



**VISVODAYA GOVERNMENT DEGREE COLLEGE**  
**VENKATAGIRI, SPSR NELLORE DISTRICT.**

**Report on**  
**VALUE ADDED COURSE**  
**in**  
**STRESS MANAGEMENT**  
**2018-2019**

# DEPARTMENT OF CHEMISTRY

Date: 05-12-2018

From  
M. Padmaja,  
Department of Chemistry,  
Visvodaya Government Degree College,  
Venkatagiri.

To  
The Principal,  
Visvodaya Government Degree College,  
Venkatagiri.

Sir,

Sub: Request permission for Conducting Value Added Course in “Stress Management” - Reg.

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This is to bring to your kind consideration that the Department of Chemistry is planning to offer a 30- hour Value Added Course in “*Stress Management*” during the academic year 2018-2019 from 11-12-2018. Hence, I request you to grant permission to proceed the same.

Thanking you sir.

Yours faithfully



(M. Padmaja)



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Date: 06-12-2018

### Circular

All the students of our college are informed that the department of Chemistry is going to offer a 30-hour Value added course in “***Stress Management***” from 11-12-2018. Interested students can enroll their names with the course coordinator Smt. M. Padmaja on or before 10-12-2018.



Signature of the course coordinator

Copy to:

1. Notice Board.
2. All the department in charges.



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## About the Course

Title of the Course	Value added course in “Stress Management”
Duration of the course	30 days with 30 contacting hours
Course starts from	11/12/2018
Class timings	4 PM to 5 PM (only during workings days)
Course co-coordinator	Smt. M. Padmaja
Resource person	Sri. K. Krishnakumar <small>M.Sc (Yoga)</small> , Guest Faculty of Yoga at Kendriya Vidyalata, Venkatagiri.
No. of students enrolled	10

### **Context and significance of the course:**

Every student experiences stress on a daily basis, and reacts to it differently. There is therefore no "one size fits all" approach to stress management. Techniques for managing stress can help students learn healthy ways to deal with stress, lessen its negative consequences, and stop stress from becoming out of control in the future. Not completely getting rid of stress is the aim of stress management. The goal of this course is to impart knowledge on how to lessen the negative consequences of stress while preserving life's quality and vitality.



A handwritten signature in black ink, appearing to read "M. Padmaja".

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**Objectives of the course:**


- ❖ To Identify and discuss the potential negative impacts of chronic stress and poor coping skills.
- ❖ Demonstration of stress management techniques through yoga and meditation.
- ❖ To develop understating about the various aspects of stress management and wellness concepts.
- ❖ To develop stress relieving techniques among the students thorough yoga and meditation.
- ❖ The course would create overall personality development and make you skilled in stress management techniques.

**Learning outcomes:**

**After successful completion of the course student will be able to:**

- ❖ Define understand how it differs from pressure.
- ❖ Understand harmful effects of chronic stress and poor coping skills.
- ❖ Develop a deeper understanding and knowledge of specialized practices of yoga for stress management.
- ❖ Develop the ability to perform the various relaxation and meditative techniques.
- ❖ Use stress management techniques in their life by way of meditation and yoga.
- ❖ Develop better self-perception as effective leader and managerial skills.



  
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## SYLLABUS

Module I	Hours	Pedagogy
<ul style="list-style-type: none"><li>❖ Stress – definition, causes, signs and symptoms.</li><li>❖ Harmful effects of stress on physical and mental health.</li></ul>	06	Lecture

Module II	Hours	Pedagogy
<ul style="list-style-type: none"><li>❖ Brief introduction of yoga and meditation.</li><li>❖ Stress relaxation techniques</li></ul>	10	Lecture and Demonstration

Module III	Hours	Pedagogy
<ul style="list-style-type: none"><li>❖ Mastering over stress managing skills through Group Practice Sessions of yoga and meditation.</li></ul>	14	Demonstration and Practice.




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**List of the Students Enrolled**

S.No	Name of the student	Class
1.	B. Thanuja	B.Sc (BZC)
2.	G. Roja Rani	B.Sc (BZC)
3.	K. Jyothi	B.Sc (BZC)
4.	A. Venkatesh	B.Sc (BZC)
5.	D. Muneeswari	B.Sc (BZC)
6.	S. Sai Kumar	B.Sc (BZC)
7.	V. Varalakshmi	B.Sc (BZC)
8.	A. Balaji	B.Sc (MPC)
9.	S. Mahendra	B.Sc (MPC)
10.	V. Jayalakshmi	B.Sc (MPC)



  
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**Assessment:**

An end term exam was conducted through multiple choice questions. A total of 25 questions were asked, each correct answer carries one mark. The minimum score for awarding a certificate was 15.

**Marks Sheet**

S.No	Name of the Student	Marks
1.	B. Thanuja	21
2.	G. Roja Rani	20
3.	K. Jyothi	23
4.	A. Venkatesh	21
5.	D. Muneeswari	24
6.	S. Sai Kumar	20
7.	V. Varalakshmi	20
8.	A. Balaji	21
9.	S. Mahendra	22
10.	V. Jayalakshmi	20







A handwritten signature in black ink, appearing to be "Ramesh".

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Certificate

	<p><b>VISVODAYA GOVERNMENT DEGREE COLLEGE</b> <b>VENKATAGIRI, SPSR NELLORE DT.</b> <i>(Accredited by NAAC with 'B' Grade)</i></p>	
<p><b>CERTIFICATE</b></p>		
<p><b>This is to certify that Mr/Ms B. Thanuja of class II B.Sc (BZC) has completed a 30- hour value added course in "<i>Stress Management</i>" from 11-12-2018 to 18-01-2019 offered by the Department of Chemistry, Visvodaya Government Degree College, Venkatagiri.</b></p>		
		
<p><b>Course Organizer</b></p>		<p><b>Principal</b></p>



  
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## Photo gallery

