

UTTAR PRADESH STATE UNIVERSITY



SCHOOL OF BUSINESS MANAGEMENT

COURSE NAME: STRESS MANAGEMENT

DATE OF COMMENCEMENT OF COURSE: 7th September 2020

(5 hrs each day)

SUDHIR VERMA

(ASSISTANT PROFESSOR, SBM)

COURSE COORDINATOR

Course Name	Stress Management Course				
Course Code	VACSM				
Duration	30 hrs (6 days)				

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, mediation, nutrition, time management and goal setting) for management of stress.

Couse 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 andphysiological 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

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

Registered Students Under Value Added Course

Students Name

KHUSHBU SINGH KHUSHI BHADOURIA KHUSHI GAUTAM KOMAL GUPTA KOMAL PRAJAPATI KOMAL SINGH KRATI AGNIHOTRI KRISH TRIVEDI

KRISHNA

KSHITIJ SHUKLA KUSHAGRA SHARMA

MADHAV KRISHNA PANDEY

MANAS BHARADWAJ

MANISH SINGH MANISHA GUPTA MANSI TIWARI

MAYANK KUMAR GUPTA

MINHAZ UDDIN

MOHAMAD SHADAB MOHAMMAD ABBAS

MOHD ASHAD

MOHD KASHIF HASAN MOHD ZAID ULLAH

MOHIT KUMAR MOHIT SHARMA MUDIT OJHA

MUSKAN KATIYAR

NANCY VERMA

NANDINI SHARMA

NIHAL KUMAR SINGH

NIKHIL GUPTA

NIKHIL YADAV

NITIN KANT

OMPAL SINGH

OSHIN RAJPUT

PARTH SENGAR

PARUL GAUTAM

PIYUSH AGNIHOTRI

PIYUSH LALWANI

PIYUSH SINGH

POOJA RATHOUR

PRABUDH SAHU

PRAGATI TIWARI

PRAKHAR SHUKLA PRANSHU MISHRA

PRASENJIT GAUTAM

PRATIBHA JAISWAL

PRINCE CHAUHAN

PRINCE KUMAR SINGH

PRINCY VERMA

SAHIL KHAN

SAIMA ALI

SAKSHI HALWAI

SAKSHI PANDEY

SAMPURNA SINGH

SANSKAR DIXIT

SANSKRATI MISHRA

SATY KUMAR

SATYAM SHARMA

SATYAM TIWARI

SATYENDRA KUMAR PRAJAPATI

SAYYED KISHWAR FATIMA

SHALU SINGH

SHARAD VISHWAKARMA

SHASHANK KAMAL



	ATTENDANCE LIST						
	Value added course – Stress Management						
	7/09	/2020 – 13	/09/2020				
SI.	Name of student	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	KHUSHBU SINGH	P	Р	Р	Р	Р	
2	KHUSHI BHADOURIA	Р		Р	Р	Р	Р
3	KHUSHI GAUTAM	Р	Р	Р		Р	Р
4	KOMAL GUPTA	Р	Р	Р	Р	Р	Р
5	KOMAL PRAJAPATI	Р	Р		Р	Р	Р
6	KOMAL SINGH	Р	Р	Р	Р	Р	Р
7	KRATI AGNIHOTRI	Р	Р	Р		Р	Р
8	KRISH TRIVEDI	P	Р		Р	Р	Р
9	KRISHNA	Р	Р	Р		Р	Р
10	KSHITIJ SHUKLA	Р	Р	Р	Р	Р	
11	KUSHAGRA SHARMA	Р	Р	Р	Р		Р
12	MADHAV KRISHNA PANDEY	P	Р	Р	Р	Р	Р
13	MANAS BHARADWAJ	Р	Р		Р	Р	Р
14	MANISH SINGH	P	Р	Р		Р	Р
15	MANISHA GUPTA	Р	Р	Р	Р	Р	Р
16	MANSITIWARI	Р	Р	Р		Р	Р
17	MAYANK KUMAR GUPTA	P	Р	Р	Р		Р
18	MINHAZ UDDIN	P		Р	Р	Р	Р
19	MOHAMAD SHADAB	Р	Р	Р		Р	
20	MOHAMMAD ABBAS	P	Р	Р	Р	Р	Р
21	MOHD ASHAD	Р	Р		Р	Р	Р
22	MOHD KASHIF HASAN	Р	Р	Р	Р	Р	Р
23	MOHD ZAID ULLAH	P	Р	Р	Р	Р	Р
24	MOHIT KUMAR	Р	Р	Р	Р	Р	Р
25	MOHIT SHARMA	P	Р	Р	Р	Р	Р
26	MUDIT OJHA	Р	Р		Р	Р	Р
27	MUSKAN KATIYAR	Р	Р	Р	Р	Р	Р
28	NANCY VERMA	Р	Р		Р	Р	Р
29	NANDINI SHARMA	Р	Р	Р	Р		Р
30	NIHAL KUMAR SINGH	Р	Р	Р	Р	Р	Р
31	NIKHIL GUPTA	Р	Р	Р	Р	Р	Р
32	NIKHIL YADAV	Р	Р	Р		Р	Р
33	NITIN KANT	Р		Р	Р	Р	Р
34	OMPAL SINGH	Р	Р	Р	Р	Р	Р
35	OSHIN RAJPUT	Р	Р	Р	Р	Р	
36	PARTH SENGAR	Р	Р	Р	Р	Р	
37	PARUL GAUTAM	Р	Р	Р	Р	Р	Р

