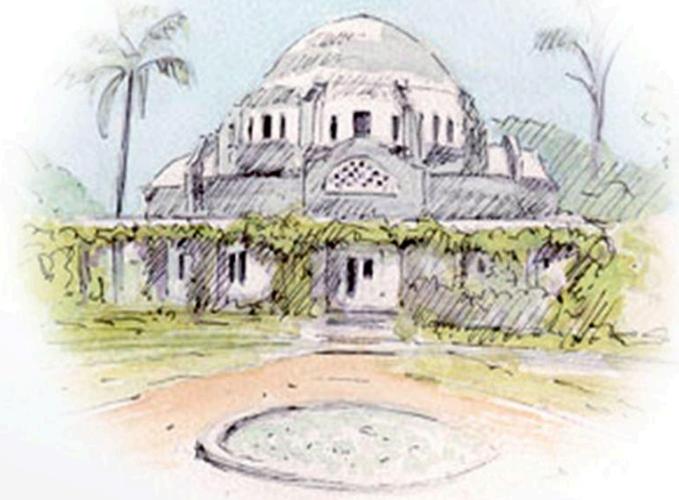


CHRISTIAN MEDICAL COLLEGE
VELLORE, INDIA
DISTANCE EDUCATION UNIT



**Post Graduate Diploma in
Mental Health
(PGDMH)**



PROSPECTUS 2026

PROSPECTUS 2026



**Post Graduate Diploma in
Mental Health
(PGDMH)**

One-Year Blended Learning Distance Education Course

For upskilling MBBS Doctors in Mental health in primary care

ADMISSION TO THIS COURSE IS SUBJECT TO APPLICABLE REGULATIONS BY THE CMC ADMINISTRATION

Admission to CMC VELLORE is through the process described in the prospectus. No fee or donation, or any other payment, is accepted in lieu of admission, other than what has been prescribed in the prospectus.

Therefore, the General Public is cautioned not to be lured by any person/ persons offering admission to any of the courses conducted by CMC. Should any prospective candidate be approached by any person /persons, this may immediately be reported to the law enforcement agencies for suitable action and also brought to the notice of the College at the following address:

Please note: We do not admit students through agents or agencies. The college will not be responsible for any dealings with such a person/persons.

**Distance Education Unit,
Christian Medical College,
Balanilayam, No. 95, Sanjeevipuram,
Bagayam, Vellore - 632 002.
Email: mentalhealth@cmcdistedu.org
Website:<https://courses.cmcdistedu.org/>**

IMPORTANT INFORMATION

The purpose of this course is to impart knowledge and provide skills upgradation for general practitioners in mental health at the primary care level. This is not equivalent to any postgraduate residential courses in psychiatry, such as DPM/MD/DNB. Currently, this course is not affiliated to any university nor recognized by the MCI / NMC.

Kindly note that the PGDMH certificate cannot be used as a post-nominal designation.

1. PREAMBLE

The latest national mental health survey (2016) suggests that 10% of India's population (about 120 million people) is struggling with various common mental disorders, such as depression and anxiety, while 0.8% (about 10 million people) have severe mental disorders, such as psychosis and bipolar disorder. India also bears the burden of having the highest number of suicides in the world, and an ever-increasing crisis of addictions. To deal with this massive problem, the country has barely 4000 psychiatrists, and most of them work in urban areas (especially in the south) or in academic institutions. Whole districts exist without a single trained psychiatrist. It is impossible for this small group of trained professionals with NMC/ MCI-recognised degrees to meet the mental health needs of this vast country. In addition, the current undergraduate MBBS curriculum gives little emphasis to this major health care sector, which is soon predicted to become the leading cause of health-related morbidity worldwide. Therefore, there is an urgent need to empower practicing general and family medicine practitioners with the skills to identify and handle mental health issues in their practice. With this one-year blended learning distance education program in mental health, we can help to increase the pool of trained primary care manpower in the country so as to deliver accessible, quality care to patients struggling with mental health issues.

