

SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

Vill. & P.O.-Kapgari; P.S.-Jamboni; Dist.-Jhargram (W.B.); Pin.-721505

Email: principal.sbm.dps@gmail.com / iqac.sbm@gmail.com

Website: sbmahavidyalaya.ac.in



CERTIFICATE COURSE ON **STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENTS**

ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC SESSION: 2022-2023 MODE OF TEACHING: BLENDED
REGISTRATION PROCESS

STUDENTS COLLECT THE ENROLMENT FORM FROM COLLEGE OFFICE

COURSE COORDINATOR

DR. MRITUNJOY DAS, ASSISTANT PROFESSOR, DEPARTMENT OF
PHYSICAL EDUCATION, SEVA BHARATI MAHAVIDYALAYA

ABOUT THE COURSE

The Certificate Course on Stress Management and Relaxation for Academic Students is designed to equip students with essential techniques to manage stress and enhance their well-being. This course covers the fundamentals of stress, its impact on academic performance, and practical methods to alleviate it. Participants will learn various relaxation techniques, including mindfulness, meditation, and breathing exercises, tailored to fit the academic environment.

led by experienced mental health professionals, the course combines theoretical knowledge with hands-on practice. Students will engage in interactive sessions, group activities, and personal reflection exercises to better understand their stress triggers and develop effective coping strategies. By the end of the course, participants will have a toolkit of skills to manage stress, improve concentration, and maintain a balanced lifestyle. This certificate course is ideal for students seeking to enhance their academic performance and overall mental health.

DETAILS OF THE COURSE

ELIGIBILITY:
(10+2)HS PASS STUDENTS

COURSE DURATION:
40 HOURS

RESOURCE PERSON

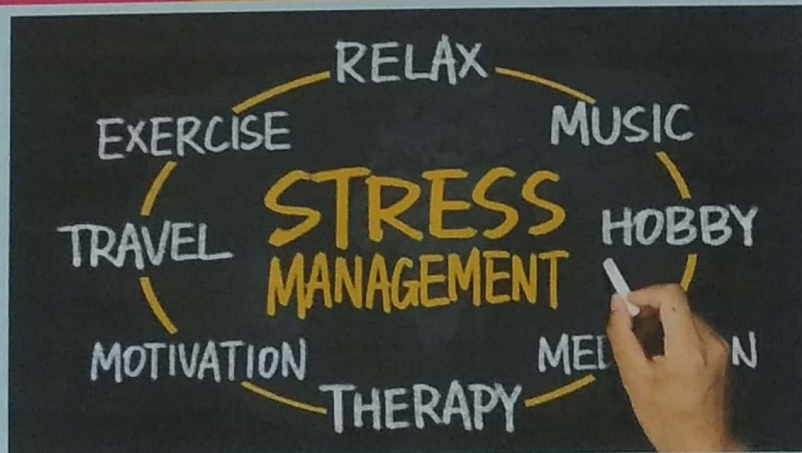
DR. SUBRATA MALICK, SPORTS MEDICINE DOCTOR

DR. MRITUNJOY DAS, ASST. PROF, SBM

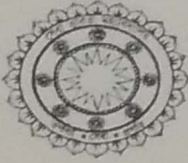
DR. SUJOY BIRBANSHI, ASST. PROF, RBC COLLEGE

DR. NEETU DUTTA, ASST. PROF, SBM

DR. SUJAN BARMAN, SACT, SBM



FOR MORE CONTACT: 9800580012
MAIL ID: dasmritunjoy1990@gmail.com



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Certificate Course on STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENTS

Organized by: Department of Physical Education
Academic Session:2022-2023

OBJECTIVES OF THIS COURSE

The objectives of the Certificate Course on Stress Management and Relaxation for Academic Students are designed to equip participants with essential knowledge, skills, and strategies to effectively manage stress in the academic environment. The course aims to achieve the following objectives:

