



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

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SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-
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Ref no. / H.Sc. / Notice / 2018 - 19 / 46

25.03.2019

NOTICE

This is hereby informed that Department of Home Science shall start Value Added Courses (30hrs.) Students are advised to participate in below mentioned programs along with the degree course.

Program Calendar

S.No.	Name of Course	Programme Coordinator	Date
1	Stress Management	Ms. Shalu Nehra	02/04/2019
2	Anger Management	Dr. Nishma Singh	12/04/2019
3	Crèche Administration	Ms. Shalu Nehra	04/06/2019
4	Sports Nutrition	Dr. Nishma Singh	02/07/2019
5	Diabetes Management	Ms. Shalu Nehra	02/08/2019
6	Small Scale Industry Administration	Dr. Nishma Singh	02/09/2019

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Gaur

(Head, Department of Home Science)

HEAD
DEPARTMENT OF HOME SCIENCE
S. V. S. Subharti University

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VALUE ADDED COURSE STRESS MANAGEMENT

Duration: 30 hrs

Unit 1: Introduction to Stress

- Understanding the stress
- Causes of Stress
- Biology of Stress
- Stressors

Unit 2: Stress Prevention

- Stress Prevention

Unit 3: Types of Stress

- Physiological Stress
- Psychological Stress

Unit 4: Stress and Self Care

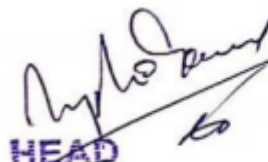
- Stress reducing Exercise
- Nutrition in Stress Management

HEAD
DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

List of Students

Value Added Course - Stress Mangement

Ana Rehman
Ujala Saini
Nandini Tyagi
Km Shivani Ahlawat
Kahkasha Zehra
Km Muskan Khan
Km Shivani
Km Barkha
Ridhima Jain
Riya Tomar
Alia Naseem Siddiqua
Mahak Aggarwal
Shivani Nigam
Tanu Verma
Nikita Garg
Surbhi Nirwan
Km.Sweta
Faiza Akhlaq
Km.Nitika
Parul
Divya Dubey
Anukriti Singh
Km Payal


HEAD

DEPARTMENT OF HOME SCIENCE
University of Meerut


Registrar
Swam Vivekanand
Subharti University
MEERUT

REPORT ON

VALUE ADDED COURSE CONDUCTION- STRESS MANAGEMENT (2019-20)

This year in 2019-2020 value added course was conducted on 'Stress management'. This course was organized specially for the students of Home Science. The details of courses are as follows:

Name of course: Stress management

Duration: 30 hours

Conducted by: Ms Shalu Nehra

Organized by: Department of Home Science

Physical comforts are increasing day by day but at the cost of increase in mental stress. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind.

Around these thoughts, the course was introduced to help them learn and know about various types of stress they face and how to tackle them. In this course, the types of stress, ways to tackle them and how to do self care was taught and imbedded in students.

Following are the tips given by Ms Shalu Nehra on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Substitute fruits for desserts.
- Avoid caffeine.
- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Take a warm bath or shower.

- Go for a walk. Get in touch! Hug someone, hold hands, or stroke a pet. Physical contact is a great way to relieve stress.

All of the above and taught knowledge seemed very useful and efficient to reduce the stress. The participants of the course had a wonderful experience during various practice and exercises. There were discussions in between the various classes conducted in which the doubts and queries of participants were resolved.

The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.



Ms. Shalu Nehra taking value Added lecture on Nutrition in Stress Management



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Certificate of Completion

THIS ACKNOWLEDGES THAT

Ujala Saini

has successfully completed
30 hours value added on
'STRESS MANAGEMENT'
(April 2- MAY 3, 2019)

Dr. Jyoti Gaur
Head, Department of Home Science

DEAN
Faculty of Arts & Social Sciences
S. V. Subharti University
MEERUT

MS. Shalu Nehra
Program Coordinator



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Certificate of Completion

THIS ACKNOWLEDGES THAT

Nandini Tyagi

has successfully completed
30 hours value added on
'STRESS MANAGEMENT'
(April 2- MAY 3, 2019)

Dr. Jyoti Gaur
Head, Department of Home Science

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MEERUT

MS. Shalu Nehra
Program Coordinator



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Swami Vivekanand Subharti University**

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Certificate of Completion

THIS ACKNOWLEDGES THAT

Km. Shivani Ahlawat

has successfully completed
30 hours value added on
'STRESS MANAGEMENT'
(April 2- MAY 3, 2019)

Dr. Jyoti Gaur
Head, Department of Home Science

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MS. Shalu Nehra
Program Coordinator

Registrar
Swami Vivekanand
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