This one-year program uses principles and best practices of the field of distance education, thereby making learning both stimulating and interesting. The course provides a mix of interactive online self learning modules, discussion forums, live online teaching and learning sessions, onsite contact program and project work. The course focuses on upskilling in mental health skills at the primary care level with a strong emphasis on ethics, values, social responsibility and teamwork. This empowers learners to be confident first points of contact for addressing mental health issues as they present in primary care.

2. ELIGIBILITY CRITERIA

This course is open to Indian and International applicants

- All candidates must possess a valid MBBS degree certificate (in India) or MBBS equivalent degree certificate (in other countries). (Provisional MBBS certificates shall not be considered/accepted). Candidates possessing higher degrees, diplomas, or fellowships can also apply.
- Candidates residing in India must possess a valid MCI/ NMC/ State Medical Council registration.
- International candidates/Non-Resident Indians should be registered with the appropriate accrediting bodies in their country of practice.
- All candidates must bring along a non-MBBS graduate in any field who has an interest in mental health work. The graduate degree holder must possess a valid degree certificate and should be comfortable in written and spoken English.

- The MBBS doctor is the primary applicant for this course, but must apply for this course as a team along with a non-MBBS graduate (who will be referred to as “Mental Health Worker” henceforth). **Neither the MBBS doctor nor the Mental Health Worker can apply independently for this course.**
- In case the MBBS Doctor or the Mental health worker had previously enrolled for any of the other distance courses run by the Distance Education Unit (DEdu), CMC Vellore, it is mandatory that the candidate must have fulfilled all requirements and graduated from the previously enrolled course before applying for PGDMH. A candidate cannot be enrolled simultaneously in more than one course run by the Distance Education Unit, CMC Vellore.

Applicants, please note that the above criteria are mandatory for admission to the course.

3. MAXIMUM INTAKE OF STUDENTS ANNUALLY

Max pairs per batch (intake) = **40 pairs** (40 doctors + 40 Mental health worker MHW)

4. COURSE DURATION: One Year

This is a one-year ‘blended learning course’ involves :

- Self-paced self-learning
- periodic live sessions
- One online contact program
- One Onsite contact program

5. COURSE OBJECTIVES

Knowledge and skills to be acquired by the student on completion of the course

A. Content of the course

- Basic sciences: Basic clinical neurosciences and applied psychology
- Normal human development
- Common neurological problems: Epilepsy, headache presentations, movement disorders
- Psychiatric presentations and their management: Delirium, dementia, other organic mental disorders, psychosis, bipolar disorder, depression, neurotic and stress-related disorders, sleep disorders, eating disorders, human sexuality & dysfunctions, developmental disorders.
- Alcohol and drug detoxification and deaddiction
- Basic counseling/psychotherapy concepts and skills
- Community mental health, rehabilitation and recovery
- Legal and ethical aspects of mental health in primary care

B. Skills

Doctor (MBBS graduate)

- To be able to take a psychiatric and psychosocial history
- To be able to do a neurological examination
- To be able to do a mental status examination
- To be able to identify psychiatric presentations and common neurological problems in general practice
- To be able to devise a comprehensive management plan and communicate this to the patient and relatives
- To be able to do basic non-pharmacological strategies to manage patients with mental health issues
- To be able to prescribe psychotropic drugs rationally when required
- To be able to plan adequately for follow-up, rehabilitation and recovery
- To be able to plan out preventive and promotive strategies for mental health issues in the community

Mental health worker MHW (non-MBBS graduate)

- To be able to screen for and identify major psychiatric presentations, epilepsy and developmental disorders in the community
- To be able to provide psychoeducation, supportive therapy, and organize rehabilitation strategies for patients with chronic mental disorders
- To be able to conduct motivational interviewing and relapse prevention strategies for substance dependence.
- To be able to provide basic counseling services
- To be able to organize basic crisis intervention services
- To be able to organize community-based mental health services and follow up. To be able to plan out preventive and promotive strategies for mental health in the community

C. Establishment of a primary care mental health team

One of the core objectives of this course is to create primary care mental health teams. It is for this reason that every doctor has been asked to enroll, along with another Non-MBBS graduate. To achieve the goal of creating mental health teams, the course has been specifically designed to foster team building. Course materials have been appropriately designed to meet the learning needs of both the doctors and the mental health workers.