- 1. Understanding Stress:**
 - Provide participants with a comprehensive understanding of stress, its causes, and its impact on academic performance and overall well-being.
- 2. Stress Identification and Assessment:**
 - Teach participants how to identify personal stressors and assess their individual stress levels.
- 3. Stress Management Techniques:**
 - Introduce participants to a variety of practical stress management techniques such as deep breathing, mindfulness meditation, progressive muscle relaxation, and time management skills.
- 4. Cognitive and Behavioral Strategies:**
 - Equip participants with cognitive restructuring techniques to challenge negative thinking patterns and promote positive self-talk.
 - Provide behavioral strategies including assertiveness training, problem-solving skills, and effective communication to manage stressors effectively.
- 5. Physical Health and Well-being:**
 - Educate participants on the importance of physical health, including nutrition, exercise, sleep hygiene, and relaxation exercises in managing stress.
- 6. Emotional Regulation:**
 - Enhance participants' emotional intelligence and regulation skills to cope with academic pressures and interpersonal challenges.
- 7. Self-care Practices:**
 - Develop personalized self-care plans that include self-compassion, self-care rituals, and seeking social support networks to enhance resilience and well-being.

Prof. (Dr.) Deba Prasad Sahu

Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



Dr. Mritunjoy Das

Course Coordinator

Course Co-ordinator
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8. Application and Integration:

- Provide opportunities for participants to apply learned techniques and strategies in real-life academic scenarios and practice settings.

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- Provide opportunities for participants to apply learned techniques and strategies in real-life academic scenarios and practice settings.

10. Assessment and Monitoring:

- Assess participants' progress through quizzes, assignments, practical demonstrations, and individual feedback sessions.
- Monitor participants' ability to apply stress management techniques effectively in academic and personal contexts.

11. Empowerment and Support:

- Empower participants with the knowledge and skills needed to proactively manage stress and promote their overall mental health and well-being.
- Foster a supportive learning environment that encourages open dialogue, peer support, and continuous improvement in stress management practices.

These objectives collectively aim to equip academic students with practical tools, strategies, and self-awareness necessary to navigate academic challenges, enhance resilience, and optimize their academic performance and overall well-being.

Prof. (Dr.) Deba Prasad Sahu

Principal

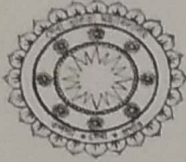
Principal
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SYLLABUS & COURSE STRUCTURE

MODULE	SUB CONTENT		RESOURCE PERSON	HOURLY	NO. OF CLASS	CREDIT
MODULE: I Understanding Stress (8 hours)	Introduction to Stress (4 Hours)	Definition and Types of Stress	Dr. Mritunjoy Das	1	1	4
		Causes of Stress in Academic Settings	Dr. Mritunjoy Das	1	1	
		Effects of Stress	Dr. Neetu Dutta	1	1	
		Techniques for Identifying Personal Stressors	Dr. Neetu Dutta	1	1	
	Stress Physiology and Psychology (4 hours)	The Body's Stress Response	Dr. Subrata Mallick	1	1	4
		The Role of Cortisol and Other Stress Hormones	Dr. Subrata Mallick	1	1	
		Psychological Impact of Stress on Mental Health	Dr. Neetu Dutta	1	1	
		Case Studies on Stress in Academic Life	Dr. Neetu Dutta	1	1	
MODULE II: COGNITIVE- BEHAVIORAL STRATEGIES (8 HOURS)	Cognitive- Behavioral Therapy (CBT) Basics (4 hours)	Introduction to CBT Principles	Dr. Subrata Mallick	1	1	4
		Identifying and Challenging Negative Thoughts	Dr. Subrata Mallick	1	1	
		Developing Positive Thinking Patterns	Dr. Subrata Mallick	1	1	
		Practical Exercises and Role-playing	Dr. Neetu Dutta	1	1	
	Time Management and Organizational Skills (4 hours)	Effective Time Management Strategies	Dr. Sujan Barman	1	1	4
		Prioritizing Tasks and Setting Realistic Goals	Dr. Neetu Dutta	1	1	
		Using Planners and Organizational Tools	Dr. Neetu Dutta	1	1	
		Interactive Workshops on Time Management	Dr. Sujan Barman	1	1	

