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Metric No: 5.1.2

HEI to exclude from data the outreach activities like Har ghar Tiranga and workshops on research methodology ,separate metric for the same) ; HEI to provide the links to the circulars , reports , geo-tagged photos , attendance sheets , details of resource persons and certificates the following workshops and seminars

Stress Management for MBBS INTERN (2021)

Circular	Page No 1
Report	Page No 2 to 3
Attendance	Page No 4
Certificate	Page No 5 to 25



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F.No.SU/R/2021/0018

Date:07.01.2021

MEMORANDUM

Subject: Grant of permission to conduct a orientation program on Stress Management on 28.01.2021 from 2.30 PM at Santosh Hospital, Ghaziabad

With reference to her letter dated 05.01.2021 on the subject cited above, Dr Rani Srivastava, Professor of Psychology is informed that she is permitted to conduct a orientation program on Stress Management on 28.01.2021 from 2.30 PM at Santosh Hospital, Ghaziabad

She is required to submit a detailed to the Academic Section as well as IQAC Cell regarding the above Academic Activities / Workshop



Dr Rani Srivastava
Professor of Psychology

Copy to:

1. The Secretariat
2. The Vice Chancellor
3. Dean, Santosh Medical College & Hospital
4. Dean Academics
5. IQAC Cell
6. Digital Cell





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HUMAN VALUE DEVELOPMENT

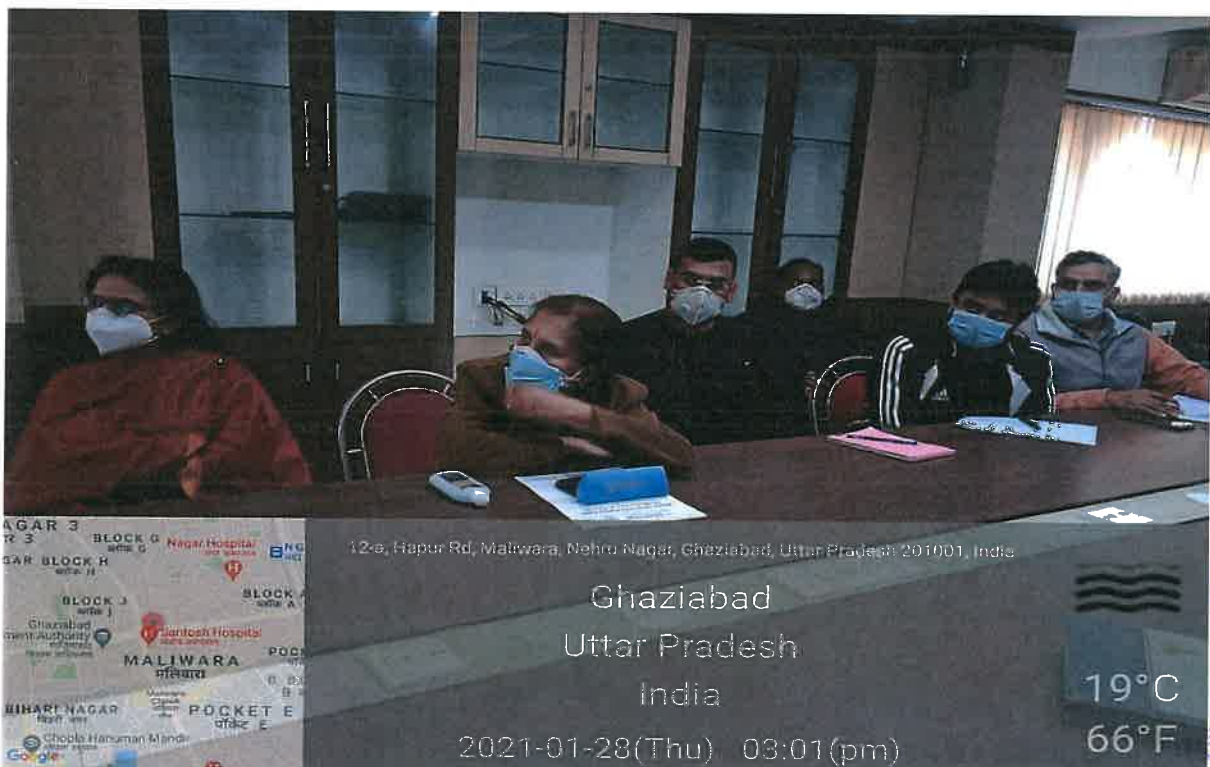
STRESS MANAGEMENT PROGRAM-FOR MEDICAL STUDENTS- 2020-2021

UNDER SEED MONEY PROJECT, " PSYCHOLOGICAL & BIOCHEMICAL CORRELATION OF STRESS AND ANXIETY AMONG MEDICAL PROFESSIONALS & ITS MANAGEMENT THROUGH PSYCHOLOGICAL INTERVENTION" following orientation workshops was conducted on January, 28th, 2021 at Santosh Hospital, Ghaziabad, which was attended by 21 MBBS-Internees where the FOLLOWING objectives were:

1. To orient the budding doctors about their Personality, levels of Anxiety, stress, motivation, self-confidence, self-esteem & time management.
2. To train these doctors about Relaxation Techniques, dietary management, relevance of Entertainment
3. To train these doctors for Mindfulness

The main aim of this workshop was to make them prepared for how to prepare for NEET-2021 & how they will cope up with stress in order to become a successful professional in future.