38	PIYUSH AGNIHOTRI	P	P	P	P		P
39	PIYUSH LALWANI	Р	Р	Р		Р	Р
40	PIYUSH SINGH	Р	Р	Р	Р	Р	Р
41	POOJA RATHOUR	Р	Р	Р		Р	Р
42	PRABUDH SAHU	Р	Р	Р		Р	
43	PRAGATI TIWARI	Р	Р	Р		Р	Р
44	PRAKHAR SHUKLA	Р	Р	Р	Р	Р	Р
45	PRANSHU MISHRA	Р	Р		Р	Р	Р
46	PRASENJIT GAUTAM	Р		Р	Р	Р	Р
47	PRATIBHA JAISWAL	Р	Р	Р	Р	Р	Р
48	PRINCE CHAUHAN	Р	Р	Р	Р	Р	
49	PRINCE KUMAR SINGH	Р	Р	Р	Р		Р
50	PRINCY VERMA	Р	Р	Р	Р	Р	Р
51	SAHIL KHAN	Р	Р	Р		Р	Р
52	SAIMA ALI	Р	Р	Р		Р	Р
53	SAKSHI HALWAI	Р	Р	Р	Р	Р	Р
54	SAKSHI PANDEY	P	Р	P	Р	Р	Р
55	SAMPURNA SINGH	Р	Р		Р	Р	Р
56	SANSKAR DIXIT	Р		Р	Р	Р	Р
57	SANSKRATI MISHRA	Р	Р	Р	Р	Р	Р
58	SATY KUMAR	Р	Р	Р	Р	Р	
59	SATYAM SHARMA	Р	Р	Р	Р		Р
60	SATYAM TIWARI	Р	Р	Р	Р	Р	Р
61	SATYENDRA KUMAR PRAJAPATI	Р	Р	Р		Р	Р
62	SAYYED KISHWAR FATIMA	Р	Р	Р		Р	Р
63	SHALU SINGH	Р	Р	Р	Р	Р	Р
64	SHARAD VISHWAKARMA	Р	Р	Р		Р	Р
65	SHASHANK KAMAL	Р	Р	Р		Р	Р



S.No.	Students Name	Certificate Code
1	KHUSHBU SINGH	IBM C011/01
2	KHUSHI BHADOURIA	IBM C011/02
3	KHUSHI GAUTAM	IBM C011/03
4	KOMAL GUPTA	IBM C011/04
5	KOMAL PRAJAPATI	IBM C011/05
6	KOMAL SINGH	IBM C011/06
7	KRATI AGNIHOTRI	IBM C011/07
8	KRISH TRIVEDI	IBM C011/08
9	KRISHNA	IBM C011/09
10	KSHITIJ SHUKLA	IBM C011/10
11	KUSHAGRA SHARMA	IBM C011/11
12	MADHAV KRISHNA PANDEY	IBM C011/12
13	MANAS BHARADWAJ	IBM C011/13
14	MANISH SINGH	IBM C011/14
15	MANISHA GUPTA	IBM C011/15
16	MANSI TIWARI	IBM C011/16
17	MAYANK KUMAR GUPTA	IBM C011/17
18	MINHAZUDDIN	IBM C011/18
19	MOHAMAD SHADAB	IBM C011/19
20	MOHAMMAD ABBAS	IBM C011/20
21	MOHD ASHAD	IBM C011/21
22	MOHD KASHIF HASAN	IBM C011/22
23	MOHD ZAID ULLAH	IBM C011/23
24	MOHIT KUMAR	IBM C011/24
25	MOHIT SHARMA	IBM C011/25
26	MUDIT OJHA	IBM C011/26
27	MUSKAN KATIYAR	IBM C011/27
28	NANCY VERMA	IBM C011/28
29	NANDINI SHARMA	IBM C011/29
30	NIHAL KUMAR SINGH	IBM C011/30
31	NIKHIL GUPTA	IBM C011/31
32	NIKHIL YADAV	IBM C011/32
33	NITIN KANT	IBM C011/33
34	OMPAL SINGH	IBM C011/34
35	OSHIN RAJPUT	IBM C011/35
36	PARTH SENGAR	IBM C011/36
37	PARUL GAUTAM	IBM C011/37
38	PIYUSH AGNIHOTRI	IBM C011/38
39	PIYUSH LALWANI	IBM C011/39
40	PIYUSH SINGH	IBM C011/40