Non-pharmacological strategies, which are time-consuming, are very important in the management of mental health problems. These can be effectively administered by appropriately trained non-doctor graduates as well. Therefore, an integrated management plan that involves a doctor and a mental health worker will greatly benefit patients in primary care settings where specialist care is scarce or unavailable.

6. SELECTION PROCESS

Weightage in selection will be given to

- Women candidates. (Minimum 40%)
- Those in practice for over 5 years
- Those working in Christian Mission Hospitals (**Annexure I**), rural practice and in areas of need (**Annexure II**)
- Those with a passion for setting up mental health services in their work areas

*Candidates from Mission hospitals and the area of need must furnish a letter from the head of the hospital/Institution as per the format given in (**Annexure III**)*

There is no Entrance Test. The selection process is based on the above guidelines.

Note: - The final selection of all qualified candidates is at the discretion of the Selection Committee. Any attempt by the candidate or their relatives to influence the admission process can lead to the disqualification of the candidate

7. COURSE COMPONENTS

- Self-paced self-learning interactive online modules
- Module Online Interactive Sessions - one live online teaching session after each module
- Online discussion forums
- Online assignments after each module
- One online 'Contact Programs' - periods of intensive interactive online live teaching and learning sessions using the flipped classroom methodology
- One contact program of six days (at a mission hospital) for developing the core clinical skills in mental health and exposure to community Mental health work.
- Project Work

7.1 Self-paced self-learning components

The content of the course is designed in the form of interactive online self-learning modules. These are released at periodic intervals to facilitate self-paced learning. There will be MCQ format quizzes ('assignments') released after each module to test learning. Discussion forums are available to further clarify concepts and interact with other learners and the teaching team.

Self-learning modules will cover the following:

→ Introduction to Mental Health

- ◆ Major presentations in psychiatry
- ◆ Introduction to treatments
- ◆ Normal human development through life cycle

→ Basic sciences of mental health

- ◆ Applied neuroscience for primary care
- ◆ Applied psychopharmacology for primary care
- ◆ Basic psychodynamic principles in general practice (individual and family dynamics)
- ◆ Learning theory and cognitive-behavioural principles in general practice
- ◆ Culture, religion and mental health
- ◆ Mental health and the community

→ Consultation and psychotherapy skills

- ◆ Consultation skills
- ◆ Psychiatric history and mental status examination
- ◆ Wholistic assessment and problem-solving approach
- ◆ Psycho-education
- ◆ Supportive psychotherapy
- ◆ Basic cognitive-behavioural strategies for common mental disorders
- ◆ Basic behavioural strategies for developmental disorders

→ Organic mental disorders and primary care neurology

- ◆ Delirium
- ◆ Dementia
- ◆ Other organic mental disorders
- ◆ Epilepsy
- ◆ Headache syndromes
- ◆ Movement disorders

→ Dependence

- ◆ Dependence: Introduction
- ◆ Motivational counseling and relapse prevention strategies
- ◆ Alcohol-related disorders
- ◆ Opioid and other drugs
- ◆ Behavioural addictions

→ **Severe mental disorders**

- ◆ Psychosis
- ◆ Bipolar Disorder
- ◆ Psychosis in general medical conditions
- ◆ Rehabilitation and recovery

→ **Common mental health conditions**

- ◆ Depression and anxiety in primary care
- ◆ Obsessive-compulsive disorder
- ◆ Stress-related disorders
- ◆ Medically unexplained symptoms
- ◆ Other neurotic disorders
- ◆ Suicide in general practice
- ◆ Personality disorders in general practice

→ **Disorders related to physiological disturbances & physical factors**

- ◆ Eating disorders
- ◆ Sleep-related disorders
- ◆ Human sexuality & disorders
- ◆ Women's mental health

→ **Childhood and Developmental Disorders**

- ◆ Mental Retardation
- ◆ Autism spectrum disorders
- ◆ Other neurodevelopmental disorders (specific learning disabilities, ADHD, enuresis, etc.)
- ◆ Psychiatric disorders in children and adolescents (disruptive behaviour disorders, tics, depression & anxiety in childhood, childhood psychosis)

