



# Certification Course On "Mental Well Being"



**Resource Person - Ms. Renu**

**Date - 10th October 2022 to 29 November 2022**

**Toll Free : 1800 103 3797 | [www.mangalmay.net.in](http://www.mangalmay.net.in)**

**Plot No. 8 & 9 Knowledge Park -II, Greater Noida, Delhi-NCR, India**



## **SYLLABUS**

### **Certification Course on “Mental Well Being”**

**Duration: 30 Hours**

Module 1: Introduction to Mental Well-being (2 hours)

- Understanding mental health vs. mental illness
- Factors influencing mental well-being
- Importance of mental well-being in daily life

Module 2: Stress Management (4 hours)

- Understanding stress and its impact on mental health
- Identifying stressors in personal and professional life
- Stress management techniques:
  - Relaxation techniques (breathing exercises, progressive muscle relaxation)
  - Time management and prioritization
  - Mindfulness and meditation

Module 3: Emotional Regulation (4 hours)

- Recognizing and understanding emotions
- Coping with negative emotions
- Developing emotional resilience
- Techniques for emotional regulation:
  - Cognitive-behavioral strategies
  - Expressive writing
  - Self-compassion exercises

Module 4: Building Resilience (4 hours)

- Understanding resilience and its importance in mental well-being
- Identifying personal strengths and resources
- Developing resilience skills:
  - Problem-solving techniques
  - Positive reframing
  - Social support networks



Module 5: Healthy Relationships (4 hours)

- Importance of healthy relationships for mental well-being
- Communication skills in building and maintaining relationships
- Boundaries and assertiveness
- Conflict resolution strategies

Module 6: Self-care Practices (4 hours)

- Importance of self-care for mental well-being
- Physical self-care: nutrition, exercise, sleep hygiene
- Psychological self-care: relaxation, hobbies, leisure activities
- Setting boundaries and saying no

Module 7: Mindfulness and Well-being (4 hours)

- Understanding mindfulness and its benefits for mental well-being
- Practicing mindfulness in daily life:
  - Mindful eating
  - Body scan meditation
  - Mindful walking
- Integrating mindfulness into daily routines

Module 8: Seeking Help and Support (4 hours)

- Recognizing when to seek professional help
- Overcoming barriers to seeking help
- Accessing mental health resources:
  - Counseling and therapy options
  - Hotlines and helplines
  - Online support communities



**Schedule of Certification Course on “Mental Well Being”**

**Duration:30 hours**

<b><u>Sl. No.</u></b>	<b><u>Resource Person</u></b>	<b><u>Topic Covered</u></b>	<b><u>Date &amp; Time</u></b>
1	Ms. Renu	<ul style="list-style-type: none"><li>• Understanding mental health vs. mental illness</li><li>• Factors influencing mental well-being</li></ul>	14 <sup>th</sup> November,2022 3:00pm.-4:00p.m.
2	Ms. Renu	<ul style="list-style-type: none"><li>• Importance of mental well-being in daily life</li></ul>	15 <sup>th</sup> November,2022 3:00pm.-4:00p.m.
3	Ms. Renu	<ul style="list-style-type: none"><li>• Understanding stress and its impact on mental health</li></ul>	16 <sup>th</sup> November,2022 3:00pm.-4:00p.m..
4	Ms. Renu	<ul style="list-style-type: none"><li>• Identifying stressors in personal and professional life</li></ul>	17 <sup>th</sup> November,2022 3:00pm.-4:00p.m.
5	Ms. Renu	<ul style="list-style-type: none"><li>• Stress management techniques:<ul style="list-style-type: none"><li>• Relaxation techniques (breathing exercises, progressive muscle relaxation)</li></ul></li></ul>	18 <sup>th</sup> November,2022 3:00p.m.-4:00p.m.
6	Ms. Renu	<ul style="list-style-type: none"><li>• Time management and prioritization</li><li>• Mindfulness and meditation</li></ul>	21 <sup>st</sup> November,2022 3:00p.m.-4:00p.m.



