MHAI
MENTAL HEALTH ACADEMY INDIA
Creating Healthy Minds



DIPLOMA IN LIFE SKILLS

(DLSTO2020) - ONLINE

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Diploma In Life Skills is an interactive program that entails activities and discussions related to the fundamentals of Life Skills, which can lead to success and happiness in one's life.

It is a **4 months program** with classes conducted **twice a week.** The duration of the class will be for **two hours.**

Objective of the course is to

- Provide participants with an **understanding and application of Life Skills**
- **Learn** the skills to become a **Life Skills Trainer**
- Learn **10 Life Skills** propounded by the World Health Organization **(WHO)** with **additional 10 essential Life Skills**
- **Personal Branding, Public Speaking** and more...

ADDITIONAL SUPPORT

FREE GROUP MENTORING SESSION

Benefits of the course

- **Understand, master, and practice Life Skills** and teach them to children, adolescents, students and adults.
- **Diploma Certificate**
- **Knowledge of essential life skills** to bring in an overall development thereby creating a better life.
- In addition to the weekly classes, special sessions of **group mentoring** will be given for a better understanding on the topic.
- **Course Handouts (PDF)** and helpful resources and information will be provided.

BONUS

Bonus 1: Specialist-Guided Session on **Personal Branding**
Bonus 2: Expert-led session on **Public Speaking Mastery**
Bonus 3: Power Group Mentoring Session to get personalized guidance, solve real-world challenges, and accelerate your growth.
Bonus 4: Handout on **Conquering Procrastination**
Bonus 5: Resources on **Achieving Holistic Well-Being**.

Duration

- It is a 4 months program.
- Classes will be held on **Wednesdays and Fridays** (Tentative) from **6:30 PM to 8:30 PM(**Tentative**)**.
- The new batch is scheduled to commence on a date to be finalised. While we intend to maintain the same schedule throughout the programme, minor adjustments may occasionally be made based on requirements.
- **Weekly mentoring session and presentations**

BECOME A TRAINER

START A NEW CAREER

Methodology

- Extensive regular **presentations**
- The video recordings of the class will be accessible for 15 days from the class date.
- Discussions, Group activities
- Case Studies/Stories/Puzzles/Riddles/Table Top Topics
- Activities/Role-play/Ice breakers
- Assignments
- Sharpening **Public Speaking Skills** and Confidence Building
- **Internship**

Eligibility Criteria for the course and Certification

- This program is open to all adults who are interested to learn and train, explore the direct and indirect effects of Life skills, coaching the impact/role it plays in shaping one's life with respect to **personal growth, crisis/emotion management and overall quality of life.**

- Course is delivered in **English Language** only.

- **85% Attendance** and a minimum of **10 presentations** is mandatory for certificate of Diploma in Life skills.

- Minimum of **3 training sessions of Internship** must be completed by the end of this course to be eligible to get the certificates. (Internships can be done in schools/organization/NGO/Corporates which will be discussed during the program).

EXCLUSIVE

BONUS

What do you learn in this course?

10 essential Life Skills propounded by World Health Organization (WHO), which are:

1. Self-awareness
2. Managing emotions
3. Communication Skills
4. Interpersonal Relations
5. Empathy
6. Critical Thinking
7. Creative Thinking
8. Problem Solving
9. Decision Making
10. Management of stress

+

Additional topics to make the curriculum holistic and also gain knowledge of essential skills to bring in an overall development thereby creating a better life.

11. Goal Setting and Time Management
12. Public Speaking Skills
13. Bullying
14. Peer Pressure
15. Study Skills
16. Self-esteem and Self-confidence
17. Constructive Criticism, Comparison and Complaints
18. Personal Branding and Networking
19. Growth Mindset and Personal Boundaries
20. Emotional Intelligence

AN INTERACTIVE AND PRACTICAL

COURSE WITH INTERNSHIP

Additional Support and enhancement of Presentation Skills

- In addition to the weekly classes, special sessions of **group mentoring** will be given for a better understanding of the topic.
- Mentoring will be done in small groups to **promote personal interaction and understanding of topics** covered.
- Participants are given the **opportunity to make presentations** on different topics from 5 minutes to 30 minutes each.

Course Fee

Total cost of the course will be Rs. 24,500/- (To be paid in full prior to the course).

Instalment: Student can pay in two parts:

1st instalment at admission: INR 14,500/-

2nd instalment by 2nd month: INR 10,000/-

Early Bird offer: Rs. 22,500/- (One shot payment - To be paid in full prior to the course).

Refund: We only offer a refund before the course begins, after deducting INR 1000/- as administrative fees. No refund will be given once the course begins.

Registration Instructions

- Please fill up the application form (on website) completely.
- Proceed with the Payment process
- Submit your duly filled questionnaire. The questionnaire will be emailed to you upon registration.

About MHAI

At **Mental Health Academy India (MHAI),** we are dedicated to promoting mental well-being through a comprehensive ecosystem of support. Our offerings include awareness programs, training sessions, workshops, counseling, nature/eco therapy, music therapy, healing retreats, and holistic wellness services— each thoughtfully designed to support individuals in nurturing their mental and emotional well-being as part of a holistic approach to health.

Our mission extends beyond services. We are deeply committed to breaking the stigma surrounding mental health and cultivating a culture of openness, healing, and resilience.

We strive to make our knowledge and services accessible not only in cities but also in rural communities at the grassroots level, ensuring that support is available and inclusive for all—regardless of geography.

Services offered at MHAI

- **Diploma in Mental Health and Counselling Skills**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury Prevention Skills**
- **Certificate Course in Life Skills** (For Kids and Adults)
- **Diploma in Life Skills**
- **Mental Health Awareness Program, Workshops**
- **Counselling and Mentoring Services**
- **Support Group Meet** (Online and In-person)
- **Human Books** (Online and In-person)
- **Ecotherapy/ Shinrin Yoku** (Forest Bathing)
- **Workshops** on topics related to Mental Health, Life Skills, Human Behaviour
- **Internships** for students
- **Holistic Health Rural Training program** in collaboration with Mental Strides, Australia
- **Harmony** - The Journey Within - Outdoor Healing Workshop
- **Kaadu Harate** - Outdoor Workshop
- **Author's Program** (Book Writing)
- **The Sound Mind** - An Immersive Journey Through Art and Nature
- **Mann-Thann** - Discover yourself differently

Check out our website **www.mhai.in** and join us on

- **LinkedIn (Ranjitha Raj):** https://www.linkedin.com/in/ranjitha-raj-mentalhealthcoach/
- **Facebook:** https://www.facebook.com/mhaiorganization/
- **LinkedIn (MHAI Page):** https://www.linkedin.com/company/mental-health-academy-india/
- **Instagram:** https://www.instagram.com/mentalhealthacademyindia/
- **YouTube:** https://www.youtube.com/channel/UC5Hbvq4Q1Xsb7EASu1-ZglA

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