers

Duration: 1 year (100 hours online + 25 hours on-site)

Commencement of the course: 2 batches per year

Mode: Hybrid

Number of seats: 10 seats per batch

Eligibility: MBBS Doctors

Department: Tele Medicine Centre, Community Psychiatry, Department of Psychiatry

Who can benefit from the NDA?

State Governments- Large treatment gaps for mental disorders became apparent through the National Mental Health Survey of India, 2016. Since then, NIMHANS has been helping several state governments to improve mental healthcare by developing trained human resources for mental health.

Governments of countries in the South-East Asia region: These courses may be useful in several countries in S-E Asia which face similar shortages of human resources.

Governments of the LAMIC countries- The challenges faced by India in developing and training human resources in mental health care and the learning from digital training can be of use to many LAMIC countries. NIMHANS has the in-house expertise to provide training to other countries and enable them to set up digital training resources.

Healthcare Providers: Interested health professionals can enhance their knowledge and skills in the area of mental health and substance use disorders.



NIMHANS DIGITAL ACADEMY

Diploma Courses



Innovative use of Digital Technologies for Training, Capacity Building and Skill Development to provide quality Mental Health Care

**National Institute of Mental Health and Neuro
Sciences (NIMHANS)
(Institute of National Importance)
Bengaluru, India**



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NIMHANS

The National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, India, is an "Institute of National Importance" through an Act of Parliament (NIMHANS Act, 2012). Its tradition in training goes back to 1954, when the first post-graduate course in psychiatry was established here, along with allied disciplines.

Engagement in public mental health through the National Mental Health Programme

The Institute's mission, in addition to clinical care and training, is to develop standards of care for public health in the area of mental and neurological disorders. The Institute has traditionally followed a multi-disciplinary model of mental health care, with the active involvement of the Departments of Psychiatry, Clinical Psychology, Psychiatric Social Work and Nursing. The Institute has been closely involved with the National Mental Health Programme (NMHP) since its inception in 1982.

Strengthening the District Mental Health Programme

The District Mental Health Program (DMHP), the operational arm of NMHP, was first developed by the NIMHANS team in Bellary, Karnataka. Apart from training doctors, nurses, community health workers, and counsellors, NIMHANS has also been involved in monitoring, reviewing, and strengthening the DMHP.

Use of technology in human resource development

NIMHANS has been leveraging technology to provide clinical services and mental health training. In 2004, NIMHANS became a part of the Telemedicine Trust of Karnataka and started providing services. VKN tele-ECHO began in 2014, focussing on real case discussions, emphasizing best practices and using smartphone app-based video conferences to enhance clinical wisdom and reduce care disparities. In 2016, the Tele Medicine Centre started innovative training using telementoring through Collaborative Video consultations (CVC) and Tele On Consultation Training (Tele-OCT) and many other innovations. It also began reaching out to patients in remote locations through Tele-psychiatric aftercare clinics (TAC) and tele Extended Assessment (TEA) clinics for Video-based Consultations.

The National Tele Mental Health Programme (Tele-MANAS), launched by MoHFW, GoI, on October 10, 2022, has NIMHANS as its Apex Coordinating Center. It offers free 24/7 comprehensive mental health services nationwide.

NIMHANS DIGITAL ACADEMY (NDA)

The NIMHANS Digital Academy (NDA) was launched on June 27, 2018, with the support of the Ministry of Health and Family Welfare, Government of India. It consolidates and expands tele-activities nationwide, as approved on April 30, 2018, under a broader mental health informatics initiative.

The NIMHANS Digital Academy (NDA) mirrors the principles of the NIMHANS Act 2012, Section 13, by emphasizing innovative approaches and utilizing information technology to enhance diagnostic and therapeutic services in mental health and neurosciences. Furthermore, NDA aligns with the objective laid out in Section 31 of the Mental Healthcare Act, 2017, which underscores the government's role in filling gaps in mental health services through collaborative educational and training programs with higher education institutions. These efforts aim to expand the pool of skilled professionals capable of providing mental health interventions, ultimately improving the support available to individuals with mental health challenges.

All the courses offered by the NDA are accredited by the NDA Board of Studies (BOS), and accepted by statutory organisations, in accordance with Section 24 of the NIMHANS Act 2012. Similarly, Section 25 of the NIMHANS Act states that the medical qualifications granted by the Institute are recognized and integrated into the respective acts, including the IMC Act 1956 / NMC Act 2019, the Rehabilitation Council of India Act 1992, the Indian Nursing Council Act 1947, and the University Grants Commission Act 1956.

DIPLOMA COURSES

A. Diploma in Community Mental Health (DipCMH):

Doctors

Duration: 6 Months (60 hours)

Commencement of the course: 2 batches per year

Mode: Online

Number of seats: 40 - 50 seats per batch

Eligibility: MBBS Doctors

Fee: INR 5000/- Govt, INR 15000/- Pvt

Department: Department of Psychiatry

B. Diploma in Community Mental Health (DipCMH):

Psychologists

Duration: 6 Months (16.5 hours)

Commencement of the course: 2 batches per year

Mode: Online

Number of seats: 40 - 50 seats per batch

Eligibility: MSc Psychology

Fee: INR 2500/- Govt, INR 7500/- Pvt

Department: Department of Clinical Psychology

C. Diploma in Community Mental Health (DipCMH):

Social Workers

Duration: 6 Months (60 hours)

Commencement of the course: 2 batches per year

Mode: Online

Number of seats: 40 - 50 seats per batch

Eligibility: MSW

Fee: INR 5000/-

Department: Department of Psychiatric Social Work

D. Diploma in Community Mental Health (DipCMH):

Nurses

Duration: 6 Months (60 hours)

Commencement of the course: 2 batches per year

Mode: Online

Number of seats: 40 - 50 seats per batch

Eligibility: GNM Nurses

Fee: INR 1000/- Govt, INR 1500/- Pvt

Department: Department of Nursing