7	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Recognizing and understanding emotions</li><li>● Coping with negative emotions</li></ul>	22 <sup>nd</sup> November,2022 3:00p.m.-4:00p.m..
8	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Developing emotional resilience</li></ul>	23 <sup>rd</sup> November,2022 3:00p.m.-4:00p.m..
9	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Techniques for emotional regulation:<ul style="list-style-type: none"><li>● Cognitive-behavioral strategies</li></ul></li></ul>	25 <sup>th</sup> November,2022 3:00p.m.-4:00p.m..
10	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Expressive writing</li><li>● Self-compassion exercises</li></ul>	28 <sup>th</sup> November,2022 3:00p.m.-4:00p.m.
11	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Understanding resilience and its importance in mental well-being</li></ul>	29 <sup>th</sup> November,2022 3:00p.m.-4:00p.m.
12	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Identifying personal strengths and resources</li></ul>	30 <sup>th</sup> November,2022 3:00p.m.-4:00p.m.
13	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Developing resilience skills:<ul style="list-style-type: none"><li>● Problem-solving techniques</li></ul></li></ul>	1st December ,2022 3:00p.m.-4:00p.m.
14	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Positive reframing</li><li>● Social support networks</li></ul>	2 <sup>nd</sup> December,2022 3:00p.m.-4:00p.m.
15	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Importance of healthy relationships for mental well-being</li></ul>	5 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.



16	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Communication skills in building and maintaining relationships</li></ul>	6 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
17	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Boundaries and assertiveness</li></ul>	7 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
18	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Conflict resolution strategies</li></ul>	8 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
19	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Importance of self-care for mental well-being</li></ul>	9 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
20	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Physical self-care: nutrition, exercise, sleep hygiene</li></ul>	12 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
21	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Psychological self-care: relaxation, hobbies, leisure activities</li></ul>	13 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
22	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Setting boundaries and saying no</li></ul>	14 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
23	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• Understanding mindfulness</li></ul>	15 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
24	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>• its benefits for mental well-being</li></ul>	16 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.



25	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Practicing mindfulness in daily life:<ul style="list-style-type: none"><li>● Mindful eating</li></ul></li></ul>	19 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
26	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Body scan meditation</li><li>● Mindful walking</li></ul>	20 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
27	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Recognizing when to seek professional help</li></ul>	21 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
28	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Overcoming barriers to seeking help</li></ul>	22 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
29	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Accessing mental health resources:<ul style="list-style-type: none"><li>● Counseling and therapy options</li></ul></li></ul>	23 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.
30	<b>Ms. Renu</b>	<ul style="list-style-type: none"><li>● Hotlines and helplines</li><li>● Online support communities</li></ul>	26 <sup>th</sup> December,2022 3:00p.m.-4:00p.m.



	<b>Report</b>
Name of the Course	Certification Course on “ <b>Mental Well Being</b> ”
Date	14th November to 26th December 2022
Venue	Seminar Hall, Block C
Organized by	School of Education, MIMT
Participated by	Students of B.Ed. IInd year
Activity -In charge	MsSandhyaYadav
Recourse Person	Ms. Renu
Objective	On completion of Certification Course on “ <b>Mental Well Being</b> ”, the prospective teacher educator will be able to:





Content	<p><b>Planning &amp; Execution:</b> MsSandhyaYadav was assigned the responsibility to conduct the course. The proposal was forwarded to the Management to get it approved. It was accepted on 12th December 2022. Thereafter, Ms. Renu (Assistant Professor , MIMT) was approached to conduct the course. They were convinced and sent the course schedule. The Plan of Action was prepared.</p> <p>Day Wise Activity:</p> <p><b>Day 1 (14th November 2022)</b></p> <p>On the First day in Session-1, Ms. Renu explained that this lesson clarifies the distinction between mental health, representing overall psychological well-being, and mental illness, which refers to specific conditions causing disruption in cognition, mood, or behavior.</p> <p><b>Day 2(15th November 2022)</b></p> <p>On the Second day in Session-2, Ms. Renu trained the students about Exploring various factors that contribute to mental well-being such as social support, physical health, lifestyle choices, and environmental influences.</p> <p><b>Day 3(16th November 2022)</b></p> <p>On the Third day in Session-3, Ms.Renu explained how mental well-being influences personal relationships, work performance, and overall quality of life.</p> <p><b>Day 4 (17th November 2022)</b></p> <p>On the Fourth day in Session-4,she discussed definitions and types of stress, including acute stress, chronic stress, and traumatic stress.</p> <p><b>Day 5 (18th November 2022)</b></p> <p>On the Fifth day in Session-5 , Ms. Renu discussed Techniques for identifying and analyzing sources of stress in personal and professional life.Common stressors in different life domains such as work, relationships, finances, and health.</p> <p><b>Day 6 (21st November 2022)</b></p> <p>On the Sixth day in Session-6, she introduced relaxation techniques including breathing exercises and progressive muscle relaxation.</p> <p><b>Day 7(22nd November 2022)</b></p> <p>On the Seventh day in Session-7, Ms. Renu toldThe importance of</p>
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emotional intelligence in managing stress and promoting mental well-being.