Number of Participants- 21



Name of Faculty- Dr. Rani Srivastava





12-a, Hapur Rd, Maliwara, Nehru Nagar, Ghaziabad, Uttar Pradesh 201001, India

Ghaziabad
Uttar Pradesh
India

2021-01-28(Thu) 02:58(pm)

19°C
66°F



12-a, Hapur Rd, Maliwara, Nehru Nagar, Ghaziabad, Uttar Pradesh 201001, India

Ghaziabad
Uttar Pradesh
India

2021-01-28(Thu) 03:04(pm)

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66°F

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GHAZIABAD, NCT OF DELHI



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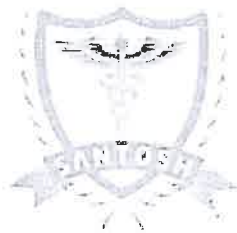
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Attendance Sheet - 28.01.2021

Stress Management Program for Medical Students

S.No	Name of the Student	Course	Batch	Signature
1	Aakash Bidhuri	MBBS	2016-17	<i>AB</i>
2	Aastha Tyagi	MBBS	2016-17	<i>Aastha</i>
3	Abhay Agrawal	MBBS	2016-17	<i>Abhay</i>
4	Amrit Bhardwaj	MBBS	2016-17	<i>Amrit</i>
5	Anikha Yadav	MBBS	2016-17	<i>Anikha</i>
6	Anjali Anandita Ojha	MBBS	2016-17	<i>Anjali</i>
7	Eva Gupta	MBBS	2016-17	<i>Eva</i>
8	Gaurav Khurana	MBBS	2016-17	<i>Gaurav</i>
9	Harsh Talwar	MBBS	2016-17	<i>Harsh</i>
10	Harshit Chauhan	MBBS	2016-17	<i>Harshit</i>
11	Lokesh Chauhan	MBBS	2016-17	<i>Lokesh</i>
12	Manisha Kumari	MBBS	2016-17	<i>Manisha</i>
13	Meenakshi Jindal	MBBS	2016-17	<i>Meenakshi</i>
14	Nidhi Choudhary	MBBS	2016-17	<i>Nidhi</i>
15	Nikhil Vats	MBBS	2016-17	<i>Nikhil</i>
16	Palak Aggarwal	MBBS	2016-17	<i>Palak</i>
17	Rishab Kashyap	MBBS	2016-17	<i>Rishab</i>
18	Rishav Raj	MBBS	2016-17	<i>Rishav</i>
19	Shubham Kumar Singh	MBBS	2016-17	<i>Shubham</i>
20	Shubham Varshney	MBBS	2016-17	<i>Shubham</i>
21	Shubhi Jain V	MBBS	2016-17	<i>Shubhi</i>





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Certificate Of Participation

This is to Certify that

Aakash Bidhuri

of batch 2016-17 has participated in

Workshop on Stress Management

held at

Santosh Deemed to be University on 28th January 2021

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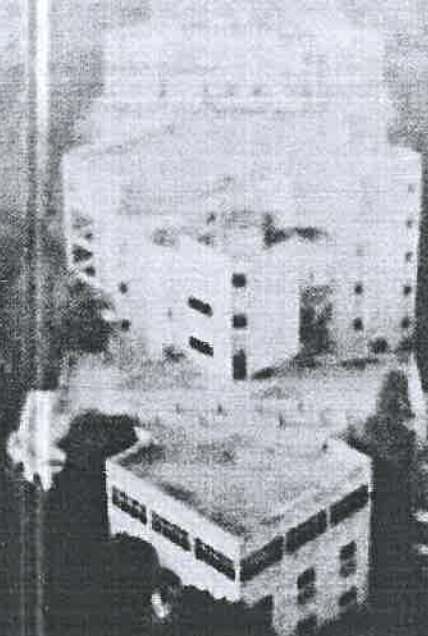
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Aastha Tyagi

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Abhay Agrawal

of batch 2016 - 17 has participated in

Workshop on Stress Management

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Santosh Deemed to be University on 28th January 2021

