



Malwanchal University

(A Private State University Established by the Madhya Pradesh
Niji Vishwavidhyalaya Adhiniyam No. 17 of 2017) Registration No. MPPU20

Index Institute of Pharmacy

Ref.No. MU/IIP/PO/2024/13

Date: 03/06/2024

Circular

This is to inform you all that our institute will organise Four day seminar on "Team Coordination and Stress Management" from 05/06/2024 to 08/05/2024. All the students of Pharmacy Institute have to attend sessions regularly.

Principal
Index Institute of Pharmacy
Malwanchal University,
INDORE

Registrar
Malwanchal University
Indore (M.P.)

CC:

Registrar

IQAC Department

File

Notice Board

Campus: Index City, Nemawar Road, NH-59A, Indore, M.P.- 452016
Contact No.:- 0731 4215757, 0731 4044715

INDEX INSTITUTE OF PHARMACY

**REPORT ON "TEAM COORDINATION AND STRESS MANAGEMENT"
COURSE**

Date- 10/06/2024

A Value Added Course on Team Coordination and Stress Management was conducted between 05/06/2024 to 08/06/2023 at Lecture hall no. 01 of Index Medical College, Hospital & Research Centre, Indore.

The course was for the students B. Pharmacy and to know about how to overcome stress and tackle diverse team.

The program was scheduled for 16 Hrs.

The total number of students who participated in the workshop was 70.

Module 1: Understanding the Nature of Stress:

1. The Meaning of Stress.
2. Sources of Stress across the Lifespan.
3. Individual and Cultural Differences.
4. The Body's Reactions to Stress.

Module 2: Strategies of Stress Management and Prevention:

1. Challenging Stressful Thinking
2. Psychological and Spiritual Relaxation Methods.
3. Physical Methods of Stress Reduction E Preparing for the Future: College.
4. Occupational Stress. Problem Solving and Time Management.


Day first-started with an introduction to stress Management. This session was led by Dr. AJAY THAKUR, Assistant Professor of Index Medical College, Hospital & Research Centre, Indore. In which he explained the meaning of stress and the sources of stress.

Day second- Dr. SAMEER DESAI, Associate Professor of Index Medical College, Hospital & Research Centre, Indore was the resource person and delivered his lecture on the body's reaction to stress.

To identify your true sources of stress, look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary ("I just have a million things going on right now") even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life ("Things are always crazy around here") or as a part of your personality ("I have a lot of nervous energy, that's all")?


Registrar
Malwanchal University
Indore (M.P.)


Principal
Index Institute of Pharmacy
Malwanchal University,
INDORE

- Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

What are the strategies for stress management?

Tips to Manage Stress

1. Exercise.
2. Relax Your Muscles
3. Deep Breathing
4. Eat Well
5. Slow Down
6. Take a Break.
7. Make Time for Hobbies
8. Talk About Your Problems

On the third day, Dr. GAJENDRA TOMAR, Assistant Professor of Index Medical College, Hospital & Research Centre, Indore. Was the resource person and delivered his lecture on Psychological and Spiritual Relaxation Methods.

Physical Methods of Stress Reduction Preparing for the Future: College and Occupational Stress.

On the last day session was conducted by Dr. ASHWIN JAIN, Assistant Professor of Index Medical College, Hospital & Research Centre, Indore. In which Problem Solving and Time Management.

Tips for building relationships

1. Reach out to a colleague at work.
2. Help someone else by volunteering.
3. Have lunch or coffee with a friend.
4. Ask a loved one to check in with you regularly.
5. Accompany someone to the movies or a concert.
6. Call or email an old friend.
7. Go for a walk with a workout buddy.
8. Schedule a weekly dinner date.

Principal
Index Institute of Pharmacy
Malwanchal University,
INDORE

Registrar
Malwanchal University
Indore (M.P.)

9. Meet new people by taking a class or joining a club.

10. Confide in a clergy member, teacher, or sports coach.

The participants were given a few worksheets on these and their performance was evaluated.