**Day 8 (23rd November 2022)**

On the Eight day in Session-8, Ms. Renu talked about introduction to emotional resilience and its significance in navigating life's challenges.

**Day 9(25th November 2022)**

On the Ninth day in Session-9, she helped students to clear their doubts about Techniques for emotional regulation, including cognitive-behavioral strategies, expressive writing, and self-compassion exercises.

**Day 10 (28th November 2022)**

On the tenth day in Session-10, Ms. Renu discussed understanding the concept of resilience and its role in maintaining mental well-being.

**Day 11 (29th November 2022)**

On the eleventh day in Session-11, Ms. Renu discussed the Identifying personal strengths and external resources that contribute to resilience.

**Day 12 (30th November 2022)**

On the Twelfth day in Session-12 she discussed Practical exercises for developing resilience skills such as problem-solving techniques and positive reframing.

**Day 13 (1st December 2022)**

On the next day in Session-13, Ms. Renu explained cultivating social support networks and understanding their importance in fostering resilience.

**Day 14 (2nd December 2022)**

In the fourteenth session she discussed exploring the impact of healthy relationships on mental well-being.

**Day 15 (5th December 2022)**

On the next day in Session-15 Ms. Renu communication skills essential for building and maintaining positive relationships.

**Day 16 (6th December 2022)**

On the next day in Session-16 Ms. Renu explained Strategies for resolving conflicts and managing relationship dynamics effectively.

**Day 17 (7th December 2022)**

On the next day in Session-17 Ms. Renu discussed understanding the concept of boundaries and their importance in maintaining healthy relationships.

**Day 18 (8th December 2022)**

On the next day in Session-18 Ms. Renu explained communication techniques for effective conflict resolution, including active listening



and compromise.

**Day 19 (9th December 2022)**

On the next day in Session-19 Ms. Renu discussed the significance of self-care in managing stress and promoting mental health.

**Day 20 (12th December 2022)**

On the next day in Session- 20 Ms. Renu explained in-depth exploration of the impact of nutrition, exercise, and sleep on mental well-being.

**Day 21 (13th December 2022)**

On the next day in Session-21Ms. Renu discussed introduction to psychological self-care, emphasizing relaxation techniques, hobbies, and leisure activities.

**Day 22 (14th December 2022)**

On the next day in Session-22 Ms. Renu explained exploring the importance of setting boundaries and asserting oneself, including strategies for saying no when necessary.

**Day 23 (15th December 2022)**

On the next day in Session-23 Ms. Renu discussed understanding mindfulness and its benefits for mental well-being, including stress reduction and improved focus.

**Day 24 (16th December 2022)**

On the next day in Session-24 Ms. Renu explained practical application of mindfulness techniques in daily activities, such as mindful eating, body scan meditation, and mindful walking.

**Day 25 (19th December 2022)**

On the next day in Session-25 Ms. Renu discussed group exercises and guided meditation sessions to cultivate mindfulness skills.

**Day 26 (20th December 2022)**

On the next day in Session-26 Ms. Renu explained reflective discussions on integrating mindfulness into everyday routines for enhanced well-being.

**Day 27 (21st December 2022)**

On the next day in Session-27 Ms. Renu discussed understanding the signs and symptoms indicating the need for professional mental health support.

**Day 28 (22nd December 2022)**

On the next day in Session-28 Ms. Renu explained overcoming barriers to seeking help, including stigma and fear of judgment.