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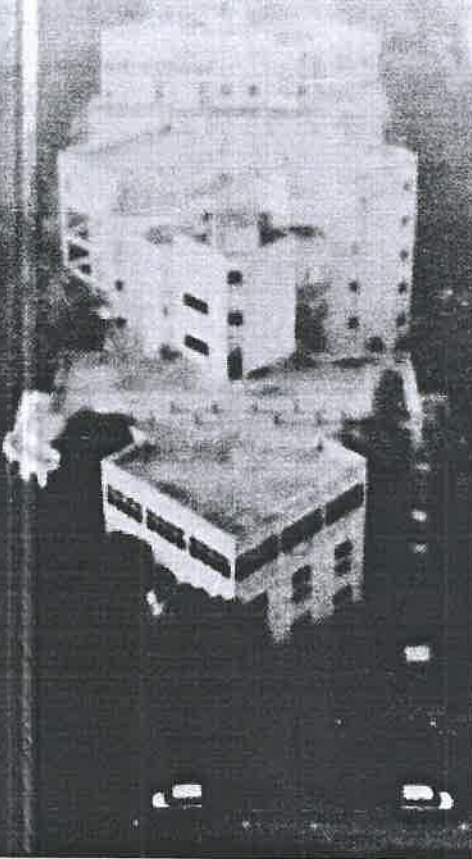
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Amrit Bhardwaj

of batch 2016 - 17 has participated in

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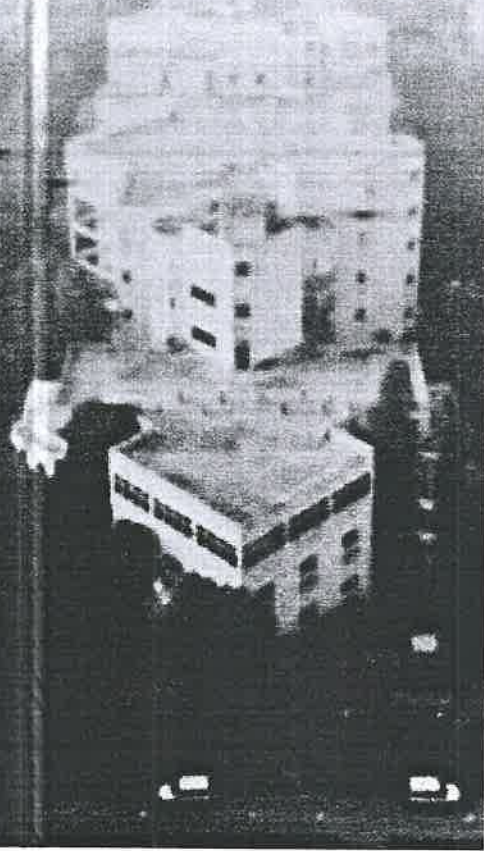
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Anikha Yadav

of batch 2016-17 has participated in

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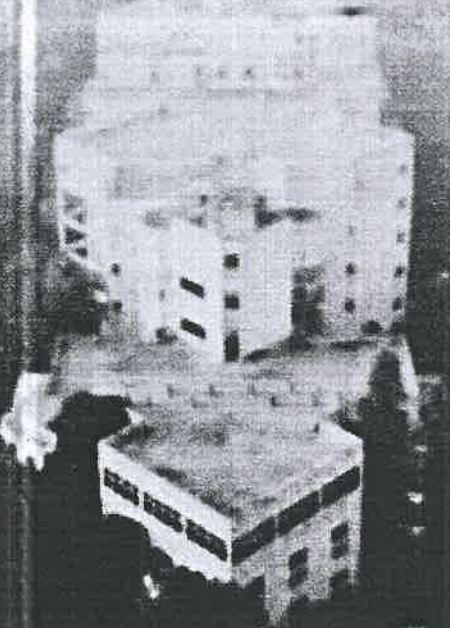
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Anjali Anandita Ojha

of batch 2016-17 has participated in

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Santosh Deemed to be University on 28th January 2021

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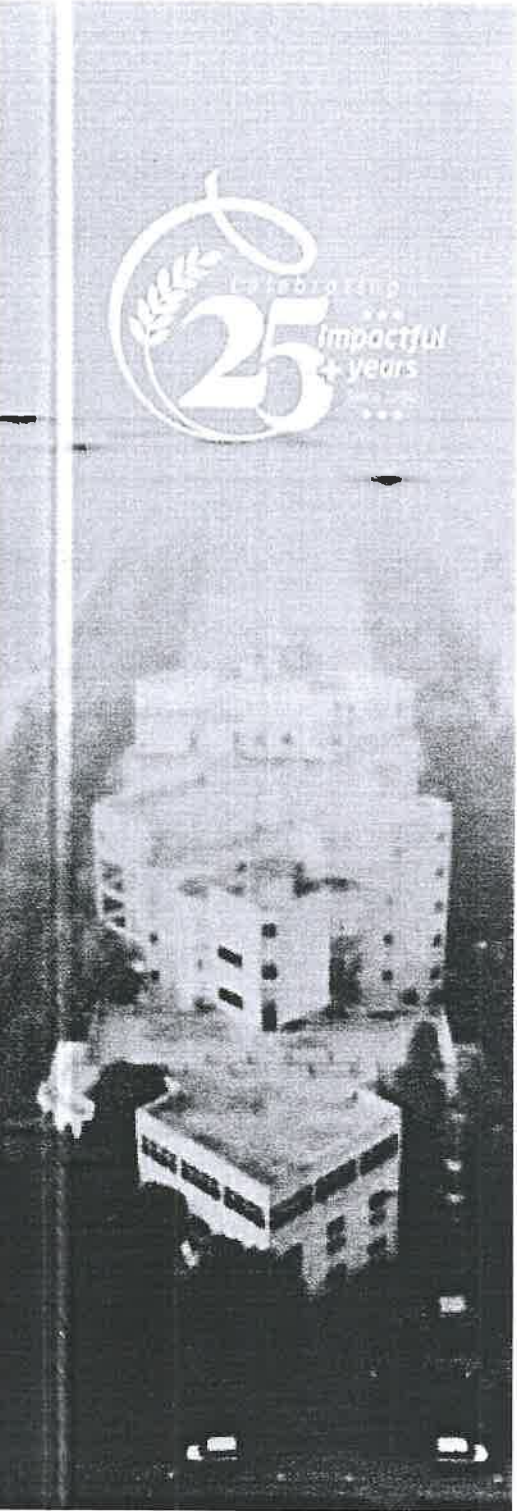
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This is to Certify that