→ **Special areas in mental health**

- ◆ Mental health as part of general practice
- ◆ Community Mental Health
- ◆ Old age mental health
- ◆ Mental health and Palliative care
- ◆ Mental health and the law
- ◆ Ethics and mental health

7.2 Live interactive sessions

End of Module Online Interactive Sessions

At the end of each online module, there will be an interactive online live session to consolidate the learning from that module and apply concepts using patient discussions. These sessions will be monthly half-day sessions (excluding the contact program periods).

Online Contact Programs (CP1)

There will be 1 Online contact program. This is a period of intensive interactive online live teaching and learning sessions using the flipped classroom methodology. This would consist of 8 half-day teaching sessions spread over 2 weeks (3.5 hours X 8 = 28 hours). This contact program will take place after the completion of the first three online modules.

One Onsite contact program (CP2)

The Onsite contact program will be held towards the end of the course in a secondary Hospital (Part of the CMC network).

The objectives of CP2 is to: -

1. Impart a vision to practice ethical, rational and evidence-based medicine
2. Obtain a strong overview of the principles of mental health care
3. Motivate the practice of holistic mental health care in the primary care setting
4. Augment relevant theory knowledge and hone clinical skills
5. Discuss broad clinical approaches in mental health care
6. Provide formative assessment through face-to-face interactions, review tests and reflective log books
7. The final exam, theory and practical will be conducted during the onsite CP.
8. The contact programs focus on participatory learning involving a wide range of teaching methods employed by the facilitators. These focus on exploring the skills and attitudes required to practice high-quality mental health care through demonstrations, interactive lectures, small group discussions, role plays, debates, as well as individual and group presentations. The students will observe consultants in the hospital, outpatient and community-based settings, discuss patient scenarios, and also have a structured teaching program to transfer skills. Group discussions and role plays will be arranged to present concepts pertaining to ethics, communication skills and other aspects of professionalism.

Note: CP 2 Centre allocation will be allocated by DEdu

Note: 100% attendance by both team members in the contact programs is mandatory for course completion.

In order to be eligible to attend

- CP1, both team members must successfully complete all the online assignments till module 3.
- CP2 Both team members must successfully complete all the remaining assignments as well as the project. Contact programs must be attended sequentially in order (i.e. CP2 can only be attended after attending CP1)

2.1 List of Skills taught during the contact program

Clinical Skills

1)	Consultation and communication skills
2)	History taking in psychiatry
3)	Mental Status examination
4)	Quick neuro examination (only for doctors)
5)	Holistic assessment of patients
6)	Talking with and assessing psychotic/suicidal/depressed/anxious/grieving/angry patients
7)	Managing violent patients
8)	Breaking bad news
9)	Using PHQ-9 scale for assessing depression
10)	Using Abnormal Involuntary Movements Scale (AIMS) (only for doctors)
11)	Assessing alcohol withdrawal using CIWA-Ar scale (Clinical Institute Withdrawal Assessment Scale)
12)	Assessing spiritual history
13)	Dealing with different magico-religious belief systems
14)	Explaining mind-body relations
15)	Dealing with medically-unexplained symptoms
16)	Prescribing and monitoring psychotropic drugs (only for doctors)
17)	Follow-up of chronic mental illness
18)	Home-based follow-up
19)	Organising mental health clinics
20)	Handling non-compliance

2.2 Psychotherapy Skills

1)	Psychoeducation
2)	Understanding transference and countertransference
3)	Recognising and dealing with resistance in therapy
4)	Supportive psychotherapy (including grief management)
5)	Coping skills training
6)	Sleep hygiene techniques
7)	Basic behavioural analysis
8)	Cognitive diary
9)	Family interventions and assessment
10)	Group interventions
11)	Motivational interviewing
12)	Crisis intervention

8. ASSESSMENTS

The assessments are both formative and summative. These assessments are essential for course completion. Both the doctor and the mental health worker would be required to complete these assessments.

