



NATIONWIDE

Psychology WORKSHOP

EMPOWERING MINDS.
STRENGTHENING CARE.

A nationwide campaign dedicated
to the mental well-being of
healthcare professionals.



MENTAL WELL-BEING
FOR HEALTHCARE
PROFESSIONALS



EXPERT-LED
WORKSHOPS



PRACTICAL TOOLS
FOR EVERYDAY
RESILIENCE



STRONGER MINDS.
STRONGER CARE.
STRONGER NATION.

LEARN. REFLECT. GROW. TOGETHER.



#startuptindia



+91-6363209993

edufyi@edufyitechsolutions.in



About Edufyi



OUR OBJECTIVE

Edufyi is an organization that helps students with internships, professional training programs, workshops, career guidance, and mentorship. Our aim is to bridge the gap between formal education and the ever changing requirements of the industry. We at Elythra Edufyi Tech Solutions bring together the students aiming for successful careers, knowledge and experience accumulated over the years by our industry experts to create a holistic learning platform.



We Aim

To bridge the gap between the Indian education system, and the ever-changing requirements of the corporate world through quality mentorship and consent updation.



1200+
Sessions



15+
Experts



4000+
Students



100%
Satisfactions

Scope of PSYCHOLOGY



15-20 Million Jobs



are projected in
psychology by 2026

\$30 Billion industry



driven by rising global
demand for mental
health and behavioral
expertise.

8000+ Businesses



Indian businesses are
actively present on
LinkedIn

40% CFO's



are set to spend more
on Psychologists

Institutions Where Our Alumni Studied



The Problem

Psychology can feel complex for beginners, filled with unfamiliar terms and abstract theories. Many struggle to see how it applies to everyday life, leading to confusion or loss of interest. On top of that, public understanding of psychology is often shaped by myths and media stereotypes, reducing it to therapy sessions or mind-reading tricks. This disconnect makes it harder for students to take the subject seriously or explore it as a career path.

The Mindenious Psychology Program tackles these issues head-on. It's designed to simplify key concepts, connect them to real-world scenarios, and offer hands-on learning. Through interactive sessions and relatable case studies, the program helps learners build a strong foundation. Whether you're new to the field or simply curious about human behavior, our program makes psychology clear, practical, and engaging.



WHAT CAN YOU BECOME?

Psychology focuses on understanding human behavior, emotions, and mental processes through scientific study and practical application. Mindenious offers expert-led, hands-on training in core psychological concepts, research methods, and real-world case analysis, preparing you to master counseling, cognitive science, and behavioral assessments. With our guidance, you'll gain the skills to support mental well-being, apply psychological principles effectively, and advance your career in the fast-growing mental health and human behavior industry.



1ST MONTH – FOUNDATION TRAINING

The first month focuses on building a strong foundation. Students will be trained in their respective domains through live/recorded sessions. Core concepts will be covered in a simplified manner, ensuring even beginners can grasp them easily. Interactive assignments and practical exercises will be included to reinforce learning.

2ND MONTH – ADVANCED TRAINING

The second month advances your learning with deeper concepts and applied knowledge. Students will engage in more complex topics, guided case discussions, and skill-based exercises. This phase focuses on developing analytical thinking, clinical understanding, and real-world application.

- ◆ Advanced Concept Building
- ◆ Case-Based Learning & Practical Assignments
- ◆ Continuous Mentor Guidance

3RD MONTH – INTERNSHIP PHASE

In the final month, students will gain hands-on experience through internships or real-time case studies. Work on practical projects, apply your knowledge in real scenarios, and receive personalized feedback from mentors. This phase prepares you for real clinical/professional environments.

- ◆ Real-Time Case Studies / Internship
- ◆ Project-Based Learning
- ◆ Performance Evaluation & Feedback
- ◆ Industry/Clinical Readiness

Topics To Be Covered



Discover Psych Models Gain insight into the human mind and read about Observational Learning

Understand Personalities Understand Erikson's theory and learn about personality development

Dive into Mental Health Understand emotions, and learn how to deal with stress, anxiety and depression.

Abnormal Psychology Learn about counseling, abnormal psychology, and ethics involved in therapy.

Self-Concept and Intelligence Increase emotional intelligence & understand the concept of Self

Careers in Psychology What next? Explore the different career opportunities in the field of psychology.

Mental Health

Mental health is essential for overall well-being, encompassing one's ability to realize potential, cope with stress, work productively, and contribute to the community. Activities related to mental health include well-being promotion, mental disorder prevention, and treatment/rehabilitation.

