



SANTOSH DEEMED TO BE UNIVERSITY

SANTOSH MEDICAL COLLEGE

VALUE ADDED COURSE

Name of Course	:	Stress Management Skills at workplace while pursuing academics															
Course Code	:	VAC - 34															
Department	:	Psychiatry															
Eligibility	:	MBBS Students															
Duration	:	16 hrs															
Program Dates and Time	:	<table border="1"><thead><tr><th>Batch 1</th><th>Batch 2</th><th>Time</th></tr></thead><tbody><tr><td>26.09.2020</td><td>07.11.2020</td><td>1:00 Pm to 5:00 PM</td></tr><tr><td>03.10.2020</td><td>14.11.2020</td><td>1:00 Pm to 5:00 PM</td></tr><tr><td>24.10.2020</td><td>21.11.2020</td><td>1:00 Pm to 5:00 PM</td></tr><tr><td>31.10.2020</td><td>28.11.2020</td><td>1:00 Pm to 5:00 PM</td></tr></tbody></table>	Batch 1	Batch 2	Time	26.09.2020	07.11.2020	1:00 Pm to 5:00 PM	03.10.2020	14.11.2020	1:00 Pm to 5:00 PM	24.10.2020	21.11.2020	1:00 Pm to 5:00 PM	31.10.2020	28.11.2020	1:00 Pm to 5:00 PM
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Course Content	:	Stress causes MI Vulnerability and resilience Stress is cause or trigger Physiological response to stress Neurotransmitter responses to stress Endocrine responses to stress Psychoneuroimmunology															
HOD Name / Contact details	:	Dr. Brijesh Saran (9711502470)															
Course Coordinator / Contact details	:	Dr. Brijesh Saran (9711502470)															
Maximum Student in Batch	:	100															
Last Date of Registration	:	Batch 1 - 22.09.2020 Batch 2 - 03.11.2020															