



SANTOSH DEEMED TO BE UNIVERSITY

SANTOSH DENTAL / MEDICAL COLLEGE

VALUE ADDED COURSE

| Name of Course | : | Mindfulness for Medical Under Graduates | | | | | | | | | | | | | | | | | | |
|---|------------|--|---------|---------|------|------------|------------|--------------------|------------|------------|--------------------|------------|------------|--------------------|------------|------------|--------------------|------------|------------|--------------------|
| Course Code | : | VAC-57 | | | | | | | | | | | | | | | | | | |
| Department | : | Psychology | | | | | | | | | | | | | | | | | | |
| Duration | : | 16 Hours | | | | | | | | | | | | | | | | | | |
| Program Dates and Time | : | <table border="1"><thead><tr><th>Batch A</th><th>Batch B</th><th>Time</th></tr></thead><tbody><tr><td>03.04.2022</td><td>07.08.2022</td><td>1:00 PM to 4:00 PM</td></tr><tr><td>20.04.2022</td><td>14.08.2022</td><td>1:00 PM to 4:00 PM</td></tr><tr><td>17.04.2022</td><td>21.08.2022</td><td>1:00 PM to 4:00 PM</td></tr><tr><td>17.04.2022</td><td>21.08.2022</td><td>1:00 PM to 4:00 PM</td></tr><tr><td>24.04.2021</td><td>28.08.2022</td><td>1:00 PM to 4:00 PM</td></tr></tbody></table> | Batch A | Batch B | Time | 03.04.2022 | 07.08.2022 | 1:00 PM to 4:00 PM | 20.04.2022 | 14.08.2022 | 1:00 PM to 4:00 PM | 17.04.2022 | 21.08.2022 | 1:00 PM to 4:00 PM | 17.04.2022 | 21.08.2022 | 1:00 PM to 4:00 PM | 24.04.2021 | 28.08.2022 | 1:00 PM to 4:00 PM |
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| 03.04.2022 | 07.08.2022 | 1:00 PM to 4:00 PM | | | | | | | | | | | | | | | | | | |
| 20.04.2022 | 14.08.2022 | 1:00 PM to 4:00 PM | | | | | | | | | | | | | | | | | | |
| 17.04.2022 | 21.08.2022 | 1:00 PM to 4:00 PM | | | | | | | | | | | | | | | | | | |
| 17.04.2022 | 21.08.2022 | 1:00 PM to 4:00 PM | | | | | | | | | | | | | | | | | | |
| 24.04.2021 | 28.08.2022 | 1:00 PM to 4:00 PM | | | | | | | | | | | | | | | | | | |
| Course Content | : | <ol style="list-style-type: none">1. Mindfulness&SelfManagement2. Application OfMindfulness3. Effect Of Stress4. Management Of Stress | | | | | | | | | | | | | | | | | | |
| Total Hours | : | 16 Hours | | | | | | | | | | | | | | | | | | |
| HOD Name / Contact details | : | Dr. Rani Srivastava, Professor | | | | | | | | | | | | | | | | | | |
| Course Coordinator / Contact details | : | Dr. Rani Srivastava, Professor | | | | | | | | | | | | | | | | | | |
| No. Students in Batch 1 | : | 40 | | | | | | | | | | | | | | | | | | |
| No. Students in Batch 2 | : | 40 | | | | | | | | | | | | | | | | | | |
| Eligibility | : | Under Graduate&Post Graduate (MBBS, MD, PhD) | | | | | | | | | | | | | | | | | | |
| Fees (Optional) | : | 200/- | | | | | | | | | | | | | | | | | | |