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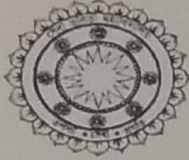
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MODULE	SUB CONTENT		RESOURCE PERSON	HOURL	NO. OF CLASS	CRE DIT
MODULE: III RELAXATION TECHNIQUES (8 HOURS)	Breathing Exercises and Mindfulness Meditation (4 hours)	Deep Breathing Techniques	Dr. Sujan Barman	1	1	4
		Introduction to Mindfulness and Its Benefits	Dr. Sujan Barman	1	1	
		Guided Mindfulness Meditation Sessions	Dr. Sujan Barman	1	1	
		Practice and Feedback	Dr. Sujan Barman	1	1	
	Progressive Muscle Relaxation and Visualization (4 hours)	Techniques for Progressive Muscle Relaxation	Dr. Neetu Dutta	1	1	4
		Using Visualization for Stress Relief	Dr. Sujoy Birbanshi	1	1	
		Practice Sessions with Guided Imagery	Dr. Mritunjoy Das	1	1	
		Interactive Group Activities	Dr. Mritunjoy Das	1	1	
MODULE: IV HEALTHY LIFESTYLE CHOICES (8 HOURS)	Nutrition and Exercise (4 hours)	The Role of a Balanced Diet in Managing Stress	Dr. Sujoy Birbanshi	1	1	4
		Physical Exercise and Its Stress-Reducing Benefits	Dr. Sujoy Birbanshi	1	1	
		Creating a Healthy Lifestyle Plan	Dr. Sujoy Birbanshi	1	1	
		Practical Workshops on Nutrition and Exercise	Dr. Sujoy Birbanshi	1	1	
	Sleep Hygiene and Restorative Practices (4 hours)	Importance of Sleep in Stress Management	Dr. Sujan Barman	1	1	4
		Techniques for Improving Sleep Hygiene	Dr. Sujan Barman	1	1	
		Incorporating Restorative Practices into Daily Life	Dr. Sujoy Birbanshi	1	1	
		Sleep Tracking and Analysis	Dr. Neetu Dutta	1	1	

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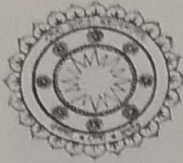
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MODULE	SUB CONTENT		RESOURCE PERSON	HOUR	NO. OF CLASS	
MODULE: V APPLICATION AND PRACTICE (8 HOURS)	Real-life Scenarios and Role- Playing (4 hours)	Applying Stress Management Techniques in Real- life Scenarios	Dr. Mritunjoy Das	1	1	4
		Role-playing Exercises	Dr. Mritunjoy Das	1	1	
		Group Discussions and Feedback	Dr. Mritunjoy Das	1	1	
		Practical Application Sessions	Dr. Mritunjoy Das	1	1	
	Creating a Personal Stress Management Plan (4 hours)	Developing a Personalized Stress Management Plan	Dr. Mritunjoy Das	1	1	4
		Setting Short-term and Long-term Goals	Dr. Mritunjoy Das	1	1	
		Continuous Self- assessment and Adjustment	Dr. Mritunjoy Das	1	1	
		Presentation of Personal Plans and Peer Feedback	Dr. Mritunjoy Das	1	1	
MODULE 6	Assessment and Evaluation		Dr. Mritunjoy Das	1	1	40

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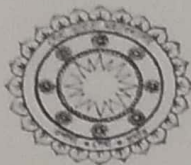
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SCHEDULE (TENTATIVE)

