

Certificate Courses

S.No	Course Name	Duration & Fees	Minimum Requirement for Admission
10	Mental Health Aspects of Violence Against Women	1 month Rs 3000/-	Professionals working in the field of Gender Based Violence at least for a year (counsellors/ lawyers/doctors/nurses/ psychologists/social workers)
11	Mental Health Aspects of Violence Against Women	1 month Funded by the Government of Karnataka	For all stakeholders working in the field of GBV in Karnataka
12	Neurodevelopmental Disorders	3 months (40 hours) INR 3000/- to 8000/-, or 200 USD	Medical officers (MBBS or above) Masters in humanity's Allied or Public health professionals
13	Dementia for General Practitioners	3 months online sessions followed by 6 months of contact Currently no fee	MBBS with or without MD (Medicine)/ MD (Family Medicine)
14	Basic Skills and Applications of Cognitive Behavior Therapy	3 months (46 hours) Rs. 15000/-	2 yr full-time regular M.Phil. in Clinical Psychology from an RCI recognized Institute and Psychiatrists
15	Psychosocial Management of Substance Use Disorders	5 months (30 hours) INR 3000/- to 8000/- or 200 USD In collaboration with Project ECHO	Doctors who have completed Certificate Courses on the Basics of Addiction Management by NDA, Masters in Social Work/Psychology/Humanities
16	Comprehensive Tobacco Cessation Certificate Course (CTCCC)	3 months (30 hours) INR 3000/- to 8000/-, or 200 USD	Counsellors with Bachelor's degree or above (who can write, speak and understand English)
17	Lay Counselling	5 months (30 hours) INR 2000/-	Diploma/Bachelor's from any recognized University with knowledge of Computers and English
18	Motivational Interviewing	5 months (30 hours) INR 3000/- to 8000/-, or 200 USD	Nurses, Psychologists (MA/MSc in Psychology), PSW/MSW or above), Doctors
19	Media and Mental Health	3 months (36 hours) INR 2700/-	Media Professionals and Media Students
20	Suicide Prevention (approved only for Chhattisgarh)	5 months (24 hours) INR 3000/- to 8000/-, or 200 USD	Doctors, Nurses, Psychologists, PSW/MSW, counsellors working in the state

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.



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NIMHANS DIGITAL ACADEMY

Certificate 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)
Bangaluru, India**

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.

Certificate Courses

S.No	Courses Name	Duration & Fees	Minimum Requirement for Admission
1	Basics of Addiction Management	4 months (30 hours) INR 3000/- to 8000/- or 200 USD In collaboration with Project ECHO	Doctors (MBBS/MD/MS/DNB) Masters in humanities Allied or Public health professionals
2	Advanced course in Management of Addictive Disorder	6 months (60 hours) INR 3000/- to 8000/-, or 200 USD In collaboration with Project ECHO	Doctors (MBBS or above) including practicing psychiatrists, MD/DPM/DNB Psychiatry Residents who have completed the online "Certificate Course in Basics of Addiction Management" course, VKN-NDA ECHO
3	Perinatal Mental Health	2 months (40 hours) INR 2500/-	Doctors, including Psychiatrists & Obstetricians, CP, Psychiatric Nurses, PSW
4	Psychotropic Medicines: What a Doctor Should Know?	3 months (30 hours) INR 3000/- to 8000/-, or 200 USD	MBBS degree from a recognized University
5	Primary Mental Healthcare for MBBS Medical Officers	3 months (30 hours) There is no fee for the trainee. This course is currently being offered on request from the State Governments, who will bear the training costs	MBBS degree from a recognized university serving in the Govt. sector.
6	Primary Mental Healthcare for Rural Medical Assistants (RMAs) & AYUSH Medical Officers (AMOs)	3 months (30 hours) There is no fee for the trainee. This course is currently being offered on request from the State Governments, who will bear the training costs	Diploma in Medical Assistant course or BAMS degree from a recognized University
7	Skill Development in Caregivers of Geriatric Mental Health and Dementia (Level 2)	3 months (30 hours) Rs. 3000* *Fees may be exempted if the course is supported by project/sponsorship	10th std
8	Digital Learning and e-Health Masterclass: Beginners to Advanced	3 months (30 hours) INR 3000/- to 8000/-, or 200 USD	Clinicians/Academicians working on Addiction/ Mental health/ Public Health Professionals
9	Social Work Practice in Mental Health Rehabilitation Settings	3 months INR 6000/- payable on selection (non-refundable for three months)	BSW / MSW from a University recognized by UGC and/or practitioners working in Mental Health Rehabilitation settings