8.1. Formative Assessments:

1. **Assignments:** Every online module will be followed by assignments consisting of MCQ format online quizzes. These assignments are to be submitted periodically before the due dates.
2. **Discussion Forum** There will be an online discussion forum with different interactive components, such as, clinical vignettes and pertinent questions regarding a specific topic. Participation in these discussion forums is an integral part of the formative assessment.
3. **Team dynamics and participation** - Each team will be assessed based on their active participation in various course components including discussion forum, live online teaching sessions, practice sessions and the contact programs.
4. **Review Tests** during the Contact Programs.

8.2. Summative Assessments:

- **Project work:** The team of the doctor and the mental health worker is required to complete a project together in order to be eligible to graduate. The project work is designed to help the student team to apply their learning to real-world practical contexts that they will have to work together in.
- **Final summative assessment:** This includes both a theoretical and a practical component and will be conducted at the end of the 2nd Contact Program.

9. CRITERIA FOR THE AWARD OF PGDMH:

A candidate should fulfill the following criteria for the successful completion of the course. Both doctor and mental health worker would have to pass in order for the pair to complete the course successfully.

50% IN SUMMATIVE ASSESSMENT	50% IN FORMATIVE ASSESSMENT	50% IN PROJECT WORK	100% ATTENDANCE IN MONTHLY ONLINE SESSIONS, CP1 & CP2
-----------------------------	-----------------------------	---------------------	---

Both the doctor and MHW should pass individually in order for the certificate to be awarded. The doctor will be awarded PGDMH, and the MHW will be awarded a certificate as a Mental Health Worker.

10. ALUMNI ENGAGEMENT

Student teams who graduate will have the opportunity to become part of the PGDMH alumni community with access to the modules and various opportunities to engage with the teaching team and other alumni.

11. COURSE FEE (Doctor plus Associate)

Total Course Fees for Indian citizens residing and working in India:

- Application fees INR 1,000/- (Indian Rupees One Thousand)
- Course Fee: Rs. INR 1,00,000/- (Indian Rupees One Lakh only)

SAARC Nationals (Except India) residing and working in SAARC Countries

- Application Fee: US \$30 (US Dollars Thirty only)
- Course Fee: US \$1600 (US Dollars One Thousand Six Hundred only)

Foreign nationals and Non-Residential Indians

- Application Fee: US \$60 (US Dollars Sixty only)
- Course Fee: US \$2600 (US Dollars Two thousand Six Hundred only)

Fee Breakup

S.No	Description	Indian (INR)	SAARC (USD)	Foreign / NRI (USD)
1	Study Material Cost (online material, videos, Contact program materials)	45,000	585	1170
2	Tuition fees	40,000	520	1040
3	Administrative cost	15,000	195	390
	Total course fees (for Doctor plus Associate)	1,00,000	1,300	2,600

Application fee and course fee, once paid, will not be refunded for any reason.

Convocation Fee: A separate convocation fee is to be paid after successful completion of all course components in order to receive the course Certificate.

Scholarships: - Scholarships are available for candidates who might need financial assistance. Further information can be obtained by sending an email to mentalhealth@cmcdistedu.org

11. SUBMISSION OF APPLICATION

ONLINE APPLICATION PROCESS

Applications for the PGDMH course are available online on the College Admissions webpage (<http://courses.cmcdistedu.org/index.html#pgdmh>).

The application has to be submitted with a **non-refundable application fee**.

To apply, click on the link <http://courses.cmcdistedu.org> and ensure that all fields are filled completely.

The following are required to be uploaded along with the application form.

1. SOFT COPY OF PHOTOGRAPH

- The photograph must be in colour and **must be taken in a professional studio**. Photographs taken using a Mobile phone and other self-composed portraits are NOT acceptable.
- The photograph must be taken against a white or very light background.
- The image should be in jpg, jpeg, or png format with specifications - width 3.5 x 4.5 cm and less than 250 KB.

