

The M.L.Gandhi Higher Education
Society, Modasa



Shri S.K.Shah & Shrikrishna O.M. Arts College,
Modasa-383315

Add on Course on
Expertise Training Course in
Stress management

Prepared by
(*Psychology*) Department)

Year *2021-2022*


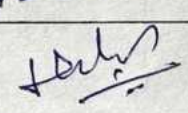

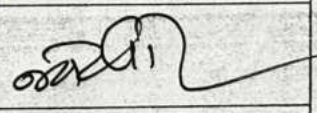
The M.L.Gandhi Higher Education Society, Modasa

Shri S.K.Shah & SHriKrishna O.M.Arts College, Modasa- 383315

MINUTES

A Meeting of the Committee consisting by the following members was held on Dt. ~~10/08/2023~~ At 03.00pm to prepare the syllabus of add on courses by *Psychology* Department to be started in the College. The following members were present in this meeting.

The attached syllabus of 30 hrs add on course on Experties Training Course In *Stress Management* is approved by this committee after intensive Discussion.

Sr.No	Name of Members	Designation	Signature
1	Dr D.H.Joshi	Principal	
2	Dr J.J.Desai	Vice Principal	
3	Dr P.R.Sinh	IQAC Co-Ordinator	
4	Shri J.B.Patel	Administrators Co-Ordinator	
5	<i>Dr. m. A. Kathwari</i>	Hod	<i>m.A.Kathwari</i>
6	<i>B.P. Patel</i>	Assistant Professor <i>(visiting Faculty)</i>	<i>B.P.Patel</i>



Principal
Shri S. K. Shah & Shri Krishna
O.M. Arts College, Modasa.

Year. 2021-2022

Syllabus(30hrs) - Stress Management

<p>Unit-1 Introduction to Stress</p>	<p>1. ① Conceptual issues underlying stress management ② Psychosocial mechanism of stress. ③ The Psychology of relaxation ④ Overview of effects of occupational stress</p>	<p>Hour--5</p>
<p>Unit-2 Occupational Stress</p>	<p>① Effects on Employee's physical Health ② Effect on Employee's Psychological Health ③ Effect on Job satisfaction ④ Effects on Job Performance</p>	<p>Hours-5</p>
<p>Unit-3 Stress Management Method I</p>	<p>① Muscle relaxation ② Hypnotic method ③ Biofeedback</p>	<p>Hours-5</p>
<p>Unit-4 Stress Management Method II</p>	<p>① Breathing retraining and yoga exercise ② Cognitive methods ③ Other methods</p>	<p>Hours-5</p>
<p>Unit-5 Integration I</p>	<p>① Stress Psycho-sociology and Peak Performance application of stress management ② Differential Effects of Stress management</p>	<p>Hour-5</p>
<p>Unit-6 Integration II</p>	<p>① Stress management and relaxation ② Research on clinical issues in Stress management.</p>	<p>Hours-5</p>



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Add-on Course - Stress management

Expertise Training Course in

Day 1 - Session 1

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	① Conceptual issues underlying stress

Day 2 - Session 2

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	① Bio-social mechanism of stress

Day 3 - Session 3

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	① The Psychology of relaxation

Day 4 - Session 4

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	① overview of effects of occupational stress



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Day 5 - Session 5

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	① Effects on Employee's Physical health ②

Day 6 - Session 6

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	Effects on Employee's Psychological health.

Day 7 - Session 7

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	Effects on job satisfaction

Day 8 - Session 8

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	Effects on Job Performance



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Day 9 – Session 9

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiwar	① muscle relaxation ② Hypnotic method

Day 10 – Session 10

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	① Biofeedback


Day 11 – Session 11

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiwar	① Breathing re-training and yoga exercise

Day 12 – Session 12

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	Cognitive methods




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Day 13 – Session 13

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	Other stress management methods

Day 14 – Session 14

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathirajay	① Stress Psycho-sociology and Peak Performance application on stress management

Day 15 – Session 15

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathirajay	① Stress management and relaxation ② Research on clinical issues in stress management

② effects of stress management



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Shri S.K.Shah & Shrikrishna O.M. Arts College, Modasa

Department PstCholoqy [2021-22]

Short term Course,

Date: 13-9-2021 to 28-9-2021

List of Students

Name Of Students	Roll No.	M/ F	Class	Session-1	Session-2	Session-3	Session-4	Session-5	Session-6	Session-7	Session-8	Session-9	Session-10	Session-11	Session-12	Session-13	Session-14	Session-15	
1. Dhyldhya Mahapatra	7546	F	TY	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
2. Pratyapati Amisha J	7625	F	TY	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
3. Chaurham Palak R	7542	F	TY	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch	Ch
4. Patel AlFing M	7614	F	TY	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M	P.A.M
5. Nayak kaulash G	7593	F	TY	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr	Kr
6. Pandya Amisha H	7601	F	TY	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
7. Tarora Silpa P	7654	F	TY	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S	S
8. Akhuji Mahin J	7516	F	TY	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng	ng
9. Pratyapati Ayush R	7624	M	TY	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A	P.A
10. Pratyapati Krunal P	7628	M	TY	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K	P.K
11. Katarwa Jinkal J	7552	F	TY	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim	Dim
12. Chaurham Dhadrajit P	7540	M	TY	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I	C.I
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(Signature)



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Add on Course

Organized by

Department of Psychology

Shri S.K. Shah & Shri Krishna O.M. Arts College,
Modasa

CERTIFICATE

This is to certify that CHAUHAN INDRAJIT P.
has actively participated in the "Stress Management"
organized by the Department of Psychology at
college campus, Modasa, held from 13-09-2021 to
28-09-2021.

M. A. Kathiara

Head
Department of Psychology

Principal
Dr. Dipak H Joshi



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Modasa

CERTIFICATE

This is to certify that KATARA JINKAL J. has actively participated in the "Stress Management" organized by the Department of Psychology at college campus, Modasa, held from 13-09-2021 to 28-09-2021.

M.A. Kathiara

Head
Department of Psychology

Principal
Dr. Dipak H Joshi



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CERTIFICATE

This is to certify that PRAJAPTI KRUNAL P.
has actively participated in the "Stress Management"
organized by the Department of Psychology at
college campus, Modasa, held from 13-09-2021 to
28-09-2021.

M.A. Katiyari

Head
Department of Psychology

Principal
Dr. Dipak H Joshi



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CERTIFICATE

This is to certify that PRAJAPTI AYUSH R. has actively participated in the "Stress Management" organized by the Department of Psychology at college campus, Modasa, held from 13-09-2021 to 28-09-2021.

M.A. Kathiara

Head
Department of Psychology

Principal
Dr. Dipak H Joshi