



Jyotirao Phule Subharti College of Physiotherapy



Recognized by U.P. State Medical Faculty, Lucknow and Indian Association of Physiotherapists
Website: www.subharti.org, e-mail: physiotherapy@subharti.org, Ph: 0121-2438643/52 (Extn: 3552, 3553), Telefax: 0121-3898030, 2438667

A constituent college of
SWAMI VIVEKANAND SUBHARTI UNIVERSITY
(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

Office of the Principal

Date: 02/1/2021

NOTICE

All the students of BPT 3rd & BPT 4th year are informed that Value Added Course on 'Stress Management & Coping Strategies' is going to be held from 04/1/2021 to 07/1/2021. The students who are interested in joining the course are asked to give their names to Dr. Anshika Singh, Course Coordinator & Assistant Professor, JRP SCPT for registration.


21/1/2021
Dr. Jasmine Anandabai
Principal
PRINCIPAL
Subharti College of Physiotherapy
Swami Vivekanand Subharti University Meerut


Registrar
Swami Vivekanand
Subharti University
MEERUT



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Office of the Principal

VALUE ADDED COURSE

ON

'STRESS MANAGEMENT AND COPING STRATEGIES'

SCHEDULE: 04/01/2021 – 07/01/2021

CREDIT HOURS: 16 HOURS

CREDIT POINTS: 1

Date	Topic & Content	Faculty Name	Timing
04/01/2021	Day 1: Session 1: Introduction: Awareness Of Stress And Impact Of Stress On Quality Of Life.	DR. JASMINE ANANDABAI	10AM TO 11 AM
	Description and Explanation of The Nature Of Stress, The Stress Response, Causes of Stress, The Relationship Between Stress and Disease and a Holistic Approach to Stress Managements.	DR. ANSHIKA SINGH	11 AM TO 12 PM
04/01/2021	Day 1: Session 2: Explain The Concepts Of Fight-Or-Flight Reaction, General Adaptation Syndrome, Event Based Concept Of Stress, Interactional Model Of Stress, Transactional Model Of Stress.	DR. SUMIT RAGHAV	2PM TO 4PM



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05/01/2021	<p>Day 2: Session 1: Assessment And Description Of The Impact Of Stress On One's Own Body, Mind, Spirit And Emotions.</p> <p>Evaluate the personal effectiveness of coping skills and/or relaxation techniques. Implement a personal stress management plan.</p> <p>Identify, Describe And Practice Research-Based Coping Strategies And Relaxation Techniques That Contribute To Managing Life's Stress.</p>	DR. DANISH NOUMAN	10AM TO 12 PM
05/01/2021	<p>Day 2: Session 2: Describe The Role Of Exercise And Nutrition As They Relate To Stress Management.</p> <p>Develop A Personal Lifestyle Plan Incorporating Coping Strategies And Relaxation Techniques To Decrease The Impact Of Stress On One's Body, Mind, Spirit And Emotions.</p> <p>Recognize coping skills as useful to preventing or managing stress. Practice coping skills/methods such as: behavior modification, cognitive restructuring, time management, humor, communication. Implement a coping skill to help prevent or manage stress.</p>	DR. SURANDAR KUMAR DR. KAYNAT HASSAN	2PM TO 3PM 3PM TO 4PM



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06/01/2021	<p>Day 3 : Session 1 :</p> <p>Practice relaxation techniques. Recognize relaxation techniques as useful to preventing or managing stress. Experience relaxation techniques such as: breathing, yoga, visualization, music, massage, meditation, progressive muscle relaxation, autogenic training, mindfulness.</p> <p>Implement a relaxation technique to help prevent or manage stress.</p>	DR. UZMA KHAN	10AM TO 12 PM
06/01/2021	<p>Day 3: Session 2 :</p> <p>Examine complementary and alternative approaches to stress management.</p> <p>Analyze information on a complementary/alternative approach to stress management.</p> <p>Examine information on a complementary/alternative approach to stress management as it relates to the physiological, cognitive or emotional responses to stress.</p> <p>Discuss the benefits and risks of utilizing a complementary/alternative approach to stress management.</p>	DR. SHIKHA SINGH DR. KAPIL RASTOGI	2PM TO 3PM 3PM TO 4PM
07/01/2021	<p>Day 4: Session 1 :</p> <p>Apply stress management</p>	DR. ALKA AGARWAL	



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	techniques to prevent and/or reduce the effects of personal stress		10AM TO 12 PM
07/01/2021	Day 4: Session 2 : Identify sources of personal stress Match personal stressors with coping skills and/or relaxation techniques that may help alleviate the effects of stress.	DR. ANJALI CHAUDHARY	2PM TO 4PM


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Swami Vivekanand Subharti University, Meerut

(Dr. Jasmine Anandabai)
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Office of the Principal

Date: 08/1/2021

Report

VALUE ADDED COURSE

ON

'STRESS MANAGEMENT AND COPING STRATEGIES'

A value added course on 'Stress Management and Coping Strategies' was organized from 4/1/21 to 07/1/21 for the students of BPT 3rd & BPT 4th year. A total of 58 students of BPT 3rd year and BPT 4th year participated in the value added course. The total duration of value added course on 'Stress Management and Coping Strategies' was 16 hours with 01 credit point.