Eva Gupta

of batch 2016-17 has participated in

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Gaurav Khurana

of batch 2016-17 has participated in

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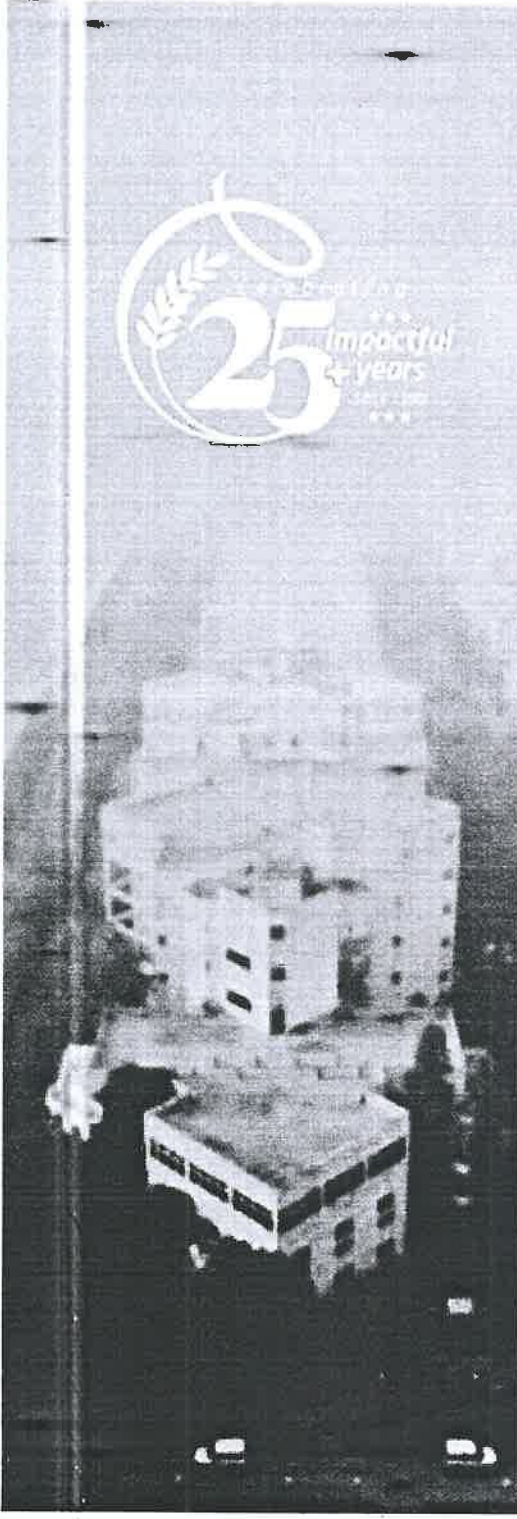
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Harsh Talwar

