



SANTOSH DENTAL / MEDICAL COLLEGE

VALUE ADDED COURSE

Name of Course	:	Good Anger Management
Course Code	:	VAC-48
Department	:	Psychiatry
Program Dates and Time	:	4 Saturdays for 4 Hours Each - (1:30 PM to 5:00 PM) Batch 1 - 09.04.2022, 16.04.2022, 23.04.2022 and 30.04.2022 Timing: 01:00 PM - 05:00 PM Batch 2 - 02.07.2022, 09.07.2022, 16.07.2022, and 23.07.2022 Timing: 01:00 PM - 05:00 PM Batch 3 - 03.09.2022, 10.09.2022, 17.09.2022, and 24.09.2022
Course Content	:	Tool#1- Recognize Stress Tool #2 - Develop Empathy Tool #3 - Respond Instead of React Tool #4 - Change that Conversation with Yourself Tool #5 - Communicate Assertively Tool #6 - Adjust Expectations Tool #7 - Forgive, but Don't Forget! Tool #8 - Retreat and Think Things Over!
Total Hours	:	16 hours
HOD Name / Contact details	:	Dr A. K. Seth/Dept of Psychiatry, Santosh Hospital, Gzb
Course Coordinator / Contact details	:	Dr Brijesh Saran/ Dept of Psychiatry, Santosh Hospital, Gzb
No. Students in Batch 1	:	15
No. Students in Batch 2	:	15
Eligibility	:	MBBS
Fees (Optional)	:	Rs. 200/-