•	
POOJA RATHOUR	IBM C011/41
PRABUDH SAHU	IBM C011/42
PRAGATITIWARI	IBM C011/43
PRAKHAR SHUKLA	IBM C011/44
PRANSHU MISHRA	IBM C011/45
PRASENJIT GAUTAM	IBM C011/46
PRATIBHA JAISWAL	IBM C011/47
PRINCE CHAUHAN	IBM C011/48
PRINCE KUMAR SINGH	IBM C011/49
PRINCY VERMA	IBM C011/50
SAHIL KHAN	IBM C011/51
SAIMA ALI	IBM C011/52
SAKSHI HALWAI	IBM C011/53
SAKSHIPANDEY	IBM C011/54
SAMPURNA SINGH	IBM C011/55
SANSKAR DIXIT	IBM C011/56
SANSKRATI MISHRA	IBMC011/57
SATY KUMAR	IBM C011/58
SATYAM SHARMA	IBM C011/59
SATYAM TIWARI	IBM C011/60
SATYENDRA KUMAR PRAJAPATI	IBM C011/61
SAYYED KISHWAR FATIMA	IBM C011/62
SHALU SINGH	IBM C011/63
SHARAD VISHWAKARMA	IBM C011/64
SHASHANK KAMAL	IBM C011/65
	PRABUDH SAHU PRAGATI TIWARI PRAKHAR SHUKLA PRANSHU MISHRA PRASENJIT GAUTAM PRATIBHA JAISWAL PRINCE CHAUHAN PRINCE KUMAR SINGH PRINCY VERMA SAHIL KHAN SAIMA ALI SAKSHI HALWAI SAKSHI PANDEY SAMPURNA SINGH SANSKAR DIXIT SANSKRATI MISHRA SATY KUMAR SATYAM SHARMA SATYAM TIWARI SAYED KISHWAR FATIMA SHARAD VISHWAKARMA





Certificate No. IBM C011/49

CERTIFICATE OF PARTICIPATION IS PRESENTED TO

Prince Kumar Singh

for active participation in the Additional Course on Stress Management.

The course was conducted from 07th September 2020 - 13th September 2020.

Organised by: Institute Of Business Management





Certificate No. IBM C011/50

CERTIFICATE OF PARTICIPATION IS PRESENTED TO

Princy Verma

for active participation in the Additional Course on Stress Management.

The course was conducted from 07th September 2020 - 13th September 2020.

Organised by: Institute Of Business Management







Certificate No. IBM C011/51

CERTIFICATE OF PARTICIPATION IS PRESENTED TO

Sahil Khan

for active participation in the Additional Course on Stress Management.

The course was conducted from 07th September 2020 - 13th September 2020.

Organised by: Institute Of Business Management







Certificate No. IBM C011/52

CERTIFICATE OF PARTICIPATION IS PRESENTED TO

Saima Ali

for active participation in the Additional Course on Stress Management.

The course was conducted from 07th September 2020 - 13th September 2020.

Organised by: Institute Of Business Management







Certificate No. IBM C011/52

CERTIFICATE OF PARTICIPATION IS PRESENTED TO

KOMAL PRAJAPATI

for active participation in the Additional Course on Stress Management.

The course was conducted from 07th September 2020 - 13th September 2020.

Organised by: Institute Of Business Management