of batch 2016 - 17 has participated in

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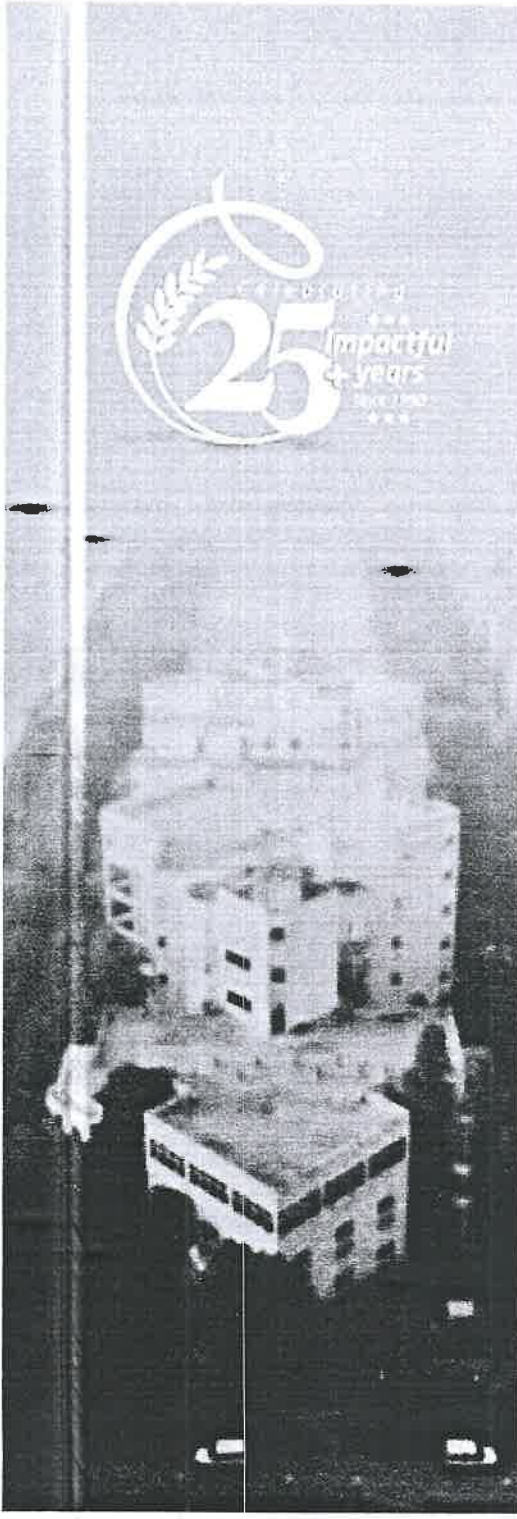
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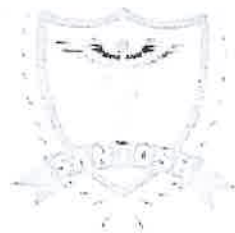


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Harshit Chauhan

of batch 2016-17 has participated in

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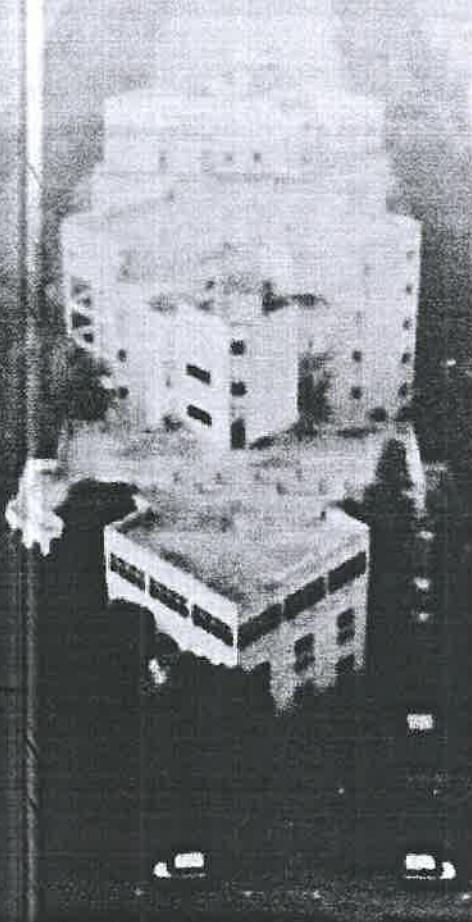
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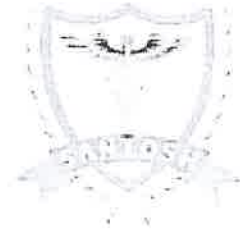


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Lokesh Chauhan

of batch 2016-17 has participated in

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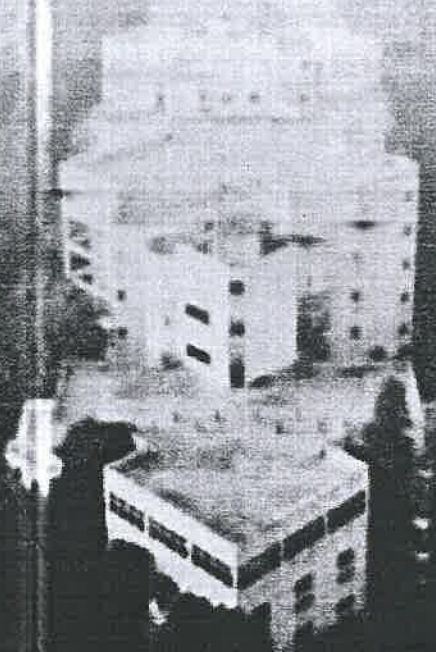
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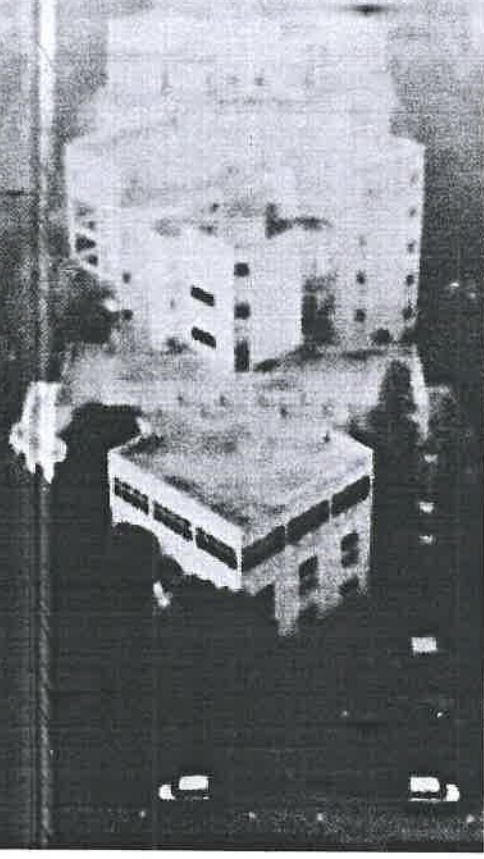
Manisha Kumari

