



**Sanjay Gandhi Post Graduate Institute of Medical Sciences**

**Value added Certification Course**

**on**

**Stress Management Therapies**

Duration : 30 Hours

Timing : 1.00PM to 5.00 P.M.

16.6.2022 to 22.6.2022

Venue : SS Agarwal Auditorium, SGPGI

**Organising Secretary :**

Dr Aditya Kapoor

Professor

Department of Cardiology

SGPGI, Lucknow

Course Code VAC077

**About the Course:**

The nature of stress and the physiological and psychological effects of prolonged stress response. Includes short and long term somatic, behavioural techniques (exercise, relaxation, meditation, nutrition, time management and goal setting) for management of stress.

**Course Objectives:**

As a result of taking this class, students are expected to be able to:-

1. Understand the nature of stress;
2. Comprehend the psychological and physiological effects of stress;
3. Grasp the concepts related to individual and cultural differences in stress reactions across lifespan;
4. Assess individual risk factors as related to stress (behavioural, emotional, physical, spiritual);
5. Develop the ability to tap personal strengths for preventing stress and achieving meaningful goals; and
6. Accept the responsibility of taking charge of your own level of stress.

**Session highlights**

  
**Lt Col Varun Bajpai VSM**  
Executive Registrar  
SGPGIMS, Lucknow

Module 1: understanding the nature of stress:

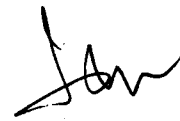
1. Meaning of stress
2. Body's reaction to stress
3. Sources of stress across the lifespan
4. Adaptive and maladaptive behaviour
5. Individual and cultural differences
6. Class Activity

Module 2: strategies of stress management and prevention:

1. Challenging stressful thinking
2. Problems solving and time management
3. Psychological and spiritual relaxation methods
4. Physical methods of stress reduction
5. Preparing for the future: College and Occupational stress
6. Care of the self: Nutrition and other lifestyle issues
7. Stress and conflict in relationships
8. Class Activity

Module 3: Strategies of Synthesis and Prevention:

1. Resilience and Stress
2. Optimal Functioning
3. Making Changes Last
4. Class Activity



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List of enrolled students and attendance								
Sno	Name of the student	Program	16.6.22	17.6.22	18.6.22	19.6.22	10.5.22	11.5.22
1	Pankaj Gaur	M.Ch	P	P	P	P	P	A
2	Aanchal Dixit	PDCC	P	P	P	P	P	P
3	Chandan Singh Rathaur	SR HS	P	P	P	P	P	P
4	Nidhi Singh	SR HS	P	P	P	P	P	P
5	Anmol Singh Rai	DM	P	P	P	P	P	P
6	Amit Kumar Tiwari	PhD	P	P	P	P	P	P
7	Pooja	PhD	P	P	P	A	P	P
8	Rajesh Kumar Maurya	PhD	P	P	P	A	P	P
9	Saurabh Vaish	PhD	P	A	P	P	P	P
10	Akansha Sinha	PhD	P	P	P	P	P	P



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11	Ankita Pandey	PhD	P	P	P	P	P	A
12	Buddhajyoti Ghosh	PhD	P	P	P	P	P	P
13	Urvashi Goyal	PhD	P	P	P	P	P	P
14	Medha Srivastava	PhD	P	P	P	P	P	P
15	Lt. Col Parijat Das	PhD	P	P	P	A	P	P
16	Sandeep Kumar Gupta	PhD	P	P	P	A	P	P
17	Prankrishna Kakati	PhD	P	A	P	P	P	P
18	Aditi Chauhan	PhD	P	P	P	P	P	P
19	Rajal Bansal	PhD	P	P	P	P	P	P
20	Neha Shukla	PhD	P	P	P	P	P	P

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# DEPARTMENT OF CARDIOLOGY

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This is to certify that

Anmol Singh Rai

has successfully completed the value added certification course  
on

**STRESS MANAGEMENT THERAPIES**

Course Code VAC77

16.6.2022 to 22.6.2022

Prof Aditya Kapoor

Lt Col Varun Bajpai VSM  
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Sanjay Gandhi Institute of Medical Sciences



This is to certify that

Nidhi Singh


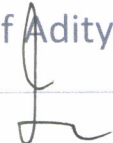
has successfully completed the value added certification course  
on

**STRESS MANAGEMENT THERAPIES**

Course Code VAC77

16.6.2022 to 22.6.2022

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  Prof Aditya Kapoor

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Executive Registrar  
SGPGIMS, Lucknow

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This is to certify that

Chandan Singh Rathaur


has successfully completed the value added certification course  
on

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Course Code VAC77

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 Prof. Aditya Kapoor

  
Lt Col Varun Bajpai VSM  
Executive Registrar  
SGPGIMS, Lucknow



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This is to certify that

Aanchal Dixit

has successfully completed the value added certification course  
on

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Prof Aditya Kapoor

  
Lt Col Varun Bajpai VSM  
Executive Registrar  
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# DEPARTMENT OF CARDIOLOGY

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This is to certify that

Pankaj Gaur

has successfully completed the value added certification course  
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Prof Aditya Kapoor

Lt Col Varun Bajpai VSM  
Executive Registrar  
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