

**Management Development Programme
on**

Strengthening Mental Health Services through Digital Health Solutions

 **December 22 - 24, 2026**



Background

Mental health and wellbeing represent one of the most pressing yet chronically neglected areas of global public health. According to WHO's Mental Health Atlas 2024 — drawing on data from 144 countries — more than one billion people worldwide are now living with mental health conditions, with anxiety and depression inflicting the greatest human and economic toll. The COVID-19 pandemic deepened this crisis significantly, and its psychosocial consequences continue to reverberate globally.

In South Asia, the burden is especially high. A systematic review found a prevalence of 14.2% for common mental disorders in the region. India faces a particularly acute crisis: the National Mental Health Survey (NIMHANS, 2015-16) found that approximately 10.6% of adults suffer from mental disorders, with a lifetime prevalence of 13.7%. Despite this, the overall treatment gap stands at 84.5% — meaning the vast majority of those who need care never receive it. India currently has approximately 9,000 psychiatrists for 1.4 billion people, far below WHO-recommended ratios, with shortages most severe in rural and semi-urban areas.

The Sustainable Development Goals (SDG 3, targets 3.4 and 3.5) are directly linked to mental health and substance use. WHO estimates that mental health conditions contribute to 2,443 DALYs per 100,000 population in India, with projected economic losses of USD 1.03 trillion between 2012 and 2030 if the crisis goes unaddressed. Globally, mental, neurological, and substance use disorders account for over 10% of the disease burden, while approximately 85% of individuals in low- and middle-income countries still lack access to treatment (WHO, 2024).

Early detection and timely management remain the most critical public health challenges. Task-sharing — training non-specialist health workers (counsellors, nurses, community health workers) to deliver basic mental health care under specialist supervision — is the most evidence-backed strategy to bridge the treatment gap at scale. This MDP is precisely designed to build that frontline capacity, using GMHAT/PC as its core clinical assessment tool.

Objectives



Develop effective leadership skills for timely screening and management of mental health issues



Improve skills to assess, detect, and deal with mental disorders using GMHAT/PC



Strengthen information systems to generate evidence for mental health planning

Contents



Understand leadership skills in mental health and assess own leadership styles



Assess common mental disorders using validated tools including GMHAT/PC



Develop communication and clinical interviewing skills



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Pedagogy

The programme offers a multifaceted learning experience through lectures, group discussions, case studies, and hands-on experiential learning. Participants are immersed in a dynamic learning environment designed to foster theoretical understanding, actionable real-world insights, and service-ready skills.



Who Should Attend?

- Healthcare Professionals
- Mental Health Trainers & Training Managers
- Psychologists & Counsellors
- Program Managers, Researchers & NGO Representatives

Resource Persons



Dr. Vidya Bhushan Tripathi

Assistant Professor
IIHMR University, Jaipur

The programme will be offered by a team of national and international subject experts.



Nominations/Registration

Please send your nominations/registrations to the following address:

Management Development Programme (MDP) Office

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

Duration and Venue

The programme will start on Tuesday, December 22, 2026, and will conclude on Thursday, December 24, 2026. The programme will be held at IIHMR University, 1, Prabhu Dayal Marg, Sanganer Airport, Jaipur - 302029. The University campus provides a conducive learning environment for participants, who are welcome to use the library and recreational facilities available on campus.

Certificate

A certificate of participation on completion of the programme will be issued by IIHMR University, Jaipur.

Programme fee

The programme fee for Indian participants is Rs. 30,000 plus GST (18% as applicable), and for international participants it is USD 315 plus GST (18% as applicable). The programme fee covers tuition, background reading material, lodging, and boarding.

Discounts on Fee

- 🌟 **Early Bird Discount:** Nominations received with payment before four weeks of the commencement of the programme will be entitled to a 10% early bird discount.
- 🌟 **Group Discount:** Any organization sponsoring four or more participants to the programme will be entitled to a 20% discount on the total fee payable, provided that at least four participants attend the programme.
- 🌟 **Maximum Discount:** Organizations can avail themselves of both discounts, subject to a maximum discount of 20%.

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