Mental health problems manifest as disruptions in thinking, emotion, physiology, and behavior. Mental disorders, diagnosed based on symptom presence, impact various life aspects. Major disorders include anxiety, stress-related conditions, depression, bipolar disorder, schizophrenia, epilepsy, dementia, developmental disorders, substance abuse, deliberate self-harm, and behavioral problems. Timely identification and support are crucial for improving individuals' lives.

RECOGNIZING ANXIETY DISORDERS	STRESS REACTIONS
<ul style="list-style-type: none"> • General Anxiety Disorder (GAD) • Panic Disorder • Social Anxiety Disorder 	<ul style="list-style-type: none"> • Acute Stress Reactions • Post-traumatic Stress Reactions
IDENTIFYING ANXIETY DISORDERS	IDENTIFYING STRESS REACTIONS
<ul style="list-style-type: none"> • Extreme anxiety disproportionate to the situation • Persistent feelings of nervousness • Somatic symptoms: Increased palpitation, dry mouth, muscular pains, headache, etc 	<ul style="list-style-type: none"> • Feeling of daze or numbness post-threatening events • Anxiety-related symptoms (hyper-arousal, nervousness) • Intrusive memories of traumatic events
SOMATIZATION DISORDERS	IDENTIFYING PSYCHOSOMATIC CONDITION
<ul style="list-style-type: none"> • Common in general health care settings • Repeated, vague physical complaints • Persistent requests for medical investigations 	<ul style="list-style-type: none"> • Multiple physical complaints with no clear explanation • Patient rejects non-physical explanations • Repeated requests for investigations and consultations

Depression

CHARACTERISTICS	SYMPTOMS
<ul style="list-style-type: none"> • Persistent low mood • Loss of interest in pleasurable activities • Changes In energy levels, appetite, sleep • Difficulty in concentration, memory • Feelings of hopelessness, reduced desire to live 	<ul style="list-style-type: none"> • Inability to enjoy activities • Low energy levels or increased fatigue • Reduced confidence, attention, and concentration • Feeling hopeless, reduced desire to live • Multiple unexplained physical Symptoms • Difficulty in dally activities • Sleep and appetite difficulties

BIPOLAR AFFECTIVE DISORDER (BPAD)

CHARACTERISTICS	SYMPTOMS
<ul style="list-style-type: none"> • Mania: Elevated mood, impulsivity, grandiosity • Depression: Extreme sadness, similar to major depression 	<ul style="list-style-type: none"> • Decreased need for sleep • Increased energy, talkativeness

PSYCHOSIS

CHARACTERISTICS	SYMPTOMS
<ul style="list-style-type: none"> • Hallucinations (false perceptions) • Delusions (false, firm beliefs) 	<ul style="list-style-type: none"> • Incoherent or irrelevant speech • Neglect of usual responsibilities

DEMENTIA

CHARACTERISTICS	IDENTIFYING DEMENTIA
<ul style="list-style-type: none"> • Onset usually after 60 years • Psychiatric and neurological aspects 	<ul style="list-style-type: none"> • Difficulty in daily activities • Emotional control issues

DEVELOPMENTAL DISORDERS, INCLUDING AUTISM

CHARACTERISTICS	IDENTIFYING DEVELOPMENTAL DISORDERS
<ul style="list-style-type: none"> • Onset in infancy or childhood • Specific developmental disorders (e.g., speech, reading) 	<ul style="list-style-type: none"> • Steady course • Impairment in specific skills below expected levels
IDENTIFYING AUTISM	
<ul style="list-style-type: none"> • Restricted, repetitive behavior • Impairment in social behavior, communication, and language 	

SUICIDE

PUBLIC HEALTH CONCERN	WARNING SIGNS
<ul style="list-style-type: none"> • Millions attempt suicide annually • Link to immediate negative event 	<ul style="list-style-type: none"> • Expressing hopelessness or meaninglessness • History of self-harm or suicide thoughts/actions • Discussing plans or thoughts of suicide

PSYCHOLOGICAL ASSESSMENT IN MENTAL HEALTH SERVICE DELIVERY

PURPOSE	ATTRIBUTES ASSESSED
<ul style="list-style-type: none"> • Understanding psychological factors • Planning effective interventions • Monitoring treatment effects 	<ul style="list-style-type: none"> • Cognitive abilities • Personality, stress, emotion • Coping mechanisms

COMMON PSYCHOLOGICAL TESTS IN COMMUNITY SETTINGS

- General Health Questionnaire (GHQ)
- 12 Item Multi-Phasic Questionnaire (MPQ)

COUNSELLING

Counselling is a formal professional relationship aimed at assisting individuals with psychological concerns. Through counselling, a counsellor can help individuals

- Recognize their potentials
- Understand thought and behavioral patterns
- Utilize resources effectively
- Manage negative emotions