Sl. No.	Name of Resource Person	Date	Time	L/T/P/A	Mode of Teaching
1.	Dr. Mritunjoy Das	04.03.2023	02:00-04:30 PM	Lecture	Offline
2.	Dr. Subrata Mallick	05.03.2023	6:00-08:30 PM	Lecture	Online
3.	Dr. Neetu Dutta	11.03.2023	02:00-04:30 PM	Lecture	Offline
4.	Dr. Mritunjoy Das	18.03.2023	02:00-04:30 PM	Practical	Offline
5.	Dr. Sujan Barman	25.03.2023	02:00-04:30 PM	Practical	Offline
6.	Dr. Sujan Barman	01.04.2023	02:00-04:30 PM	Lecture	Offline
7.	Dr. Sujoy Birbanshi	02.04.2023	06:00-08:30 PM	Practical	Online
8.	Dr. Neetu Dutta	29.04.2023	02:00-04:30 PM	Lecture	Offline
9.	Dr. Sujoy Birbanshi	30.04.2023	06:00-08:30 PM	Lecture	Online
10.	Dr. Mritunjoy Das	06.05.2023	02:00-04:30 PM	Practical	Offline
11.	Dr. Subrata Mallick	07.05.2023	06:00-08:30 PM	Lecture	Online
12.	Dr. Mritunjoy Das	13.05.2023	06:00-08:30 PM	Lecture	Offline
13.	Dr. Sujan Barman	20.05.2023	02:00-04:30 PM	Lecture	Offline
14.	Dr. Neetu Dutta	27.05.2023	02:00-04:30 PM	Practical	Offline
15.	Dr. Sujoy Birbanshi	03.06.2023	06:00-08:30 PM	Lecture	Online
16.	Dr. Mritunjoy Das	10.06.2023	02:00-04:30 PM	Tutorial	Offline
17.	Dr. Mritunjoy Das	17.06.2023	02:00-04:30 PM	Assessment	Offline

[L=Lecture; T=Tutorial; P=Practical; & A=Assessment]

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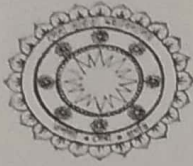
Principal
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Academic Session:2022-2023

List of Participants

Sl. No.	Name	Registration No	Signature
1.	PUJA GHOSH	1190733	Puja Ghosh
2.	PURNIMA MAHATA	VU221460732	Purnima Mahata
3.	PUSPENDU AKULI	VU221460733	Puspendu Akuli
4.	RABI MAHATA	1560222	Rabi Mahata
5.	RADHI MURMU	1440305	Radhi Murmu
6.	RAM BASKEY	1460266	Ram Baskey
7.	RANENDRA BANERJEE	VU221460734	Ranendra Banerjee
8.	RANJAN SINGH SARDAR	VU221460735	Ranjan Singh Sardar
9.	REJUAL KISKU	VU221460736	Rejual Kisku
10.	RIK GARAI	VU221460737	Rik Garai
11.	RIKTA PRAMANIK	1350618	Rikta Pramanik
12.	RINA MANDI	1390658	Rina Mandi
13.	SAGUN SAREN	1410901	Sagun Saren
14.	SANAT MURMU	1190801	Sanat Murmu
15.	SANDIP KUMAR JANA	1550631	Sandip Kumar Jana
16.	SANGITA MAITY	1190806	Sangita Maity
17.	SANJIB SINGH	1470186	Sanjib Singh
18.	SARASWATI MAHATA	VU221460738	Saraswati Mahata
19.	SARATHI MANDI	VU221460709	Sarathi Mandi
20.	SAROJ GARAI	VU221460739	Saroj Garai
21.	SERMA SAREN	VU221460740	Serma Saren

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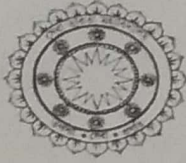
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List of Participants

Sl. No.	Name	Registration No	Signature
22.	SHYAMASRI KARAN	1220571	Shyammasri Karan
23.	SK. SABIR ALI	1460319	SK. Sabir Ali
24.	SK SAJAD	1460321	SK Sajad
25.	SOMNATH SHETH	VU221460742	Somnath Sheth
26.	SOUMYAJIT SARDAR	VU221460743	Soumyajit Sardar
27.	SRIMANTA NAYEK	1560684	Srimanta Nayek
28.	SRIMATI SINGH SARDAR	VU221460744	Srimati Sing Sardar
29.	SUBHAJIT MAHATA	VU221460745	Subhajit Mahata
30.	SUBHANKAR BYADH	VU221460746	Subhankar Byadh
31.	SUBHASH MUDI	VU221460710	Subhash Mudi
32.	SUDIP SARKAR	VU221460747	Sudip Sarkar
33.	SUJIT NAYEK	1480584	Sujit Nayek
34.	SULEKHA MAHATA	VU221460748	Sulekha Mahata
35.	SUMANA HEMBRAM	1450761	Sumana Hembram
36.	SUMANTA MALLICK	VU221460749	Sumanta Mallick
37.	SUPRIYA DEY	1190894	Supriya Dey
38.	SUSANTA SAREN	VU221460750	Susanta Saren
39.	TAMAS HEMBRAM	VU221460751	Tamas Hembram
40.	TARUN ROY	VU221460752	Tarun Roy
41.	UJJAL MAJHI	1350789	Ujjal Majhi