**Day 29 (23rd December 2022)**

On the next day in Session-29 Ms. Renu discussed empowering



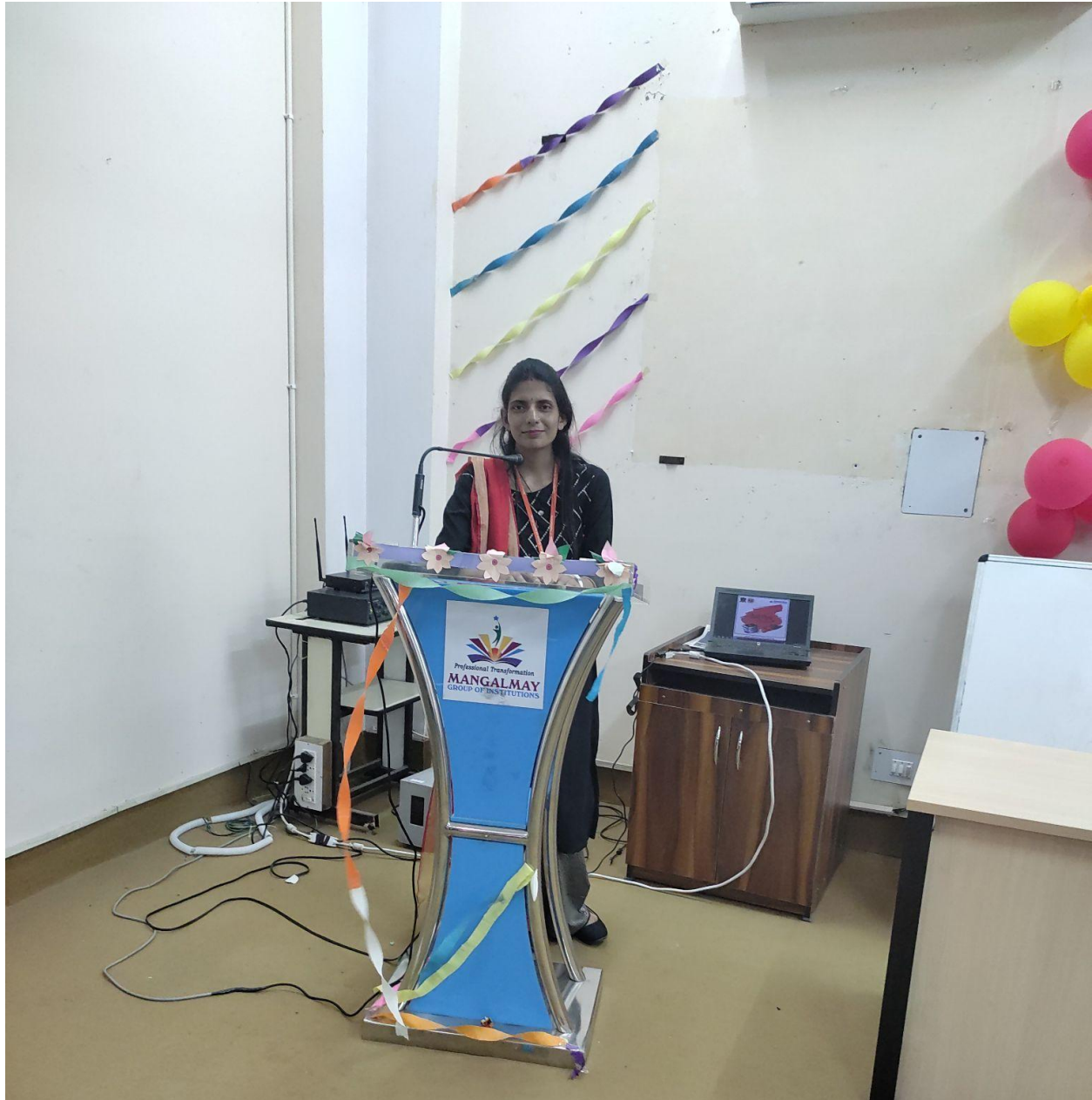
	<p>individuals to recognize their own limitations and prioritize their mental health by seeking appropriate assistance.</p> <p><b>Day 30 (26th December 2022)</b></p> <p>On the last day in Session-30 overall, Ms Renu said the course provided comprehensive knowledge and practical strategies for enhancing mental well-being, resilience, and seeking support when needed, fostering a supportive and informed community.</p>
Outcome	<p>The learning outcomes of the Certification Course on “<b>Mental Well Being</b>” are:</p> <ul style="list-style-type: none"><li>● Understand the distinction between mental health and mental illness.</li><li>● Identify factors influencing mental well-being.</li><li>● Recognize the importance of mental well-being in daily life.</li><li>● Comprehend stress and its impact on mental health.</li><li>● Identify personal and professional stressors.</li></ul>