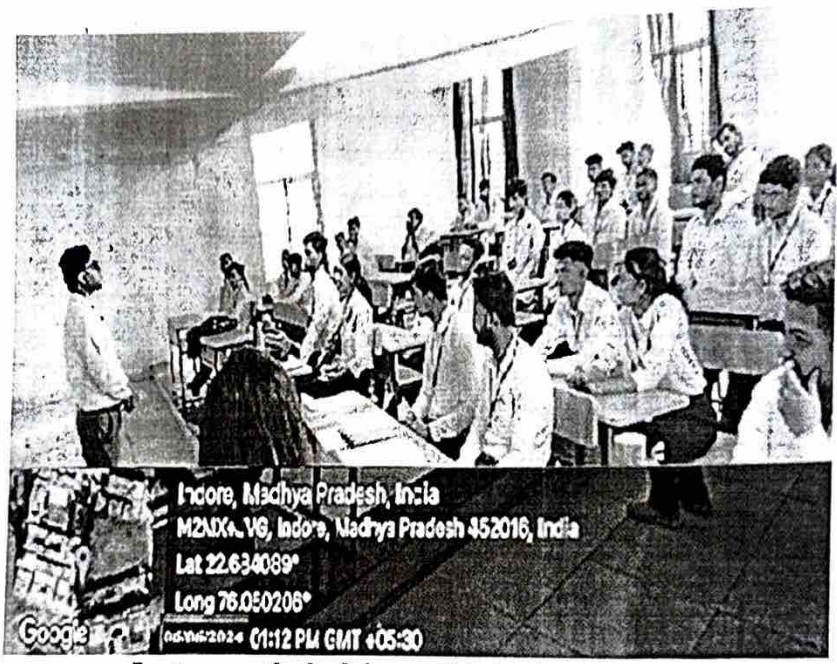

Registrar
Malwanchal University
Indore (M.P.)


Principal
Index Institute of Pharmacy
Malwanchal University,
INDORE

Photo of Team Coordination And Stress Management Seminar



Introduction to stress management



Lecture on the body's reaction to stress.

Registrar
Registrar
Malwanchal University
Indore (M.P.)

Principal
Principal
Index Institute of Pharmacy
Malwanchal University
INDORE

Index Institute of Pharmacy

Attendance

DATE: 18/06/2023

Topic: Team Co-ordination & Stress Management

Sr. No	Name	Signature
1.	Batli Yadav	Batli
2.	Nilhil Yadav	Nilhil Yadav
3.	Vaibhav Pratap Singh	Vaibhav Singh
4.	Gagan	Gagan
5.	Rishabh Chouhan	Rishabh
6.	Jaman Jema	Jaman
7.	Jyoti	Jyoti
8.	Abhishek	Abhishek
9.	Anam Thakkar	Anam
10.	Sri Raj	Sri Raj
11.	Arshil	Arshil
12.	Priyanka	Priyanka
13.	Kalyani Yadav	Kalyani
14.	Anam Thakkar	Anam
15.	Rishabh Yadav	Rishabh
16.	Mangal Senkhani	Mangal
17.	Aditya Khairatkar	Aditya
18.	Govind Phosha	Govind
19.	Ammy Amadiya	Ammy
20.	Sachin Patel	Sachin
21.	Mangal Patel	Mangal
22.	Shubham	Shubham
23.	Medha Senkhani	Medha
24.	Anamika Senkhani	Anamika
25.	Parvita Nigam	Parvita
26.	Shweta Parmar	Shweta
27.	Vishal Thakkar	Vishal
28.	Rishabh Yadav	Rishabh
29.	Vijay Senkhani	Vijay
30.	Rishabh	Rishabh
31.	Shammi Marathe	Shammi
32.	Rishabh Patel	Rishabh
33.	Mukesh Kumbhar	Mukesh
34.	Sachin Sen	Sachin
35.	Rishabh Patel	Rishabh

Total = 35

Registrar
Malwanchal University
Indore (M.P.)

Principal
Index Institute of Pharmacy
Malwanchal University,
INDORE