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Student Enrolment Form

Certificate Course

On

STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENT

Organized by

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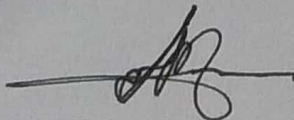
Academic Session: 2022-2023

Name (Block Letters):..... UJJAL MAJI
Department:..... physical Education
Category (Hons./Gen./B.P.Ed)..... B.P.Ed
Semester:..... 1st Semester
Roll No.:..... 83
University Registration No. with Year:..... 1350789-07 2019-2020
Address:..... vill- Nethua P.O - Nethua Barar + P.S - Sabang + paschim Medinipur, 72
Contant No.:..... 9064884036
Email Id:..... majiujal43@gmail.com

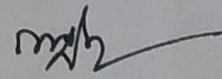
Ujjal Maji
Signature of the Applicant

For Department Use Only

Approved/Not Approved



Principal
Seva Bharati Mahavidyalaya
Kappari, Jhargram



Signature of the Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
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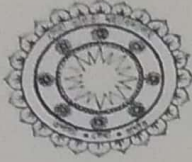
REGISTER OF ATTEND-

For the month

Sl. No.	Roll No.	NAME OF STUDENTS	Sl. No. & dt. of Adm. in the Adm. Reg																	
			4/9/23	5/9/23	11/9/23	18/09/23	25/9/23	1/10/23	8/10/23	15/10/23	22/10/23	29/10/23	5/11/23	12/11/23	19/11/23	26/11/23	3/12/23	10/12/23	17/12/23	
1	01	PUJA GHOSH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
2	02	PURNIMA MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
3	03	PUSPENDU AKHULT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
4	04	RABI MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
5	05	RADHI MURMU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
6	06	RAM BASKEY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
7	07	RANENDRA BANERJEE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
8	08	RANJAN SINGH SARDAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
9	09	REJUAL KISKU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
10	10	RTK GARAI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
11	11	RIKTA PRAMANIK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
12	12	RIINA MANDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
13	13	SAGUN SAREN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
14	14	SANAT MURMU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
15	15	SANDIP KUMAR JONA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
16	16	SANGITA MAITY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
17	17	SANJIB SINGH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
18	18	SARASWATI MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
19	19	SARATHI MANDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
20	20	SARW GARAI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
21	21	SERMA SAREN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
22	22	SHYAMASRI KARAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
23	23	SK SABBIR ALI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
24	24	SK SAJAD	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
25	25	SOMNATH SHETH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
26	26	SOUMAJIT SARDAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
27	27	SRIMANTA NAYEK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
28	28	SRIMATI SINGH SARDAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
29	29	SUBHAJIT MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
30	30	SUBHANKAR BYADH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
31	31	SUBHAS MUDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
32	32	SUDIP SARKAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
33	33	SUJIT NAYEK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
34	34	SULEKHA MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
35	35	SUMANA HEMBRAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
36	36	SUMANTA MALLICK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
37	37	SUPRIYA DEY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
38	38	SUSANTA SAREN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
39	39	TAMAS HEMBRAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
40	40	TARUN ROY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
41	41	UJJAL MAJI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		

No. Present Daily

41 41 41 41 41 41 41 41 41 41 41 41 41 41 41 41 41 41 41



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Certificate Course on STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENTS

Organized by: Department of Physical Education

Academic Session:2022-2023

QUESTION PAPER

FULL MARKS: 50

TIME: 2 HOURS

NAME: UJJAL MAJI

REG. NO: 1350789

Answers all the MCQ questions with a Tick mark

1. What is stress?
a) A disease b) A physical response to a challenge c) A mental disorder d) An emotion
2. Which of the following is a common physical symptom of stress?
a) Increased energy levels b) Reduced appetite c) Headaches d) Improved sleep
3. Which hormone is commonly associated with the body's stress response?
a) Insulin b) Cortisol c) Melatonin d) Estrogen
4. Which of the following is a cognitive-behavioral technique for managing stress?
a) Deep breathing b) Meditation c) Positive thinking d) Listening to music
5. What is the purpose of time management in stress reduction?
a) To complete more tasks in less time b) To avoid all stress c) To prioritize tasks and reduce last-minute pressure d) To eliminate the need for breaks
6. Which relaxation technique involves tensing and then relaxing different muscle groups?
a) Guided imagery b) Yoga c) Progressive muscle relaxation d) Tai Chi
7. Which dietary habit can help reduce stress?
a) Skipping meals b) High caffeine intake c) A balanced diet with regular meals d) Eating only carbohydrates

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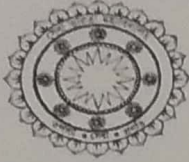
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Dr. Mritunjoy Das

Course Coordinator

Course Co-ordinator
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Kapgari, Jhargram



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QUESTION PAPER

8. What is mindfulness meditation primarily focused on?
a) Controlling thoughts b) Avoiding stressors c) Present moment awareness d) Future planning ✓
9. Which of the following is an example of a healthy coping strategy?
a) Procrastination b) Substance abuse c) Seeking social support d) Avoiding all challenges X
10. What is the main goal of practicing relaxation techniques?
a) To eliminate stress completely b) To manage and reduce the effects of stress c) To increase workload d) To become more competitive ✓
11. Which activity is NOT considered a relaxation technique?
a) Journaling b) Watching TV for long hours c) Reading a book d) Taking a nature walk ✓
12. Which of the following best describes the fight-or-flight response?
a) A relaxation response b) A survival mechanism in response to a threat c) A strategy for managing time d) A form of meditation X
13. How can regular physical exercise help with stress management?
a) By increasing stress hormones b) By providing a distraction from stressors c) By depleting energy levels d) By promoting relaxation and improving mood ✓
14. What is guided imagery?
a) A technique that involves visualizing calming images b) A type of rigorous physical exercise c) A cognitive-behavioural therapy d) A method of avoiding stressors ✓
15. Which of the following is a benefit of maintaining a regular sleep schedule?
a) Increased stress levels b) Improved cognitive function c) More frequent waking during the night d) Decreased energy levels ✓

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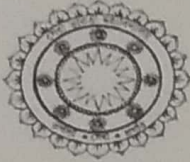
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QUESTION PAPER

16. Which of the following is a negative coping mechanism?
a) Exercising regularly b) Talking to friends c) Excessive drinking d) Practicing mindfulness ✓
17. What does the term "resilience" refer to in the context of stress management?
a) The ability to avoid all stress b) The ability to recover quickly from stress c) The ability to ignore stress d) The ability to increase stress ✓
18. Which technique involves focusing on breathing to promote relaxation?
a) Visualization b) Deep breathing exercises c) Time management d) Journaling ✓
19. What is a common emotional symptom of chronic stress?
a) Euphoria b) Apathy c) Anxiety d) Excitement ✓
20. Which of the following strategies can help improve sleep hygiene?
 a) Consuming caffeine before bed b) Keeping a consistent sleep schedule c) Using electronic devices in bed d) Eating a large meal before sleeping X
21. Which of the following is an example of positive self-talk?
a) "I can't handle this." b) "I am capable of overcoming this challenge." c) "Everything is going wrong." d) "I'll never be good enough." ✓
22. Which form of exercise is particularly noted for its stress-reducing benefits?
a) High-intensity interval training b) Yoga c) Sprinting d) Weightlifting ✓
23. What is the primary focus of cognitive-behavioral stress management?
a) Changing physical symptoms b) Changing patterns of thinking and behavior c) Avoiding stressful situations d) Increasing physical activity ✓
24. Which of the following is a potential long-term effect of chronic stress?
a) Enhanced immune function b) Reduced blood pressure c) Increased risk of cardiovascular disease d) Improved concentration ✓
25. Which tool can help track and manage stress levels over time?
 a) Stress diary b) Social media c) Video games d) Shopping ✓

Total Marks= 42

Grade: "A"