The course focused on :

- Awareness Of Stress And Impact Of Stress On Quality Of Life.
- Assessment And Description Of The Impact Of Stress On One's Own Body, Mind, Spirit And Emotions.
- The Role Of Exercise And Nutrition As They Relate To Stress Management.
- Coping Strategies
- Implement a relaxation technique to help prevent or manage stress.

At the end of the course certificate of participation were distributed to all the participants who attended the course.

Dr. Jasmine Anandabai
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Value added course on “Stress Management and Coping Strategies”



(A value added course on “Stress Management and Coping Strategies to the students” was organized by the Subharti College of Physiotherapy, Meerut and faculty member is explaining about the course to the students)

VALUE ADDED COURSE ON STRESS MANAGEMENT AND COPING
STRATEGIES
SESSION: 2020-21
ATTENDANCE LIST

Sr. No.	Name of the student	04/1/2021	05/1/2021	06/1/2021	07/1/2021
1	Priyanshi Gupta	P	P	P	P
2	Mansi Vishal	P	P	P	A
3	Km.Tulika	P	A	P	P
4	HumeraRehman	P	A	P	P
5	Khushi Gupta	A	P	P	P
6	Ishikajain	A	P	P	P
7	Mohd Abbas	P	P	P	A
8	SamikshaSaxena	P	P	P	P
9	Ankita Chauhan	P	P	A	P
10	Daminikansal	P	P	P	P
11	Garima pal	P	P	A	P
12	Rajat	P	P	P	P
13	Kanak Priya	P	P	A	P
14	Mohd Saddam	P	A	P	P
15	Mohammad Hasan	P	A	P	P
16	SaunmyaMathur	A	P	P	P
17	PragatiRaghav	P	P	P	P
18	Prashansa Jain	P	P	P	P
19	Shweta Kundoo	A	P	P	P
20	Ekta	P	P	P	A
21	Toolika Goyal	A	P	P	P
22	Ishika Jain	P	P	P	A

23	Gayatri Patel	P	P	P	P
24	Toolika Goyal	P	P	P	A
25	Priya	P	P	P	P
26	Niharika Gupta	P	P	P	P
27	Kavya Mittal	P	P	P	P
28	KM Riya	P	P	P	P
29	Mohd Salim	P	P	P	P
30	Sakshi Sharma	P	P	A	P
31	MohdArif	P	P	A	P
32	Km Pooja Lohiya	P	P	P	P
33	Apoorav Saini	P	P	P	P
34	Arniv Aditya	P	P	P	P
35	Km.Saloni Sharma	P	A	P	P
36	Rupal Chauhan	P	A	P	P
37	Km.saloni Sharma	P	P	P	P
38	AnushthaMaheshwari	P	A	P	P
39	Riya Gupta	P	P	A	P
40	KajalBhati	P	P	A	P
41	Kamini Singh	P	P	P	P
42	Km Shweta Yadav	P	A	P	P
43	Sofiya Hussain	P	A	P	P
44	HimanshuBoura	P	P	P	A
45	Ruqqaiya Rashid	P	P	P	A
46	Ruby Malsawmdawngzeli	P	P	P	P
47	Mehak Oberoi	P	P	P	A
48	Nikhil Arya	P	P	P	P
49	Nishat Khan	P	P	P	P

50	Sidharth M Sasi	A	P	P	P
51	Parkhi Gupta	A	P	P	P
52	PragatiSawhney	P	P	P	P
53	Bhavya Agarwal	P	A	P	P
54	SharikTyagi	P	A	P	P
55	AnushkaTyagi	P	P	P	P
56	MohdAkib	P	P	A	P
57	Rashid	P	P	P	P
58	Amrita Singh	P	P	P	A



Dr. Jasmine Anandabai



Registrar
Swami Vivekanand
Subharti University
MEERUT



JRP SUBHARTI COLLEGE OF PHYSIOTHERAPY
CERTIFICATE OF COMPLETION

*This is to certify that Mr./Ms ANUSHKA TYAGI has successfully completed the Value Added
Course on "STRESS MANAGEMENT AND COPING STRATEGIES"*

Held from 4TH JANAUARY 2021 to 7TH JANAUARY 2021.

*Dr. Jasmine Anandabai
Off. Principal
JRPSCPT*



JRP SUBHARTI COLLEGE OF PHYSIOTHERAPY
CERTIFICATE OF COMPLETION

*This is to certify that Mr./Ms PRAGATI SAWHNEY has successfully completed the Value Added
Course on "STRESS MANAGEMENT AND COPING STRATEGIES"*

Held from 4TH JANAUARY 2021 to 7TH JANAUARY 2021.

*Dr. Jasmine Anandabai
Off. Principal
JRPSCPT*



JRP SUBHARTI COLLEGE OF PHYSIOTHERAPY
CERTIFICATE OF COMPLETION

This is to certify that Mr./Ms RASHID has successfully completed the Value Added Course on
"STRESS MANAGEMENT AND COPING STRATEGIES"

Held from 4TH JANAUARY 2021 to 7TH JANAUARY 2021.

Dr. Jasmine Anandabai
Off. Principal
JRPSCPT



JRP SUBHARTI COLLEGE OF PHYSIOTHERAPY
CERTIFICATE OF COMPLETION

This is to certify that Mr./Ms SIDHARTH M. SASI has successfully completed the Value Added
Course on **"STRESS MANAGEMENT AND COPING STRATEGIES"**

Held from 4TH JANAUARY 2021 to 7TH JANAUARY 2021.

Dr. Jasmine Anandabai
Off. Principal
JRPSCPT