



SANTOSH

Deemed to be University
(Established u/s 3 of the UGC Act, 1956)

F. No. SU/R/2020/1927[5]

Dated:14.10.2020

MEMORANDUM

SUBJECT: GRANT OF PERMISSION TO START A VALUE-ADDED CERTIFICATE COURSE ON "STRESS MANAGEMENT SKILLS AT WORKPLACE WHILE PURSUING ACADEMICS" IN THE DEPARTMENT OF PSYCHIATRY, SANTOSH MEDICAL COLLEGE & HOSPITAL, GHAZIABAD, NCR DELHI.

With reference to his letter on the subject cited above, Professor & HOD of Psychiatry is informed that the request of Department of Psychiatry to start a Value-Added Certificate Course on "**Stress Management Skills at Workplace while pursuing academics**" in the Department of Psychiatry has been considered and **approved** by the Board of Studies, Academic Council and the Board of the Management in its meeting held on 07.10.2020, 09.10.2020 and 12.10.2020 respectively and is granted permission to start the above certificate course on the following terms and conditions:-

1. Name of the Course

"Stress Management Skills at Workplace while Pursuing Academics"

2. Duration of the Course

Total duration of course is 16 Hours, on 4 Saturdays from 1pm to 5pm in a month period

3. Eligibility Criteria

MBBS

4. Course Fee:

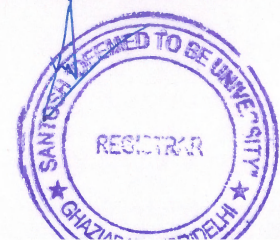
Rs.500 per student

5. Course Director:

Dr. Brijesh Saran (Asst. Prof of Psychiatry)

6. Course Methodology & Syllabus

- Stress among medical student present as physical mental emotional responses in response to academic stress. The negative stress results when a person fails to relief or relax from the stressors. Distressed person become overworked and have stress related changes with activation of autonomic nervous system as flight of fight responses. The



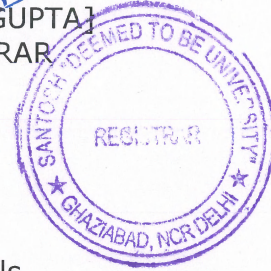
prolonged activation of stress response result in physical and emotional changes leading to headache, altered blood pressure, chest pain and emotional problems as anxiety, panic attack, depression and also person engage in compulsive use of substance or behavior like excess food, alcohol, tobacco, drugs gambling, shopping, internet harmful use. Once the warning signs of stress identified by a person, they can be reduced by various stress management skill to lead a healthy and stress-free life.

The above is circulated to all teaching staff and concerned students of Santosh Medical College & Hospital for their information and necessary action.

The Course Director is informed that the students will be required to submit their APPLICATION in the Prescribed Format [Annexure -1] for participating in the Value Added/Fellowship Programme.

The Course Director is further informed that he/she will be required to submit the details of Course Completion Intimation and request for Certificates in the Prescribed Format [Annexure -2] to the Registrar for further necessary action.

[DR. V.P. GUPTA]
REGISTRAR



Distribution: As above

Copy to:

1. The Secretariat
2. Vice Chancellor
3. Dean, Santosh Medical / Dental Colleges & Hospitals
4. Medical Superintendent, Santosh Hospital
5. HOD of the Department of Psychiatry
6. Director IQAC
7. Dean Research
8. Finance Department
9. Guard File