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GRADE SHEET

Sl. No.	Name	GRADE
1.	PUJA GHOSH	"A"
2.	PURNIMA MAHATA	"A"
3.	PUSPENDU AKULI	"A"
4.	RABI MAHATA	"A"
5.	RADHI MURMU	"A"
6.	RAM BASKEY	"A"
7.	RANENDRA BANERJEE	"A"
8.	RANJAN SINGH SARDAR	"A"
9.	REJUAL KISKU	"A"
10.	RIK GARAI	"A"
11.	RIKTA PRAMANIK	"A"
12.	RINA MANDI	"A"
13.	SAGUN SAREN	"A"
14.	SANAT MURMU	"A"
15.	SANDIP KUMAR JANA	"A"
16.	SANGITA MAITY	"A"
17.	SANJIB SINGH	"A"
18.	SARASWATI MAHATA	"A"
19.	SARATHI MANDI	"A"
20.	SAROJ GARAI	"A"
21.	SERMA SAREN	"A"

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GRADE SHEET

Sl. No.	Name	GRADE
22.	SHYAMASRI KARAN	"A"
23.	SK. SABIR ALI	"A"
24.	SK SAJAD	"A"
25.	SOMNATH SHETH	"A"
26.	SOUMYAJIT SARDAR	"A"
27.	SRIMANTA NAYEK	"A"
28.	SRIMATI SINGH SARDAR	"A"
29.	SUBHAJIT MAHATA	"A"
30.	SUBHANKAR BYADH	"A"
31.	SUBHASH MUDI	"A"
32.	SUDIP SARKAR	"A"
33.	SUJIT NAYEK	"A"
34.	SULEKHA MAHATA	"A"
35.	SUMANA HEMBRAM	"A"
36.	SUMANTA MALLICK	"A"
37.	SUPRIYA DEY	"A"
38.	SUSANTA SAREN	"A"
39.	TAMAS HEMBRAM	"A"
40.	TARUN ROY	"A"
41.	UJJAL MAJHI	"A"

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Certificate of Completion

THIS IS TO CERTIFY THAT MR. / MS. UJJAL MAJI, A STUDENT OF B.P.ED 1ST SEMESTER, DEPARTMENT OF PHYSICAL EDUCATION, ROLL NO. 83 HAS SUCCESSFULLY COMPLETED THE 40 HRS DURATION, CERTIFICATE COURSE ON "STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENTS" ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION, SEVA BHARATI MAHAVIDYALAYA FROM 4TH MARCH 2022 TO 10TH JUNE 2023 WITH GRADE 'A'.

DR. MRITUNJOY DAS
COURSE COORDINATOR



PROF. (DR.) DEBA PRASAD SAHU
PRINCIPAL



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Certificate Course on STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENTS

Organized by: Department of Physical Education

Academic Session:2022-2023

LEARNING OUTCOMES

Upon successful completion of the Certificate Course on Stress Management and Relaxation for Academic Students, participants will achieve the following learning outcomes:

1. Understanding Stress:

- Define stress and recognize its causes and effects on academic performance and overall well-being.
- Identify common stressors specific to academic settings and their impact on mental health.

2. Stress Management Techniques:

- Learn and apply a variety of stress management techniques such as deep breathing, progressive muscle relaxation, and mindfulness meditation.
- Develop skills in time management, goal setting, and prioritization to reduce academic stress.

3. Cognitive and Behavioural Strategies:

- Implement cognitive restructuring techniques to challenge negative thinking patterns and promote positive self-talk.
- Utilize behavioural strategies such as assertiveness training and problem-solving skills to effectively manage stressors.

4. Physical Health and Well-being:

- Understand the connection between physical health, nutrition, exercise, and stress management.
- Adopt healthy lifestyle practices to enhance resilience and manage stress more effectively.

5. Emotional Regulation:

- Enhance emotional intelligence and regulation skills to cope with academic pressures and interpersonal challenges.
- Develop strategies for recognizing and managing emotions in constructive ways.

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LEARNING OUTCOMES

6. Relaxation Techniques:

- Practice relaxation techniques such as guided imagery, autogenic training, and yoga to promote relaxation and reduce tension.
- Incorporate mindfulness practices into daily routines to cultivate present-moment awareness and stress resilience.

