



VAC 103

Sanjay Gandhi Post Graduate Institute of Medical Sciences

VAC 103

Value added Certification Course
On
Stress management and life skills

Duration: 30 Hours

Online Mode

7-17th June 2022

Organising Secretary

Dr Rajesh Harshvardhan

SGPGIMS, Lucknow

VALUE ADDED COURSE

ON

STRESS MANAGEMENT AND LIFE SKILLS

About the course-Feelings of stress, pressure and anxiety are commonly experienced by everyone on regular basis in simple terms stress can be defined as a response of the individual to any demand that is placed on him/her. The negative energy charged by environment will also increase the changes of stress these days academic pressure every child is expected to excel in academics not only for him/ herself but also full feeling parents teachers and society expectations and social expectations. So the life skills include the ability to manage include the ability to manage emotions and cope with stressors.

Keeping in mind the importance of stress management and life skills Department of Education is going to organize this value added course for our youths and nation builders.

Course Objectives

01. To develop the conceptual and practical understanding of Stress management
02. To enable participant to discriminate between Distress and Eustress
03. To ensure participant to behave positively in worst situation using different life skills

Rules & Regulations for Conducting Value Aided Course

- 1) This value aided course is not mandatory for students and qualify for any program as well.
- 2) Value Aided Courses are open to all without any fee
- 3) Value Aided Courses will be conducted after regular teaching hours (Reserved Time Slot)
- 4) Value Aided Courses will be conducted by using only online mode
- 5) The students may be permitted for taking admission in one value aided course during a semester


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- 6) It is mandatory to all participants to have at least 50% attendance, submit assignment and quiz forgetting certificate. Otherwise participants are not entitled for Certificates.

Course Outcomes

After completion of this course, students will be able to-

1. Manage their stress effectively.
2. Use various therapies to reduce stress in an efficient manner.
3. Use various life skills to overcome the situation which is not positive.

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Schedule/ Time Table
For
Value Added course on
Stress Management and Life Skills
(Online mode) Schedule/ Time Table

SI No.	Topics/Syllabus	Timings	Method	Name of Activity	Daily Hours
1.	Introduction	04:00PM to 5:30PM 7th June 22			1 Hour 30 Min
2.	Stress concept and symptoms	04:00PM to 5:30PM 8th June 22	Lecture & Orientation	Discussion	1 Hour 30 Min
	Stress and anxiety	04:00PM to 7:00PM 8th June 22	Examples & Illustration		1 Hour 30 Min
3.		04:00PM to 5:30PM 9th June 22	Demonstration	Examples & Illustration	1 Hour 30 Min
		04:00PM to 5:30PM 9th June 22	Participatory approach	Interactive Discussion	1 Hour 30 Min
4.		03:00PM to 4:30PM 10th June 2022	Lecture	Extempore	1 Hour 30 Min
		04:30PM to 6:30PM 10th June 2022	Lecture & Demonstration	Debate	1 Hour 30 Min
5.		03:30PM to 4:30PM 11th June 2022	Workshop style	Discussion	1 Hour 30 Min
		04:30PM to 6:00PM 11th June 2022	Collaborative approach	Interactive Discussion	1 Hour 30 Min
6.	Stress Management	04:00PM to 5:30PM 12th June 2022	Lecture	YouTube Video	1 Hour 30 Min
	Stress Management with Heartfulness relaxation and meditation	05:30PM to 7:00PM 12th June 2022	Expert Lecture & PPT Presentation	Interactive Video	1 Hour 30 Min
7.	Mind management	04:00PM to 5:30PM 13th June 2022	Lecture & Orientation	Discussion	1 Hour 30 Min
	Mind Management with Heartfulness Rejuvenation	04:00PM to 5:30PM	Expert Lecture & PPT Presentation	Presentation & Meditation	1 Hour 30 Min