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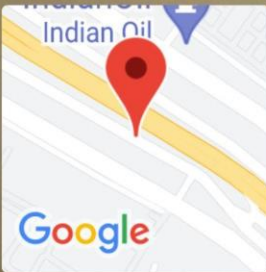


	<p>89 students of B.EdIIInd year had done this course. The course was highly interactive and extremely motivated the students.</p>
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**Mangalmay Institute of Management Technology**  
**Greater Noida (U.P.)**



**Greater Noida, Uttar Pradesh, India**

Institutional Area, Knowledge Park II, Plot No 10, BIMTECH Rd, Knowledge Park II, Greater Noida, Uttarpradesh, 201310, India

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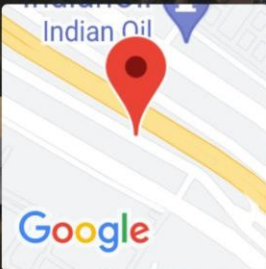




**Mangalmai Institute of Management Technology**  
**Greater Noida (U.P.)**



GPS Map Camera



**Greater Noida, Uttar Pradesh, India**

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**Mangalmai Institute of Management Technology**  
Greater Noida (U.P.)





**B.Ed II Year (Session: 2022-2024), Examination-2022**

**Certification Course on “Mental Well Being”**

**Time: 15 min.**

**M.M.20**

**Name:**

**Father’s Name:**

**Enrolment No.:**

1- What is the key distinction between mental health and mental illness?

- a) Mental health refers to physical well-being, while mental illness refers to psychological well-being.
- b) Mental health is the absence of mental illness, while mental illness is a diagnosed condition.
- c) Mental health pertains to overall psychological well-being, while mental illness indicates specific diagnosed conditions.
- d) Mental health is solely influenced by genetic factors, while mental illness is influenced by environmental factors.

2- Which of the following is NOT a factor influencing mental well-being?

- a) Genetics
- b) Socioeconomic status
- c) Physical environment
- d) Musical preferences

3- Why is mental well-being important in daily life?

- a) It has no impact on daily functioning.
- b) It affects how we think, feel, and behave in daily activities.
- c) It only matters during times of stress.
- d) It is only relevant to individuals with diagnosed mental illnesses.

4- What is stress management?

- a) Ignoring stressors to avoid feeling overwhelmed.
- b) Techniques to eliminate all stress from one's life.
- c) Strategies to cope with and reduce the impact of stress.
- d) Encouraging more stress to build resilience.

5- Which of the following is NOT a stress management technique?

- a) Progressive muscle relaxation
- b) Mindfulness and meditation
- c) Procrastination and avoidance
- d) Time management and prioritization

6- How can mindfulness and meditation help with stress management?

- a) By increasing stress levels
- b) By distracting individuals from their stressors

- c) By cultivating awareness and promoting relaxation
- d) By amplifying negative emotions

7- What is emotional resilience?

- a) The ability to suppress emotions entirely
- b) The capacity to bounce back from adversity and cope with challenges
- c) Having no emotions at all
- d) The ability to control others' emotions

8- Which technique for emotional regulation involves challenging and changing negative thought patterns?

- a) Expressive writing
- b) Self-compassion exercises
- c) Cognitive-behavioral strategies
- d) Positive reframing

9- What is resilience?

- a) Being immune to stress
- b) The ability to withstand any challenge without difficulty
- c) Bouncing back from adversity and growing stronger
- d) Having no weaknesses or vulnerabilities

10- Which of the following is a resilience skill?

- a) Avoiding challenges
- b) Relying solely on oneself for support
- c) Problem-solving techniques
- d) Ignoring emotions and difficulties

11- Why are healthy relationships important for mental well-being?

- a) They provide constant entertainment and excitement.
- b) They offer support, understanding, and connection.
- c) They allow individuals to avoid dealing with emotions.
- d) They create stress and conflict.

12- Which of the following is a communication skill important for maintaining healthy relationships?

- a) Ignoring the other person's feelings
- b) Active listening
- c) Interrupting frequently
- d) Making assumptions without clarification

13- Why is self-care important for mental well-being?