7. Self-Care and Well-being Practices:

- Develop personalized self-care plans to nurture physical, emotional, and mental well-being.
- Explore the importance of self-compassion, self-care rituals, and seeking social support in managing academic stress.

8. Application and Integration:

- Apply learned techniques and strategies in real-life academic situations to manage stress effectively.
- Evaluate and reflect on personal stress management practices and make adjustments based on self-assessment and feedback.

9. Continued Learning and Support:

- Access resources and support networks for ongoing stress management and well-being maintenance.
- Commit to lifelong learning and self-improvement in managing stress and promoting overall health and resilience.

These learning outcomes aim to equip academic students with practical skills, strategies, and self-awareness to effectively manage stress, enhance well-being, and optimize academic performance.

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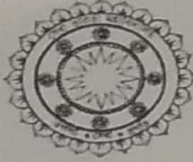
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REPORT

Introduction

The Certificate Course on Stress Management and Relaxation for Academic Students was designed to address the growing need for effective stress management strategies among students facing academic pressures. This report provides an overview of the course structure, learning outcomes, participant feedback, and its impact on students' well-being.

Course Structure

The course was structured to provide participants with practical tools and strategies to recognize, manage, and alleviate stress in academic settings. It consisted of theoretical sessions, practical workshops, experiential exercises, and interactive discussions. The key components of the course included:

1. **Understanding Stress:** Definition, causes, and effects of stress on academic performance and mental health.
2. **Stress Management Techniques:** Introduction to various techniques such as deep breathing, mindfulness meditation, progressive muscle relaxation, and time management skills.
3. **Cognitive and Behavioral Strategies:** Application of cognitive restructuring, positive self-talk, problem-solving, and assertiveness training to manage stressors effectively.
4. **Physical Health and Well-being:** Importance of nutrition, exercise, sleep hygiene, and relaxation exercises in promoting resilience and reducing stress.
5. **Emotional Regulation:** Enhancing emotional intelligence, recognizing and managing emotions, and building coping mechanisms.
6. **Self-care Practices:** Developing personalized self-care plans, understanding the role of self-compassion, and fostering social support networks.
7. **Application and Integration:** Practicing learned techniques in real-life academic scenarios, role-playing exercises, and group activities.
8. **Assessment and Feedback:** Continuous assessment through quizzes, assignments, and practical demonstrations. Individual feedback sessions to monitor progress and provide guidance.

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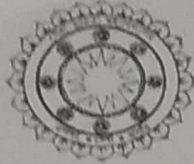
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REPORT

Learning Outcomes

Upon completion of the course, participants achieved the following learning outcomes:

- **Increased Awareness:** Enhanced understanding of stress triggers and its impact on academic performance and well-being.
- **Skill Development:** Proficiency in applying a range of stress management techniques and strategies, both individually and in academic settings.
- **Behavioral Changes:** Adoption of healthier lifestyle practices, improved time management, and effective coping mechanisms.
- **Emotional Intelligence:** Enhanced ability to recognize and regulate emotions, leading to improved interpersonal relationships and resilience.
- **Self-care and Well-being:** Development of personalized self-care plans and practices, promoting long-term well-being and stress resilience.
- **Practical Application:** Application of learned techniques in managing academic stressors, evidenced through improved academic performance and overall satisfaction.

Participant Feedback

Participants provided positive feedback on the course structure, content relevance, and practical applicability. Many highlighted the effectiveness of experiential learning activities and interactive sessions in deepening their understanding and skill acquisition. Participants expressed satisfaction with the personalized feedback received and reported noticeable improvements in stress management abilities.

Impact

The course had a significant impact on participants' lives by equipping them with practical tools and strategies to manage stress effectively. It fostered a supportive learning environment and promoted a culture of well-being within the academic community. Participants reported feeling more empowered and confident in their ability to navigate academic challenges while maintaining mental and emotional balance.

Conclusion

The Certificate Course on Stress Management and Relaxation for Academic Students successfully addressed the critical need for effective stress management skills among academic students. It provided a comprehensive framework for understanding, managing, and mitigating stressors inherent in academic life. The course's structured approach, combined with practical application and personalized feedback, contributed to its overall effectiveness in enhancing participants' well-being and academic performance.

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