



VALUE ADDED COURSE

“Community Mental Health Module for MBBS Undergraduates”

Course Code: VMCCM-01

ORGANISED BY:

Department of Community Medicine,
JSS Medical College,
JSS Academy of Higher Education & Research

Coordinator's Contact

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Eligibility

Medical undergraduate
students including interns

Mode of Teaching

Offline

Duration

16 hours

Dates

12/05/2026 13/05/2026



ABOUT THE COURSE

● NEED/PURPOSE

Often being neglected aspect of Medical Education, creating awareness among MBBS undergraduates, specially on preventive and promotive aspects of mental health at community level is the need of the hour

● LEARNING OBJECTIVES

At the end of completing the Value Added Course, the student will be able to :

1. Describe the current situation of mental health disorders and its impact in India and globally
2. Enumerate the risk factors and warning signs of common mental health disorders
3. Identify the risk factors and warning signs of suicide
4. Describe existing strategies to promote positive mental health in community and reflect upon them
5. Reflect upon essential psycho-social and interpersonal competencies, self-awareness, critical thinking, effective communication, and emotional regulation through Life Skill Based Education

● TEACHING METHODS

The module will be taught through various teaching methods in the form of Lectures, Group discussion, and experiential learning through activities.

● ASSESSMENT

Assessment will be made through MCQ's. Scoring 75% in assessment and attendance of 100% is mandatory for certificate to be issued



TOPICS COVERED



1. **Block I:** Introduction to mental Health
2. **Block II:** Risk factors, and influencers of mental health
3. **Block III:** Initiatives to promote mental health in India
4. **Block IV:** Suicide and it's Prevention
5. **Block V:** Future of mental health, and innovative strategies to promote it

AND

Experiential learning of **Life Skills - Based Education**

It's OK to not be OK and
it's OK to talk about it.
Mental Health Matters!!

 A++	 21st University Category	 SDG-7 AFFORDABLE AND CLEAN ENERGY 2 in WORLD	 Overall 56 in WORLD 3 in INDIA	 ASIA 373 2026 Southern Asia - SA	 Pharmacy & Pharmacology 91 551- 600	 EXCELLENT ★★★★★ Rated for Excellence	 RANKED OVERALL 2026	 801-1000 28 in INDIA	 Medical & Health 601- 800 801-1000	 401-500 57 in INDIA	 251-300 27 in INDIA
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