BASIC COUNSELLING SKILLS

Verbal Skills

- Face the patient squarely and maintain open body language
- Maintain good eye contact to show attention and interest
- Listen attentively without engaging in distracting behaviors

Non-Verbal Skills

- Show concern by starting conversations with neutral questions
- Communicate clearly, empathically, and supportively
- Paraphrase patient communications to show understanding without adding personal opinions

Do's	Don'ts
<ul style="list-style-type: none">• Talk politely and listen carefully• Maintain good eye contact to show attention and interest• Ask open-ended questions and assess understanding• Explain the importance of treatment and ensure safety	<ul style="list-style-type: none">• Avoid trying to convince or argue• Don't force patients to talk• Provide minimal personal information• Avoid distractions during counselling sessions

PSYCHOLOGICAL INTERVENTIONS IN DIFFERENT CONDITIONS

<p style="text-align: center;">ANXIETY DISORDERS</p>	<p style="text-align: center;">STRESS REACTIONS</p>
<ul style="list-style-type: none"> • Explain the nature, symptoms, and treatment of anxiety disorders • Consider Cognitive Behaviour Therapy for severe cases 	<ul style="list-style-type: none"> • Identify stress sources and assess Individual reactions • Discuss problem-solving strategies and stress inoculation techniques
<p style="text-align: center;">DEPRESSIVE DISORDERS</p>	<p style="text-align: center;">BIPOLAR AFFECTIVE DISORDER</p>
<ul style="list-style-type: none"> • Explain the nature, symptoms, and treatment of depressive disorders • Encourage patients to discuss issues contributing to their depression 	<ul style="list-style-type: none"> • Psycho-educate family members on the episodic nature of the illness • Emphasize the importance of medication, sleep routine, stress reduction, and a healthy lifestyle
<p style="text-align: center;">PSYCHOSIS/SCHIZOPHRENIA</p>	<p style="text-align: center;">SUBSTANCE USE DISORDERS</p>
<ul style="list-style-type: none"> • Educate family members about the illness, its symptoms, and treatment • Reassure family members about the episodic nature of violent behaviors 	<ul style="list-style-type: none"> • Explain SUD as an illness requiring long-term treatment Utilize psycho-education, Motivation Enhancement Therapy, and Relapse Prevention

PSYCHOLOGICAL INTERVENTIONS IN DIFFERENT CONDITIONS

INTELLECTUAL DISABILITY (FORMERLY MENTAL RETARDATION) AND OTHER DISABILITIES

- Correct parents' misconceptions affecting the child's care
- Special schooling for basic developmental skills is crucial
- Conduct family psycho-education
- Promote acceptance and care for children with behavioral disorders
- Provide positive reinforcement and avoid physical or emotional abuse

ADVICE TO TEACHERS

- Develop a plan for addressing a child's special educational needs
- Implement simple strategies like seating the child at the front, giving extra time for assignments, and breaking tasks into smaller pieces
- Address bullying promptly

SUPPORT FOR CARERS

- Identify psychosocial impact on careers
- Assess carers needs and provide necessary support for family life, employment, social activities, and health
- Arrange respite care for caregivers when needed

EPILEPSY/SEIZURE DISORDERS

FAMILY EDUCATION ON SEIZURE MANAGEMENT

- Educate family members on managing seizures
- Lay the person down on their side with head turned to aid breathing
- Encourage maintaining a regular routine and avoiding specific activities

DEMENTIA

- Provide regular orientation information to people with dementia
- Recommend adaptations in the home, physical activity, and exercise
- Provide training and support for caregivers in managing difficult behaviors

SUICIDE ATTEMPTS

- Place the person in a secure and supportive environment
- Remove means of self-harm
- Consult a mental health specialist

SOMATIZATION DISORDER

- Explore the person's explanations of somatic symptoms
- Counsel against self-medication
- Explain the psychosomatic model and encourage relaxation exercises

REHABILITATION OF PERSONS WITH MENTAL HEALTH PROBLEMS

IMPORTANCE OF REHABILITATION

- Psychologists play a role in understanding and supporting the rehabilitation of psychiatrically ill individuals
- Recognize when to make referrals for patients with rehabilitation needs

PSYCHIATRIC DISABILITIES AND REHABILITATION

PSYCHIATRIC DISABILITY OVERVIEW

- Psychiatric disabilities, especially in severe mental illnesses like Schizophrenia, result in functional limitations
- Rehabilitation efforts and a supportive environment help individuals live more effectively by learning/relearning essential skills and providing psychosocial support