of batch 2016-17 has participated in

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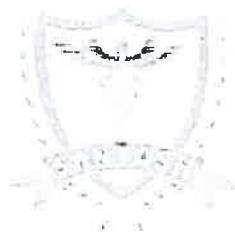
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Meenakshi Tindal

of batch 2016-17 has participated in

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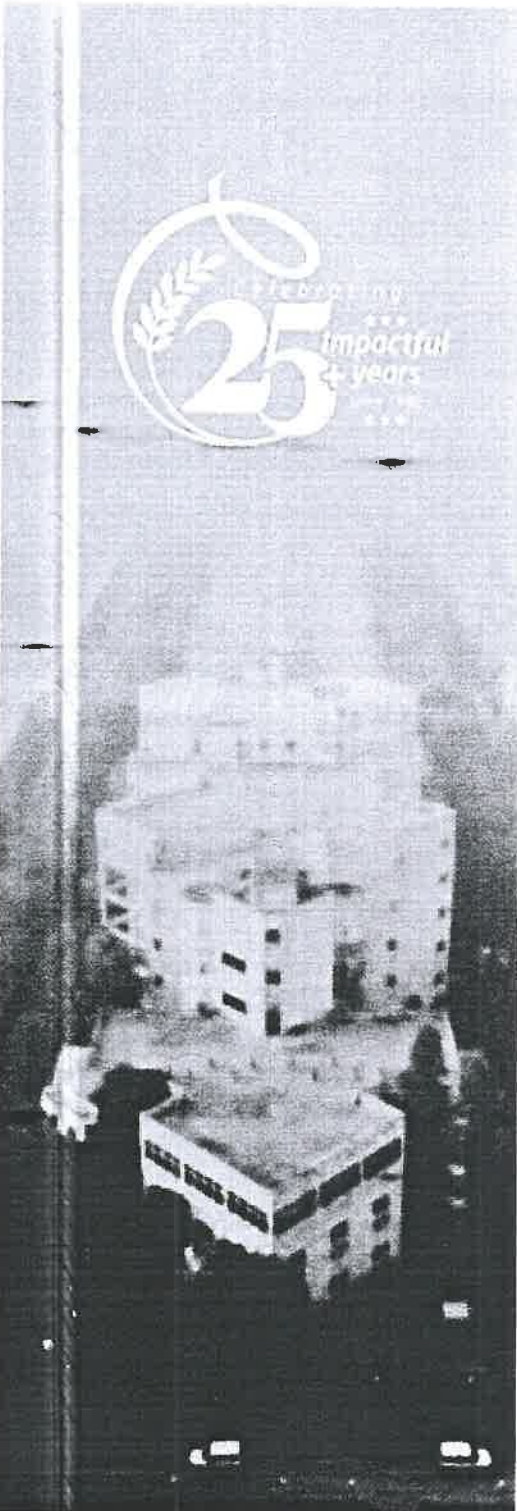
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Nidhi Choudhary

of batch 2016 - 17 has participated in

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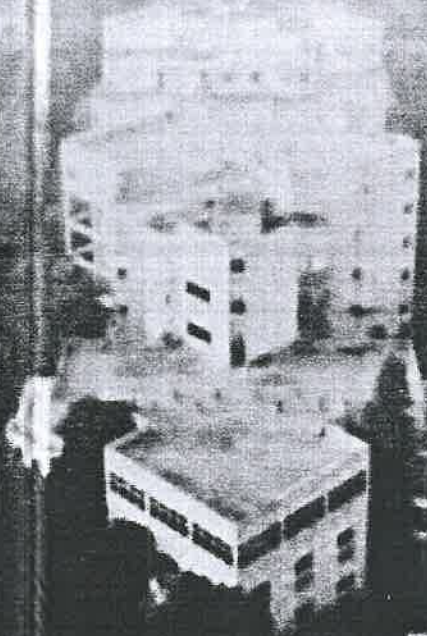
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Nikhil Vats