2. SOFT COPY OF CERTIFICATES

Scanned copy of the certificates that are to be uploaded includes the following:

For MBBS doctor:

- MBBS degree certificate/equivalent Medical degree certificate (mandatory)
- NMC or State Medical Council Registration Certificate (Indian candidates)/other relevant
- Medical License (for SAARC/NRI/Foreign candidates) (mandatory)
- Other higher education certificates (MD or DNB) if applicable
- NMC Screening test certificate (For Indian candidates who have completed MBBS abroad)
- Scan the certificates using a scanner at 200 pixels per inch (dpi).
- Ensure that the PDF file size is between 50KB and 500 KB.
- ONLY PDF files will be accepted.
- SAARC/NRI/ Foreign nationals need to submit a scanned copy of their passport. NRI candidates need to submit a copy of their visa page stamped on the passport.

For Non-MBBS Graduates:

- Scanned copy of your degree Certificate
- Scanned copy of your passport size photo
- Scanned copy of your signature
- Scanned copy of certificate of any distance course run by the Distance Education Unit of CMC Vellore that you have done (If applicable)

Mode of Payment

Online payment: Use a Credit/Debit card / Net banking / UPI

When using an online payment, if the transaction is not successful, but the amount is debited from your account, please wait for two working days. The transaction is likely to be completed during this period.

If the transaction is not complete within this period, please contact us at forms@cmcdistedu.org .

Please note that your payment will be acknowledged within 24 hours after your transaction.

Payment mode for SAARC/NRI/Foreign nationals:

The payment can be done through the wire transfer mode. After submission of the application form you will be redirected to the page where you can download the wire transfer documents. The currency exchange rate shall be the market rate on the date of payment. Please acknowledge us back with your payment document with transaction details through email.

**FOR ANY CLARIFICATION, PLEASE CONTACT THE DISTANCE EDUCATION UNIT
OFFICE**

Email: info@cmcdistedu.org, Phone: +91 (416) 2285590

**N.B.: THE INFORMATION PROVIDED ON THE APPLICATION FORM WILL BE TAKEN
AS FINAL.**

NO CHANGES WILL BE PERMITTED

ANNEXURE I

List of sponsoring bodies and churches of the CMC Vellore Council

1. Andhra Evangelical Lutheran Church
2. Baptist Church of Mizoram
3. Chaldean Syrian Church of the East
4. Christian Assemblies in India
5. Church of North India, Nagpur Diocese
6. Church of North India Synod – The Synodical Board of Health Services
7. C.S.I. Coimbatore Diocese
8. C.S.I. Dornakal Diocese
9. C.S.I. Kanyakumari Diocese
10. C.S.I. Karnataka Diocese Inter Diocesan Medical Board
11. C.S.I. Madras Diocese
12. C.S.I. Madhya Kerala Diocese
13. C.S.I. Madurai – Ramnad Diocese
14. C.S.I. Medak Diocese
15. C.S.I. North Kerala Diocese
16. C.S.I. Rayalaseema Diocese
17. C.S.I. South Kerala Diocese
18. C.S.I. Trichy – Tanjore Diocese
19. C.S.I. Tirunelveli Diocese
20. C.S.I. Vellore Diocese
21. Council of Baptist Churches in North East India
22. Council of Christian Hospitals
23. Eastern Regional Board of Health Services
24. Emmanuel Hospital Association
25. Evangelical Lutheran Church in Madhya Pradesh
26. India Evangelical Lutheran Church
27. Inter Ashram Fellowship
28. Khasi Jaintia Presbyterian Assembly
29. Malankara Jacobite Syrian Orthodox Church
30. Malankara Orthodox Syrian Church Catholicate of the East
31. Marathi Mission
32. Marthoma Syrian Church of Malabar
33. Mennonite Medical Board of the Mennonite Church in India
34. Methodist Church in India
35. Mizo Presbyterian Church Synod
36. North Bank Baptist Christian Association
37. Poona Christian Medical Association
38. The Salvation Army India South Eastern Territory
39. The Salvation Army India South Western Territory
40. Southern Asia Division of Seventh-day Adventists
41. Tamil Evangelical Lutheran Church
42. U.P. Regional Board of Health Services
43. The Leprosy Mission
44. International Mission Board, Southern Baptist Convention
45. United Mission to Nepal