- a) It is unnecessary and selfish.
- b) It helps individuals prioritize their own needs and recharge.
- c) It only applies to physical health, not mental health.
- d) It increases stress and anxiety.

14- Which is an example of psychological self-care?

- a) Eating a balanced diet
- b) Going for a run
- c) Engaging in a hobby
- d) Practicing mindfulness meditation

15- What is mindfulness?

- a) Focusing only on negative thoughts and emotions
- b) Ignoring one's surroundings
- c) Being fully present and aware of the present moment
- d) Worrying about the future

16- How can mindfulness be integrated into daily life?

- a) By constantly multitasking
- b) By practicing mindful eating, body scan meditation, and mindful walking
- c) By avoiding any form of relaxation
- d) By suppressing emotions and thoughts

17- When should you seek professional help for mental health concerns?

- a) Only when you are experiencing severe symptoms
- b) Never, as it is a sign of weakness
- c) When you are feeling slightly stressed
- d) When symptoms interfere with daily functioning or quality of life

18- What are some barriers to seeking help for mental health concerns?

- a) Lack of financial resources
- b) Fear of judgment or stigma
- c) Feeling like you should handle things on your own
- d) All of the above

19- What mental health resources can individuals access for support?

- a) Online support communities only
- b) Counseling and therapy options
- c) Hotlines and helplines
- d) Only options a) and b)

20- Which of the following is NOT a mental health resource?

- a) Counseling and therapy options
- b) Online support communities
- c) Social media platforms
- d) Hotlines and helplines

## **2. QUESTIONS SELECTED FOR GROUP DISCUSSION**

**M.M.10**

- How do you define mental well-being, and why is it important?
- What are some common misconceptions about mental health that you've encountered?
- How does stress impact mental well-being, and what are some effective ways to manage stress?
- Share a personal experience where you felt overwhelmed by stress or anxiety. How did you cope with it?
- Discuss the role of social support networks in maintaining mental well-being.
- How can we create a supportive environment that encourages open discussions about mental health?

- What are some signs that someone may be struggling with their mental health, and how can we offer support?
- Share a self-care practice or activity that helps you feel more grounded and balanced.
- How can practicing mindfulness and meditation contribute to mental well-being?
- What are some challenges you've faced in prioritizing your mental health, and how have you overcome them?
- Discuss the impact of social media and technology on mental well-being. How can we use them more mindfully?
- What are some strategies for setting healthy boundaries to protect our mental health?
- How does exercise and physical activity contribute to mental well-being?
- Share a story about a time when a small act of kindness positively impacted your mental well-being.
- Discuss the importance of seeking professional help when needed. What are some barriers to seeking help, and how can we overcome them?
- How can we promote mental well-being in our workplaces or schools?
- Share a coping mechanism or strategy that has helped you navigate difficult times.
- What are some common triggers for anxiety or depression, and how can we manage them effectively?

### **Details of the Group Discussion**

The discussion followed the outlined format:

1. Each group was allotted 60 seconds for collective discussion on the assigned topic.
2. Subsequently, a representative from each group addressed the assigned topic for a duration of 3 minutes.

**The group discussion took place concurrently in two classrooms, with each classroom accommodating a total of 18 groups, each consisting of five students.**



B.Ed II Year (Session: 2022-2024), Examination-2022

Certification Course on "Mental Well Being"

Time: 15 min.

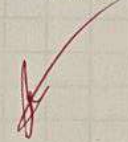
Name: Sadhona

Father's Name: Ramesh Kumar

Enrolment No.: 21273785

M.M.10

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1- What is the key distinction between mental health and mental illness?

- a) Mental health refers to physical well-being, while mental illness refers to psychological well-being.
- b) Mental health is the absence of mental illness, while mental illness is a diagnosed condition.
- c) Mental health pertains to overall psychological well-being, while mental illness indicates specific diagnosed conditions. ✓
- d) Mental health is solely influenced by genetic factors, while mental illness is influenced by environmental factors. ✓

2- Which of the following is NOT a factor influencing mental well-being?

- a) Genetics
- b) Socioeconomic status
- c) Physical environment
- d) Musical preferences ✓

3- Why is mental well-being important in daily life?

