



BASICS OF MENTAL HEALTH & CLINICAL PSYCHIATRY

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PRE-REQUISITES : MBBS, BSc Nursing, BA Psychology

INTENDED AUDIENCE : MBBS students, BSc Nursing students, Clinical Psychology students

INDUSTRY SUPPORT : Healthcare sector

COURSE OUTLINE :

The main goal of this course is to provide an introductory exposure to nature of various psychiatric disorders as well as provide concept based learning to undergraduates in Healthcare sector. The course will feature understanding of mental health and illness influenced by social factors, etiological factors due to imbalance of neurochemicals, and various interventions to manage mental illness to enhance science of happiness and mental wellbeing.

ABOUT INSTRUCTOR :

Prof. Arijita Banerjee received her DNB and MD in physiology. She was attached to various institutes like PGIMS Rohtak and Maulana Azad Medical college, Delhi for residency programme. Currently she is working as Assistant Professor In Dr BC Roy Multi-speciality Medical research Centre, IIT Kharagpur, India. Prof. Banerjee has an interest in neural control of cardiorespiratory function with an emphasis on the characterization and origin of the naturally occurring discharges of sympathetic and phrenic nerves. She is a recipient of various awards and has published articles both on national and international platforms. She is also a life time member of American Physiological society and Indian Physiological Society

Prof. Sumit Kumar is presently working as a senior resident in Geriatric Psychiatry (DM) at NIMHANS Bangalore. Previously he was attached to various prestigious institutes like JSS Mysore Medical College, KIMS Bhubaneswar, IHBAS Hospital Delhi and Tata Main Hospital Jamshedpur. He has co-authored various chapters and academic research papers both at national and international level.

COURSE PLAN :

Week 1:

1. Introduction to Neuro-anatomy
2. Cerebellum & its functions
3. Basal Ganglia & its functions
4. Thalamus & Hypothalamus
5. Cerebral Cortex

Week 2:

1. Synapse & Neurotransmitters -1
2. Synapse & Neurotransmitters -2
3. Limbic system
4. Physiology of Emotion
5. Reticular Formation

Week 3:

1. Electrical Activity of Brain
2. Principles of Personality development
3. Descriptive Psychopathology
4. Schizophrenia
5. Mood disorders-1

- Week 4:** 1. Mood disorders-2
2. Anxiety disorders-1
3. Anxiety disorders-2
4. Eating disorders
5. Physiology of sleep
- Week 5:** 1. Sleep disorders
2. Learning & Memory-1
3. Learning & Memory-2
4. Neurocognitive disorders-1
5. Neurocognitive disorders-2
- Week 6:** 1. Substance abuse-1
2. Substance abuse-2
3. Physiology of Sensations
4. Psychosomatic illness
5. Emergency Psychiatry
- Week 7:** 1. Psychiatric disorders of childhood
2. Psychiatric disorders of adolescence
3. Psychological Therapies-1
4. Psychological Therapies-2
5. Psychological tests
- Week 8:** 1. Antipsychotic drugs
2. Antidepressants
3. Mood stabilizing drugs
4. Antianxiety drugs
5. Forensic Psychiatry