of batch 2016 - 17 has participated in

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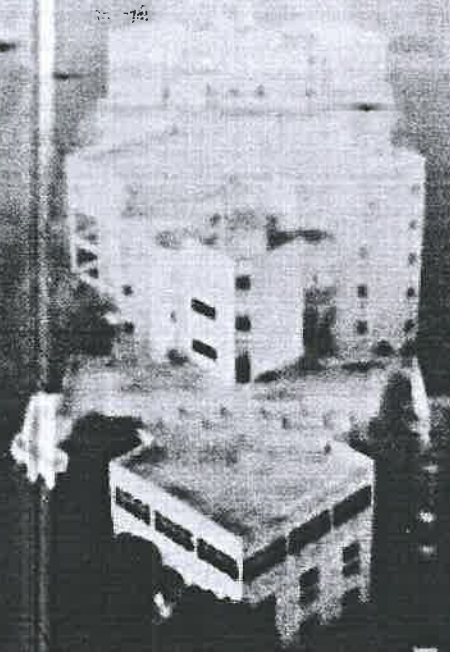
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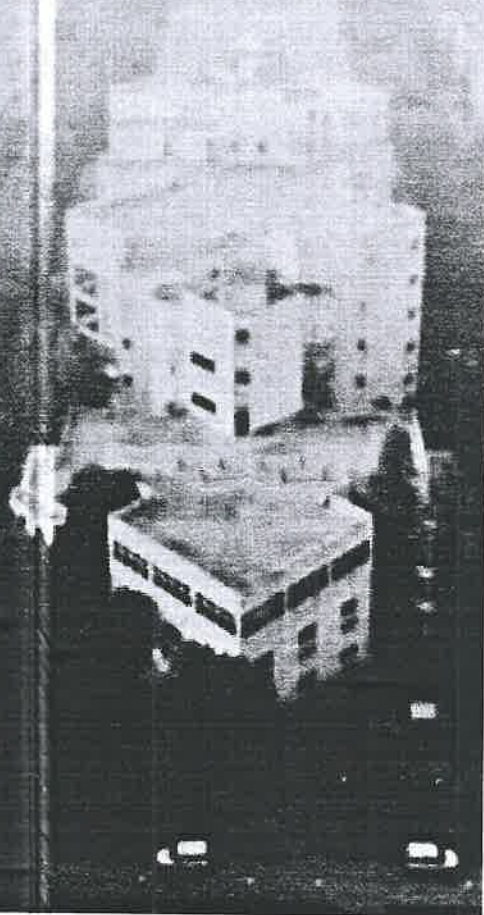
Palak Aggarwal

of batch 2016-17 has participated in

Workshop on Stress Management

held at

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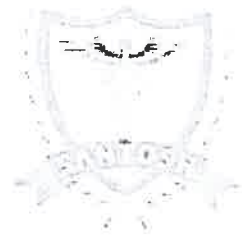
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Rishab Kashyap

of batch 2016 - 17 has participated in

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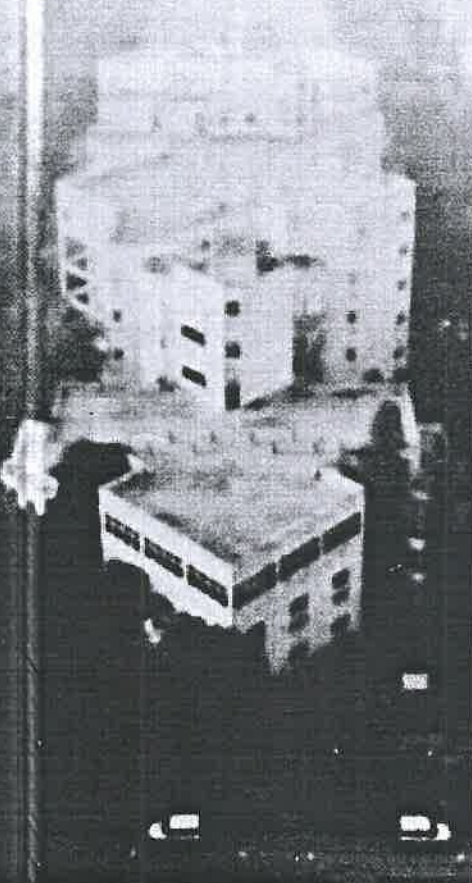
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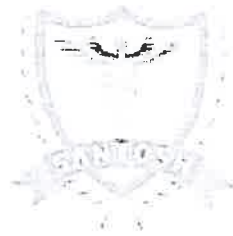


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Richaw Raj

of batch 2016-17 has participated in

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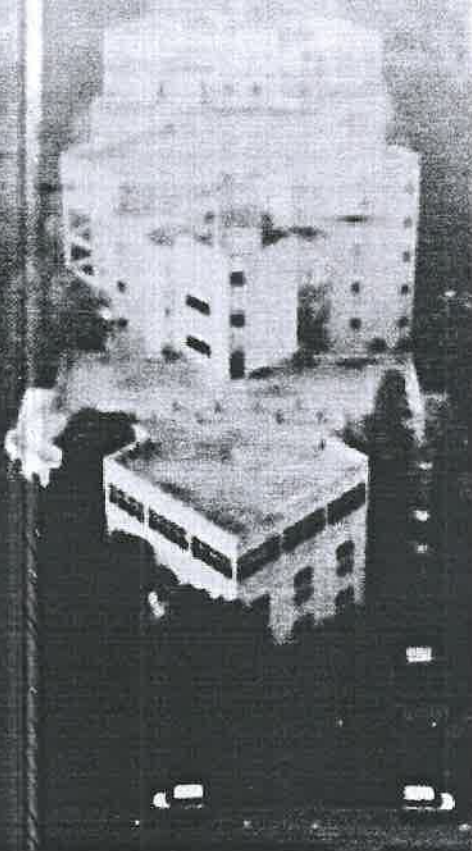
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Shubham Kumar Singh