- a) It has no impact on daily functioning.
- b) It affects how we think, feel, and behave in daily activities. ✓
- c) It only matters during times of stress.
- d) It is only relevant to individuals with diagnosed mental illnesses.

4- What is stress management?

- a) Ignoring stressors to avoid feeling overwhelmed.
- b) Techniques to eliminate all stress from one's life.
- c) Strategies to cope with and reduce the impact of stress. ✓
- d) Encouraging more stress to build resilience.

5- Which of the following is NOT a stress management technique?

- a) Progressive muscle relaxation
- b) Mindfulness and meditation
- c) Procrastination and avoidance ✓
- d) Time management and prioritization

13- Why is self-care important for mental well-being?

- a) It is unnecessary and selfish.
- b) It helps individuals prioritize their own needs and recharge. (2)
- c) It only applies to physical health, not mental health.
- d) It increases stress and anxiety. ✓

14- Which is an example of psychological self-care?

- a) Eating a balanced diet
- b) Going for a run (1)
- c) Engaging in a hobby
- d) Practicing mindfulness meditation ✓

15- What is mindfulness?

- a) Focusing only on negative thoughts and emotions
- b) Ignoring one's surroundings
- c) Being fully present and aware of the present moment ✓ (1)
- d) Worrying about the future

16- How can mindfulness be integrated into daily life?

- a) By constantly multitasking
- b) By practicing mindful eating, body scan meditation, and mindful walking ✓ (2)
- c) By avoiding any form of relaxation
- d) By suppressing emotions and thoughts ✓

17- When should you seek professional help for mental health concerns?

- a) Only when you are experiencing severe symptoms
- b) Never, as it is a sign of weakness
- c) When you are feeling slightly stressed
- d) When symptoms interfere with daily functioning or quality of life ✓ (1)

18- What are some barriers to seeking help for mental health concerns?

- a) Lack of financial resources
- b) Fear of judgment or stigma (1)
- c) Feeling like you should handle things on your own
- d) All of the above ✓

19- What mental health resources can individuals access for support?

- a) Online support communities only
- b) Counseling and therapy options (1)
- c) Hotlines and helplines
- d) Only options a) and b) ✓



20- Which of the following is NOT a mental health resource?

- a) Counseling and therapy options
- b) Online support communities
- c) Social media platforms ✓
- d) Hotlines and helplines

①



MIMT  
SCHOOL OF EDUCATION  
ASSESSMENT-SHEET:ADD-ON COURSE  
Name of Course: Certification Course on Mental Well Being

Date: 27 December,2022

S.N	Name of Students	MCQ	Group Discussion	MM: 30	QUALIFIED FOR CERTIFICATE (YES/NO)
1	NISHANT SINGH	16	8	24	YES
2	NITISH ADHANA	13	9	22	YES
3	OMENDRA SINGH	12	7	19	YES
4	PAMMI KUMARI	15	8	23	YES
5	PAWAN KUMAR	16	6	22	YES
6	PINKI JHA	18	8	26	YES
7	PINKY	16	9	25	YES
8	POOJA GAUTAM	16	7	23	YES
9	POOJA KUMARI YADAV	14	8	22	YES
10	POOJA SHARMA	12	9	21	YES
11	POOJA SHARMA	15	9	24	YES
12	PRASHANT CHAUBEY	16	9	25	YES
13	PRATEEK SHARMA	18	9	27	YES
14	PRAVEEN KUMAR JHA	14	8	22	YES
15	PREETI SINGH	14	8	22	YES
16	PREM SAGAR	13	8	21	YES
17	PREMJEET KUMAR THAKUR	16	7	23	YES
18	PRITEE TIWARI	15	9	24	YES
19	PRIYA	13	9	22	YES
20	PRIYA	14	8	22	YES



