



Value-Added Course
**Community Mental Health and Well-
being Using Digital Tools**
MBA Batch 2024-26, Second Year
(Academic Year - 2025-26)

VAC-040

Dr. Nutan Jain

Professor

A handwritten signature in blue ink, appearing to read 'Dr. Singh', written over the printed name 'Registrar'.

Registrar

IIHMR University
1, Prabhu Dayal Marg, Near
Sanganer Airport, Jaipur-302029



IIHMR University, Prabhu Dayal Marg, Near Sanganer Airport, Jaipur – 302029

Date: 1-12-2025

CIRCULAR

All the students are hereby informed that IIHMR University, Jaipur, is offering a **Value-Added Course (VAC-040)** titled **“Community Mental Health and Well-being Using Digital Tools.”**

The course aims to enhance understanding of community mental health and the use of digital tools for assessment and support.

The course is designed to provide students with knowledge and practical skills in **community mental health, digital health technologies, and the use of tools such as GMHAT for mental health assessment and intervention.**

Interested students are required to complete the registration process with the respective **Course Coordinator/Program Office.**

The course will focus on:

- Community mental health concepts and common disorders
- Digital tools and tele-mental health applications
- Use of GMHAT for assessment and decision-making
- Community-based mental health interventions and awareness

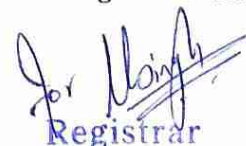
Course Code: VAC-040

Course Credits: 1.5

The duration and session timings of the course will be conducted as per university norms.

All eligible students are encouraged to enrol and enhance their skills in the emerging field of **digital mental health and community well-being.**

Registrar's Office



Registrar

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Course Information

Community Mental Health and Well-being Using Digital Tools

1. Course Information

Course Title: Community Mental Health and Well-being Using Digital Tools

Course Credit: 1.5

Course Instructor: Nutan Prabha Jain & Vidya Bhushan Tripathi

2. Core Objectives of VACs

VACs are envisioned to:

- Enhance students' domain-specific and employability skills.
- Address emerging public health challenges through innovative solutions.
- Promote community engagement and social responsibility.
- Develop digital health competencies among future healthcare professionals.
- Strengthen leadership and problem-solving skills in community mental health.

3. Course Description

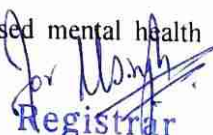
Mental health disorders are among the leading causes of disability worldwide and represent a significant public health challenge. Limited availability of trained mental health professionals, especially at primary healthcare and community levels, creates substantial barriers to early identification and intervention. Digital technologies have emerged as effective tools for bridging this treatment gap.

This course introduces students to community mental health concepts and the use of digital tools for mental health assessment and support. Particular emphasis is placed on the **Global Mental Health Assessment Tool (GMHAT)**, a semi-structured, computer-assisted clinical assessment tool designed to facilitate comprehensive and standardized mental health assessments by healthcare workers. The course will equip students with the knowledge and practical skills required to utilize digital mental health tools, understand common mental health conditions, conduct community-based assessments, and contribute to mental health promotion and well-being initiatives.

4. Course Objectives

This course is designed to enable students to:

- Understand the burden and determinants of mental health problems in communities.
- Develop awareness of common mental health disorders and their identification.
- Learn the principles and applications of digital mental health technologies.
- Gain practical exposure to the Global Mental Health Assessment Tool (GMHAT).
- Promote mental well-being, early detection, referral, and community-based mental health support.


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5. Course Outcomes

After the course, students should be able to:

CO Course Outcome

CO1	Explain the concepts of community mental health, well-being, and mental health promotion.
CO2	Identify common mental health conditions and risk factors affecting individuals and communities.
CO3	Demonstrate the use of GMHAT and other digital tools for mental health assessment.
CO4	Analyze mental health assessment findings and recommend appropriate referral pathways.
CO5	Design community-based mental health awareness and well-being interventions using digital technologies.