of batch 2016-17 has participated in

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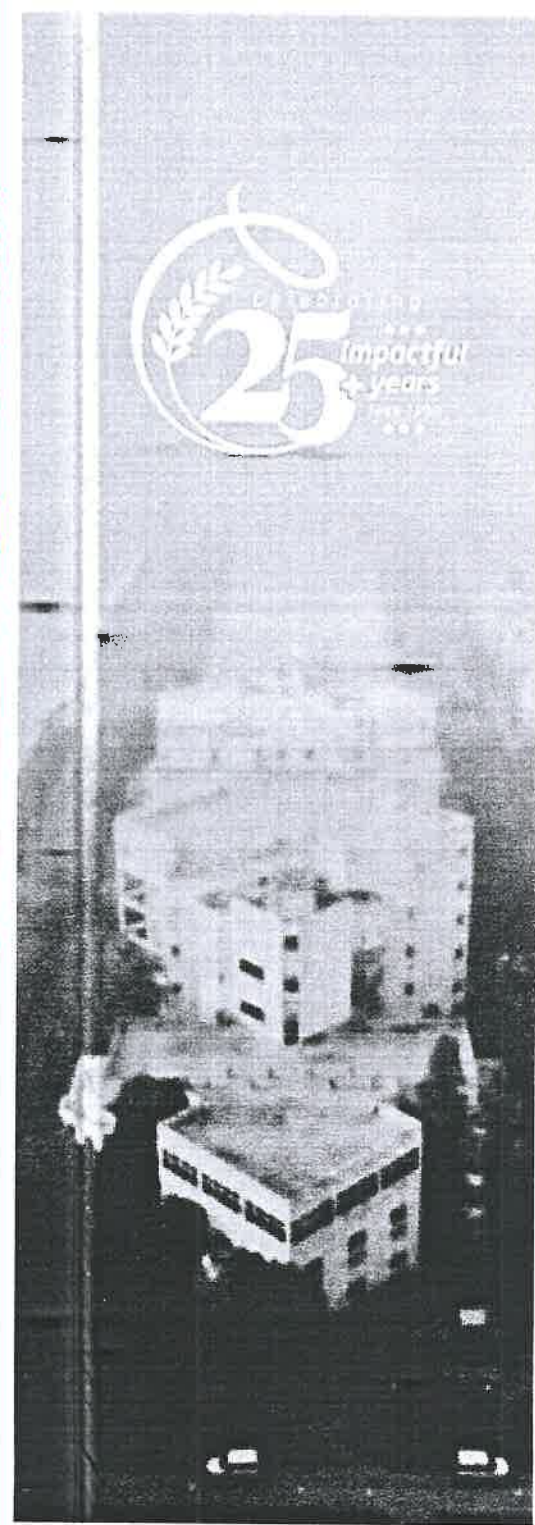
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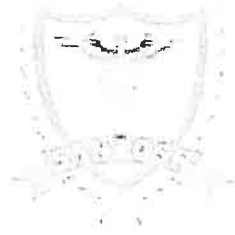


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Shubham Varshey

of batch 2016-17 has participated in

Workshop on Stress Management

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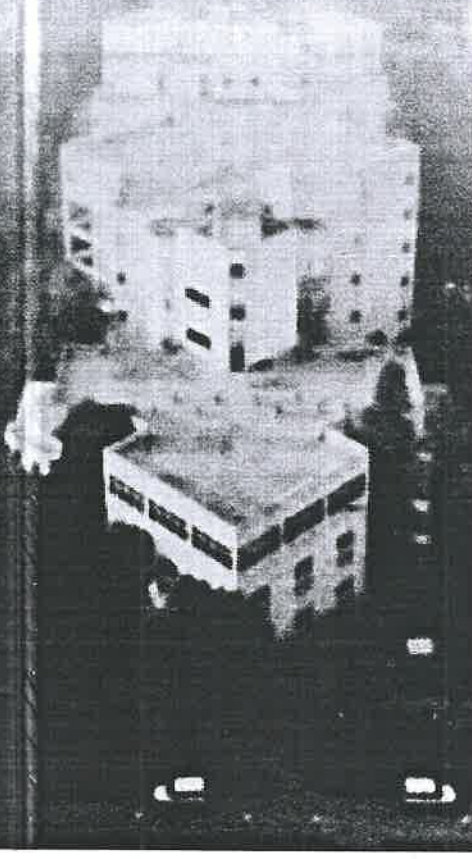
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Dr. Agrawal

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Shubhi Jain v.

of batch 2016-17 has participated in

Workshop on Stress Management

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Alia Agrawal

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