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		13 th June 2022			
8.	Self management with Hearthfulnessinnerconnect	04:00PM to 5:30PM 14 th June 2022	Lecture & PPT Presentation	Experiential Learning	1 Hour 30 Min
		05:30PM to 7:00PM 14 th June 2022	Lecture & Demonstration	Debate	1 Hour 30 Min
9.	Why Life Skills Important	3:00PM to 4:30PM 15 th June 2022	Lecture	Discussion	1 Hour 30 Min
		05:00PM to 6:30PM 15 th June 2022	Lecture & PPT Presentation	Interactive Video	1 Hour 30 Min
10.	Life Skills Concept and Type	04:00PM to 5:30PM 16 th June 2022	Workshop Style	Discussion	1 Hour 30 Min
	Life Skills education on to improving coping skills	05:30PM to 7:00PM 16 th June 2022	Participatory Approach	Extempore	1 Hour 30 Min
11.	Life Skills and success	04:00PM to 5:30PM 17 th June 2022	Collaborative Approach	Debate	1 Hour 30 Min
Total Hour					30hrs

4.

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Duration : 30 Hours

Timing : 04:00 PM to 05:30 PM

07.06.22 to 17.06.22

VAC103

Organizing Secretary: Dr Rajesh Harshvardhan

List of enrolled students and attendance

SR. NO.	Name of the student	Program	07.06.22	08.06.22	09.06.22	10.06.22	11.06.22	12.06.22	13.06.22	14.06.22	15.06.22	16.06.22	17.06.22	
1	Dr. Bishal Gupta	PDCC	P	P	P	P	P	P	P	P	P	P	P	
2	Dr. Sandeepan Saha	DM	P	P	P	P	P	P	P	P	P	P	P	
3	Dr. Shiwangi Yadav	MD	P	P	P	P	P	P	P	P	P	P	P	
4	Mridula Anand	Bsc. Nursing	P	P	P	P	P	P	P	P	P	P	P	
5	Dr. Parikh Kush Satyen	M.Ch	P	P	P	P	P	P	P	P	P	P	P	
6	Amit Kumar Tiwari	Medical Genetics	P	P	P	P	P	P	P	P	P	P	P	
7	Rajesh Kumar Maurya	Medical Genetics	P	P	P	P	P	P	P	P	P	P	P	
8	Akansha Sinha	Microbiology	P	P	P	P	P	P	P	P	P	P	P	
9	Ankita Pandey	Microbiology	A	A	A	A	A	A	A	A	A	A	A	
10	Medha Srivastava	Molecular Medicine &	P	P	P	P	P	P	P	P	P	P	P	

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		Biotechnology												
11	Neha Shukla	Urology	A	P	P	P	A	A	A	A	A	A	A	
12	Aditya	Operation Theatre Technology	P	P	P	P	P	P	P	P	P	P	P	
13	Ankit Singh	Operation Theatre Technology	P	P	P	P	P	P	P	P	P	P	P	
14	Manish Kumar	Operation Theatre Technology	A	P	P	P	P	P	P	P	P	A	A	
15	Shivanshu	Operation Theatre Technology	P	P	P	P	P	P	P	A	P	P	P	
16	Sandeep Kumar Gupta	Neurology	P	P	P	P	P	P	P	P	A	P	P	
17	Prankrishna Kakati	SCRC, Hematology	P	P	P	P	P	P	P	P	P	A	A	
18	Aditi Chauhan	SCRC, Hematology	P	P	P	P	P	P	P	P	P	P	P	
19	Rajal Bansal	SCRC, Hematology	P	P	P	P	P	P	P	P	P	P	P	
20	Neha Shukla	Urology	P	P	P	P	P	P	P	A	P	P	P	

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Specialty of Physical Medicine & Rehabilitation

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ACKNOWLEDGES THAT

Sandeepan Saha

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
COURSE

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07.06.2022 to
17.06.2022


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ACKNOWLEDGES THAT

Shiwangi Yadav

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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17.06.2022

Dr Rajesh Hashwvrdhan

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ACKNOWLEDGES THAT

Bishal Gupta

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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ACKNOWLEDGES THAT

Parikh Kush Satyen

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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ACKNOWLEDGES THAT

Mridula Anand

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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17.06.2022


Dr Rajesh Harshvardhan

Dr. Col. Varun Bajpai VSM
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