Annexure II

I Definition of Mission Hospitals:

- Hospitals under Sponsoring bodies and churches of CMC Vellore Council
- Hospitals under Christian Organizations/institutions not mentioned in Annexure I
- Hospitals under Catholic Organizations/institutions

II Definition of “Areas of need”:

Category Sub-type	Description of the area of need
1 A	Doctors presently working / have worked in these specified states: Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland, Sikkim, Tripura, Odisha, Andaman & Nicobar Islands, Uttar Pradesh, Uttarakhand, Madhya Pradesh, Chhattisgarh, Bihar, Jharkhand, Jammu & Kashmir, Himachal Pradesh, Rajasthan, Lakshadweep
1 B	Doctors presently working / have worked in Government /Quasi Government (including Armed Forces etc.)
1 C	Doctors presently working / have worked Registered NGO hospitals (includes NGOs working with need-based health spheres such as HIV home care, palliative care, geriatrics, disabilities etc. or involved in tribal /rural work/work in slums)

ANNEXURE - III

Letter from head of Hospital to be provided as per format given below:

Letter from the head of the Hospital to be provided as per the format given below:

Format of Certification to be filled by the Head of the Hospital / Institution for work in Mission Hospital / Areas of need (to be issued on the Hospital / Institution letterhead)

This is to certify that the son/daughter of _____ has worked/is working in this hospital/institution from _____ to _____.

Name

Signature

One paragraph about the hospital, its vision, mission, infrastructure, and details of the type of work done by the hospital to be included.

Feedback from some of our PGDMH alumni ...

This course is very informative and need of the hour to work on mental health practice as a primary care level. As I am working in a govt set up at primary and community health centre where lot of mental health disease burden is there which need to be resolved at that level to cut short the referral to secondary and tertiary care level and reduce the difficulties of patients who are suffering from mental diseases. As a primary care doctor after learning mental health skills I am now competent to identify and manage the mental health disease at primary care level .

Dr. Vinod Kumar, 2018 batch, Gujarat

As I work in a secondary level mission hospital, I could see a huge load of patients with mental health issues coming to our OPDs daily. Since few years, our hospital lacks the services of a psychiatrist to address this need. This course helped me to fill in this gap and is enabling me to provide 'whole person care', with less referrals to distant and expensive tertiary hospitals. This course is also helping me and my colleague Mr Raj Kamal (MHW), to cater to the needs of patients who visit the outreach clinics run by our Community Health Department under the "SHIFA Mental Health Project".

Dr. Samuel Barnabas Sikha, 2018 batch, Uttarakhand

This course not only gave me the necessary knowledge and skills to confidently diagnose and treat various psychiatric illnesses but also introduced me to this revolutionary concept of community mental health and inspired me to take it up. I have become a better doctor, a better person, a better teammate and a better mental health advocate after this course. CMC Distance education department's work culture has really transformed my whole attitude towards work and life. I run a 30 bedded rural hospital, and I am happy that I am contributing to the betterment of India's mental health scenario now.

Dr. Gaurav Kumar, 2018 batch, Bihar

Without any clinical background, I'm now capable of identifying, assessing and addressing mental disorders after attending PGDMH. The course material is so easy and interesting, I've been able to train our hospital staff about the basics of mental health and screening to identify mental disorders. As a team, we've treated 40 psychiatric patients and educated 150 school students about mental health stigma through PGDMH community project. I'm glad to have joined this course which has made me more empathetic towards mental illnesses.

Ms. Snehal Jayant Joshi, 2018 batch, Bihar

Working with youth and the community for many years, I have frequently encountered mental health challenges. At times, it was difficult to understand the root of these issues or know how best to handle them. However, after joining the Post Graduate Diploma in Mental Health course, I gained a much deeper understanding of mental health. The knowledge I acquired has helped me recognize the significance of maintaining a healthy mental state and has equipped me with the skills to better support others. This course has been a transformative experience, enhancing both my personal growth and my ability to serve the community.

Dr. Karan Singh, 2023 Batch, Uttar Pradesh



Anything given in the Master's hand multiplies