REASONS FOR DISABILITY IN MENTAL ILLNESSES

IMPAIRMENTS CAUSED BY SYMPTOMS

- Negative symptoms in schizophrenia (e.g., apathy, poor social interactions) impact functionality
- Severe symptoms influence work, grooming, relationships, emotional reactions, and attention

IMPAIRMENTS CAUSED BY COGNITIVE DEFICITS

- Cognitive deficits in severe mental illnesses include impaired memory, poor attention, and decreased problem-solving abilities
- Severity of deficits increases with the chronicity of the disease

OTHER FACTORS

- Long-term medication side effects, poor family environment, and limited social support adversely affect functionality
- Interactions among these factors compound the negative effects

PSYCHOLOGIST'S ROLE IN REHABILITATION

BASIC REHABILITATION ASSESSMENT

- Evaluate patient needs, strengths, and available family and community resources

SENSITIZATION PROGRAMS

- Educate family members and society about the impairments caused by psychiatric illnesses and their impact on functionality
- Emphasize the role of family and community in the rehabilitation process

CAREGIVERS PROGRAMS

- Conduct programs to facilitate advocacy and provide a platform for caregivers to share experiences

SIMPLE INTERVENTION PROGRAMS

- Organize group activities for patients with poor social interactions and social skills deficits

AWARENESS ABOUT GOVERNMENT SCHEMES

- Inform patients about government welfare schemes for persons with disabilities, including mental illnesses

REFERRAL TO SPECIALIZED CENTERS

- Make referrals to specialized centers for vocational skills training and organizations supporting employment for individuals with disabilities

KEY CONSIDERATIONS

- Symptom resolution alone does not measure improvement; functional improvement is crucial
- Tailor rehabilitation efforts based on individual preferences and current functioning
- Mobilize family and community resources for significant positive changes

DID YOU KNOW?

1

Brain

Your brain can generate about 20 watts of electricity – enough to power a lightbulb. Psychology helps us understand how this “powerhouse” shapes behavior and thought

2

Multitasking

Multitasking is a myth – your brain actually switches tasks rapidly instead of doing them simultaneously. Psychology explores how this affects productivity and focus.

3

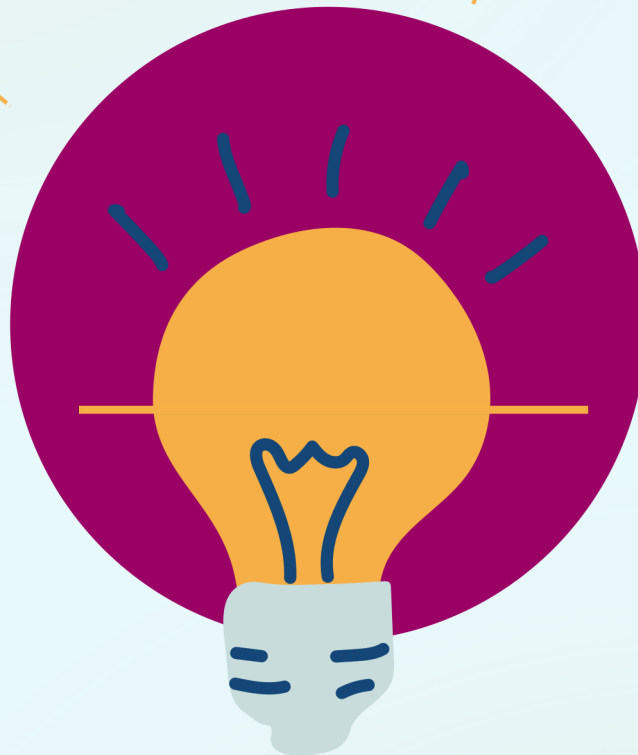
People

People tend to remember emotional experiences more vividly than neutral ones. Psychology digs deep into how memory and emotions are tightly linked.

4

Colours

Color can influence mood – blue can calm you, while red may increase alertness. Psychology helps brands and designers use this in marketing, therapy, and more.



Eligible Certificates



Training

Certificate of Training A Certificate of Training validates your practical skills. It boosts your resume, adds value to your profile, and proves hands-on experience. It enhances job readiness and credibility.



Internship

Certificate of Internship A Certificate of Internship showcases real-world exposure. It reflects industry experience, practical knowledge, and commitment. It strengthens your resume and improves career prospects.



Excellence

Certificate of Excellence A Certificate of Excellence honors outstanding performance. It highlights dedication, exceptional skill, and achievement. It sets you apart and builds a strong professional image.





GET IN TOUCH WITH US



edufyi@edufyitechsolutions.in



+91 6363209993



[linkedin.com/company/edufyi/](https://www.linkedin.com/company/edufyi/)



[instagram.com/edufyi/](https://www.instagram.com/edufyi/)



www.edufyitechsolutions.com