

## Study Programmes

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1. Media and communication in Health Promotion
2. Lifestyle counselling
3. Designing Health Promotion programmes and interventions
4. Living Environment and its health impact
5. Promoting health and well-being cross-sectorally
6. Global trends & Health Promotion
7. Reducing Health Inequalities and Health Promotion
8. Leadership in Health Promotion
9. Basics of Health Promotion
10. Mental health and wellbeing

1. Mental health and wellbeing
2. Health awareness in different life stages
3. Healthy living and working environment
4. Basic nutrition
5. Addictive behaviour
6. Health awareness in physical activity