21	PRIYA HARSANA	17	9	26	YES
22	PRIYA NEGI	16	8	24	YES
23	PRIYA SINGH	13	9	22	YES
24	PRIYANKA	15	7	22	YES
25	PRIYANKA PAL	16	8	24	YES
26	PURNIMA	14	9	23	YES
27	RAHUL KUMAR GUPTA	13	9	22	YES
28	RAJAN SINGH	17	8	25	YES
29	RAJU	14	7	21	YES
30	RAKESH KUMAR	13	8	21	YES
31	RAM NARESH YADAV	14	8	22	YES
32	RASHMI RESHU	14	9	23	YES
33	REENA NAGAR	15	9	24	YES
34	REENU	16	8	24	YES
35	REKHA RANI	14	7	21	YES
36	RENU TIWARI	14	8	22	YES
37	RINKI CHOUDHARY	17	9	26	YES
38	RINKI JHA	14	8	22	YES
39	RITA PAUL	14	8	22	YES
40	RITIKA SETH	15	8	23	YES
41	RUBY KHATOON	13	9	22	YES
42	RUPALI BAJPAI	16	8	24	YES
43	RUPENDRA SINGH KAMAL	15	7	22	YES
44	SADHANA	16	9	25	YES
45	SAKSHI	18	8	26	YES
46	SAKSHI	16	7	23	YES
47	SAKSHI SHARMA	16	8	24	YES
48	SANDHYA	14	9	23	YES
49	SANDHYA SATYARTHI	17	7	24	YES
50	SANGEETA JHA	15	8	23	YES



51	SANTOSH KUMAR MISHRA	16	6	22	YES
52	SARVESH KUMAR	18	8	26	YES
53	SAURABH ADHANA	15	9	24	YES
54	SEEMA DUBEY	14	7	21	YES
55	SEEMA SINGH	13	8	21	YES
56	SHAILY	16	9	25	YES
57	SHALINI CHANDRA	14	9	23	YES
58	SHASHIKANT YADAV	13	9	22	YES
59	SHIKHA	14	9	23	YES
60	SHIVAM PATEL	17	8	25	YES
61	SHIVANI YADAV	15	8	23	YES
62	SHRUTI KUMARI	18	8	26	YES
63	SHWETA	16	7	23	YES
64	SHWETA	13	9	22	YES
65	SHWETA RAI	15	9	24	YES
66	SMITA BHARTI	16	8	24	YES
67	SMRITI TRIPATHI	15	9	24	YES
68	SNEHA KUMARI	16	8	24	YES
69	SONAM CHOUDHRY	14	9	23	YES
70	SONIA PANDEY	15	7	22	YES
71	SONIYA KAMBOJ	18	8	26	YES
72	SUDIPTA KUMARI RATHA	14	9	23	YES
73	SULTANA	15	9	24	YES
74	SUNAINA KUMARI	16	8	24	YES
75	SUNIL KUMAR	18	7	25	YES
76	SUNNY CHAUDHARY	16	6	22	YES
77	SUPRIYA GUPTA	16	8	24	YES
78	SURAJ KUMAR	14	9	23	YES
79	SWETA KUMARI	15	9	24	YES



80	TANU SHARMA	15	8	23	YES
81	TANYA PRASAD	16	7	23	YES
82	UMESH VERMA	18	8	26	YES
83	UTKARSH PANDEY	17	9	26	YES
84	VAISHALI CHAUHAN	14	8	22	YES
85	VAISHALI TYAGI	16	7	23	YES
86	VIJAY SINGH	16	8	24	YES
87	VIJIT UPADHYAYA	15	9	24	YES
88	VIPIN SINGH	17	8	25	YES
89	VISHAL SINGH	18	7	25	YES

Signature  (Internal Examiner: <b>Ms.Renu , Assistant professor, School of Education,MIMT</b> )	Signature  (External Examiner: <b>Ms.Renu , Assistant professor, School of Education,MIMT</b> )
Signature  (HOD/PRINCIPAL)	



**Mangalmay Institute of Management Technology**  
Greater Noida (U.P.)



## **Ms. Renu**

**Core Skills:** Soft Skill Trainer, Communicative Language

**Qualification:** M.Sc. M.Ed., NET, CTET

**Experience:** 5 years

**Research Area:** Educational Psychology



**Mangalmai Institute of Management Technology**  
Greater Noida (U.P.)



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Knowledge Park II, Greater Noida (U.P.)



# CERTIFICATE

Certified that

**Mr./Ms. NISHANT SINGH**

of B.Ed.II<sup>nd</sup> year of Mangalmai Institute of Management Technology, Greater Noida,

has successfully completed 30 Hours Add-On Certification Program course on Mental Well Being

conducted from 14/Nov/ 2022 to 26/Dec/2022

**Associate Dean**  
Mangalmai Institute of  
Management & Technology

**Convener**  
Mangalmai Institute of  
Management & Technology