

CLASSES -PGDMH-JULY 2024 BATCH
SOSS, IGNOU

MPC 051: Fundamentals of Mental Health

MPC 052: Mental Disorders

MPC 053: Mental Health in Special Areas

MPC 054: Services for the Mentally Ill

MPCA 055: Internship

| Sl. No. | Date | Google Meet Link | Resource person | Topic |
|----------------|--|--|------------------------|--|
| 1 | 5.2.2025 Wednesday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof Swati Patra | MPC 051 Block 1: Concept of mind (2 Hr.) |
| 2 | 6.2.2025 Thursday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Saloni Arora | MPC 051 Block 2: Schools of Psychology Unit 2: Biological theories Unit 4: Psychoanalytical and related theories (2 Hrs.) |
| 3 | 7.2.2025 Friday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Saloni Arora | MPC 051 Block 2: Schools of Psychology Unit 1: Behavioural theories Unit 3: Humanistic and existential theories (2 Hrs.) |
| 4 | 8.2.2025 Saturday 9 – 11 a.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Megha Sharma | MPC 051 Block 3: Normality and Abnormality (2 Hrs.) |
| 5 | 9.2.2025 Sunday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof. Swati Patra | MPC 051 Block 4: Family, Culture and Mental Health (2 Hr.) |
| 6 | 10.2.2025 Monday | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Megha Sharma | MPC 052 Block 1: Classification of |

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| | 9 – 11 a.m. | | | Mental Disorders Unit 1: Classification Unit 4: Neurotic disorders (2 Hrs.) |
| 7 | 12.2.2025 Wednesday 2 – 4 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Aditi Bansal | MPC 052 Block 2: Epidemiology and Prevalence of Mental Disorders (2 Hrs.) |
| 8 | 13.2.2025 Thursday 2 – 4 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Aditi Bansal | MPC 052 Block 3: Clinical manifestations Course and Outcome of Mental Disorders (2 Hrs.) |
| 9 | 21.2.2025 Friday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof. Swati Patra | MPC 053 Block 1: Mental Health in Special Population Unit 1: Child and adolescent mental health Unit 2: Old age and mental health (2 Hrs.) |
| 10 | 22.2.2025 Saturday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Dr. Sunita Devi | MPC 053 Block 1: Mental Health in Special Population Unit 3: Women and mental health Unit 4: Marriage and mental health Block 2: Specific Issues on Mental Health Unit 3: Problems related to sex (2 Hrs.) |
| 11 | 23.2.2025 Sunday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Dr. Sunita Devi | MPC 053 Block 2: Specific Issues on Mental Health |

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| | | | | Unit 1: Deliberate self harm and suicide Unit 2: Problems related to school (2 Hrs.) |
| 12 | 24.2.2025 Monday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof. Swati Patra | MPC 053 Block 2: Specific Issues on Mental Health Unit 4: Problems related to work area (2 Hrs.) |
| 13 | 25.2.2025 Tuesday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Nidhi Gupta | MPC 053 Block 3: Developmental Disorders Unit 1: Mental Retardation Unit 2: Specific learning disabilities (2 Hrs.) |
| 14 | 28.2.2025 Friday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Nidhi Gupta | MPC 053 Block 3: Developmental Disorders Unit 3: Other learning disabilities Unit 4: Assessment and certification Unit 5: Rehabilitation (2 Hrs.) |
| 15 | 1.3.2025 Saturday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Prerna Dixit | MPC 053 Block 4: Addictions (2 Hrs.) |
| 16 | 2.3.2025 Sunday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Dr. Pooja Sharma | MPC 054 Block 1. Rights and laws related to mental illness (2 Hrs.) |
| 17 | 3.3.2025 Monday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Dr. Pooja Sharma | MPC 054 Block 2: Mental Health Services |

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| | | | | (2 Hrs.) |
| 18 | 4.3.2025 Tuesday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Prerna Dixit | MPC 052 Block 1: Classification of Mental Disorders Unit 2: Schizophrenia Unit 3: Mood disorders (2 Hrs.) |
| 19 | 5.3.2025 Wednesday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Ms. Prerna Dixit | MPC 052 Block 4: Identification and Assessment of Mental Disorders (2 Hrs.) |
| 20 | 6.3.2025 Thursday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Swati Gaur | MPC 054 Block 3: Psychological Therapies Unit 3: Cognitive therapies Unit 4: Anger and stress management, Crisis intervention |
| 21 | 10.3.2025 Monday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof. Swati Patra | MPC 054 Block 3: Psychological Therapies Unit 1: Counselling and guidance Unit 2: Psychotherapy (2 Hrs.) |
| 22 | 11.3.2025 Tuesday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof. Swati Patra | MPC 054 Block 4: Future Direction (2 Hrs.) |
| 23 | 12.3.2025 Wednesday 6 – 8 p.m. | Google meet link: https://meet.google.com/nkg-ewww-fhe | Prof. Swati Patra | MPCA 055: Internship (2 Hrs.) |