6. Course Pedagogy

The course will be delivered through:

- Interactive lectures
- Demonstrations of GMHAT software
- Hands-on digital tool training
- Community-based case studies
- Group discussions
- Role plays and simulations
- Practical exercises
- Field-based learning activities
- Student presentations

7. Course Requirement

Students are expected to actively participate in classroom discussions, practical demonstrations, role-plays, and community mental health assessment exercises. Regular attendance and hands-on use of digital tools are essential for the successful completion of the course.



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8. Course Syllabus

Unit	Content / Topics	CO	Bloom's Learning (BL) Levels
Unit 1	Introduction to Community Mental Health: Mental health concepts, burden of mental illness, determinants of mental well-being, mental health policies and programs	CO1	BL1, BL2, BL3
Unit 2	Common Mental Health Disorders and Community-Based Identification: Depression, anxiety, psychosis, substance use disorders, suicide prevention, stigma reduction	CO2	BL1, BL2, BL3, BL4
Unit 3	Digital Health Technologies in Mental Healthcare: Tele-mental health, mobile health applications, AI-assisted screening tools, introduction to GMHAT	CO3	BL1, BL2, BL3, BL4
Unit 4	Practical Application of GMHAT: Digital assessment process, data collection, interpretation of assessment reports, referral mechanisms and ethical considerations	CO4	BL1, BL2, BL3, BL4, BL5
Unit 5	Community Mental Health Promotion and Leadership: Awareness campaigns, community interventions, digital outreach strategies, leadership for mental health advocacy and well-being	CO5	BL1, BL2, BL3, BL4, BL5, BL6

9. Course Policies

This course follows the University's academic policies. Students are expected to maintain a minimum attendance of 75% and actively participate in practical exercises, demonstrations, and group activities. Ethical considerations related to confidentiality and mental health assessments must be strictly observed.

10. Course Assessment

Internal Assessment (50%)

Continuous Internal Assessment (30%)

- GMHAT Practical Assessment
- Community Mental Health Case Study
- Group Presentation
- Mental Health Awareness Campaign Design
- Class Participation

Mid-Term Examination (20%)


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Objective and/or subjective examination.

End-Term Examination (50%)

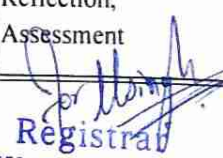
Comprehensive examination covering the full syllabus.

11. CO and Assessment Alignment Matrix

Activity	CO1	CO2	CO3	CO4	CO5
Community Mental Health Case Study	✓	✓		✓	
GMHAT Practical Exercise			✓	✓	
Group Presentation		✓	✓		✓
Awareness Campaign Design				✓	✓
Quiz	✓	✓	✓	✓	
Class Participation	✓	✓	✓	✓	✓
Mid-Term Examination	✓	✓	✓	✓	✓
End-Term Examination	✓	✓	✓	✓	✓

12. Teaching Plan

Day	Session 1 & 2 (10:00 AM – 1:00 PM)	Session 3 & 4 (2:00 PM – 5:00 PM)	Pedagogy
Day 1	Introduction to Community Mental Health and Well-being	Burden of Mental Illness, Stigma and Community Perspectives	PPT, Discussion
Day 2	Common Mental Health Disorders and Risk Factors	Community-Based Mental Health Identification and Screening	Case Study, Group Activity
Day 3	Digital Health Technologies in Mental Healthcare	Introduction and Demonstration of GMHAT	Demonstration, Hands-on Training
Day 4	Practical Use of GMHAT: Assessment and Interpretation	Ethical Issues, Referral Pathways and Case Simulations	Practical Exercise, Role Play
Day 5	Leadership in Community Mental Health Promotion	Student Presentations: Digital Mental Health Interventions and Awareness Campaigns	Presentation, Reflection, Assessment


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13. Readings (Books & Articles)

1. World Health Organization (WHO). *Mental Health Action Plan 2013–2030*.
2. World Health Organization. *Community Mental Health Services: Promoting Person-Centred and Rights-Based Approaches*.
3. Sharma, V. K., & Copeland, J. R. M. Publications on the Global Mental Health Assessment Tool (GMHAT).
4. Patel, V., et al. *Global Mental Health: Principles and Practice*.
5. National Mental Health Programme (NMHP), Government of India.
6. Ministry of Health and Family Welfare. *National Tele-Mental Health Programme Guidelines*.
7. World Health Organization. *mhGAP Intervention Guide*.
8. Lancet Commission on Global Mental Health and Sustainable Development.
9. Digital Mental Health and Telepsychiatry Guidelines (India).
10. Recent journal articles on AI and digital technologies in mental health screening and care.



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Value Added Course
MBA Batch 2024-26, Second Year (Academic Year - 2025-26)
Feb 02-06, 2026
Student Attendance
VAC-040 Community mental health and wellbeing using digital tools

Registration ID	Name	Total Sessions Scheduled	Sessions Attended	Present Percentage
IIHMR-U/01/2024-26/1892	Abhijeet Dubey	20	17	85.00
IIHMR-U/01/2024-26/1921	Ayushi nema	20	15	75.00
IIHMR-U/01/2024-26/1980	Komal Gupta	20	20	100.00
IIHMR-U/01/2024-26/1995	Minauti Tiwari	20	18	90.00
IIHMR-U/01/2024-26/2054	Riddhima Agarwal	20	20	100.00
IIHMR-U/01/2024-26/2110	VIJYA SINGH	20	16	80.00
IIHMR-U/02/2024-26/0649	Hemarangan J	20	20	100.00


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Certification of Completion

This certifies that

Abhijeet Dubey

Master of Business Administration (Hospital and Health Management)
2024-26

has successfully completed Value Added Course (VAC) on
Community Mental Health and Wellbeing Using Digital Tools
Conducted during **February 2–6, 2026**, accumulating a total of 30 hours
with Grade A+

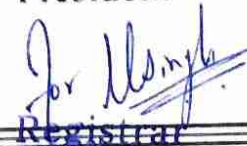


Dr. Himadri Sinha
Professor and Coordinator (VAC)



Dr. P.R. Sodani
President

Date of issue: February 20, 2026


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Certification of Completion

This certifies that

Komal Gupta

Master of Business Administration (Hospital and Health Management)

2024-26

has successfully completed Value Added Course (VAC) on

Community Mental Health and Wellbeing Using Digital Tools

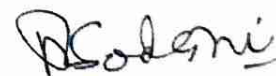
Conducted during **February 2–6, 2026**, accumulating a total of 30 hours

with Grade B+



Dr. Himadri Sinha

Professor and Coordinator (VAC)



Dr. P.R. Sodani

President

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Certification of Completion

This certifies that

Vijya Singh

Master of Business Administration (Hospital and Health Management)

2024-26

has successfully completed Value Added Course (VAC) on

Community Mental Health and Wellbeing Using Digital Tools

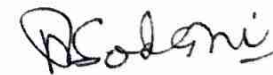
Conducted during **February 2–6, 2026**, accumulating a total of 30 hours

with Grade A



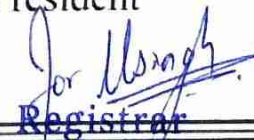
Dr. Himadri Sinha

Professor and Coordinator (VAC)



Dr. P.R. Sodani

President


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Certification of Completion

This certifies that
Ayushi Nema

Master of Business Administration (Hospital and Health Management)

2024-26

has successfully completed Value Added Course (VAC) on

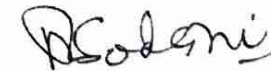
Community Mental Health and Wellbeing Using Digital Tools

Conducted during **February 2–6, 2026**, accumulating a total of 30 hours

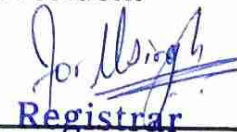
with Grade A+



Dr. Himadri Sinha
Professor and Coordinator (VAC)



Dr. P.R. Sodani
President


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Date of issue: February 20, 2026



Certification of Completion

This certifies that
Riddhima Agarwal

Master of Business Administration (Hospital and Health Management)

2024-26

has successfully completed Value Added Course (VAC) on

Community Mental Health and Wellbeing Using Digital Tools

Conducted during **February 2–6, 2026**, accumulating a total of 30 hours

with Grade A+

Dr. Himadri Sinha
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

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Date of issue: February 20, 2026

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