



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 08/06/2024. All the students of Pharmacy Institute have to attend sessions regularly.

Dr. Javed Khan Pathan

Principal

CC:

Registrar

IQAC Department

File

Notice Board

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Indore (M.P.)

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Index Institute of Pharmacy
Malwanchal University,
INDORE

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Contact No.:- 0731 4215757, 0731 4044715

**MALWANCHAL
UNIVERSITY, INDORE**



**INDEX INSTITUTE OF
PHARMACY**

Index city: NH-59A, Nemawar Road
Indore, Madhya Pradesh

VALUE ADDED COURSE

TOPIC: STRESS MANAGEMENT

SCHEDULE

Contact person: Event coordinators
Resource person: Dr. Javed Khan Pathan
Date: 05-06-2024-08-06-2024
Venue: Room no. 02 (IIP)

CONCEPT

The course is designed to provide participants with a comprehensive understanding of governance principles, ethical leadership transparency, and accountability in organizational and societal contexts.

MODULE

- Introduction to Ethical Leadership and Decision Making
- Inclusion and Equity in Governance
- Governance and Sustainable Development
- Global Perspectives on Good Governance

LEARNING

- Enhanced understanding of principles and their applications
- Improved decision-making and ethical leadership abilities
- Ability to implement transparency and accountability practices in organizations
- Increased awareness of governance's impact on sustainable development and public trust
- Stronger commitment to promoting inclusivity

LEARNING OBJECTIVES

This course aims to develop participants' understanding of transparency, accountability, and ethical leadership while equipping them with practical skills for fostering inclusivity and sustainable development in governance processes.

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**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.

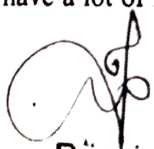
Day first -started with an introduction to stress Management. This session was led by Dr. AJAY THAKUR, Assistant Professor of Index Medical College, Hospital & Research Centre, Indore. In which he explained the meaning of stress and the sources of stress.

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")?


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- 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.



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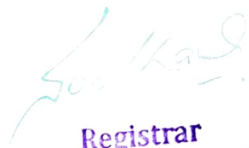
9. Meet new people by taking a class or joining a club.

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

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



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Photo Of TEAM COORDINATION AND STRESS MANAGEMENT Seminar



Introduction to stress management



Lecture on the body's reaction to stress.

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Attendance

DATE: 8/11/24

Topic: Team Leadership & Stream Management

Sr. No	Name	Signature
	Aravesh Shekh	Aravesh
	Nitesh Yadav	Nitesh
	Yashvi Panchal	Yashvi
	Manul Koushal	Manul
	Hiranshu Sharma	Hiranshu
	Poojya	Poojya
	Manish Verma	Manish
	Nandani Parikh	Nandani
	Rishika Choudhary	Rishika
	Rajvan Panwar	Rajvan
	Ashy Tivari	Ashy
	Akhay Tivari	Akhay
	Vishakha Gupta	Vishakha
	Ritika Gujjar	Ritika
	Nafes Khan	Nafes
	Pratendra Reethwal	Pratendra
	Sanjay Lodhi	Sanjay
	Daepak Bannija	Daepak
	Shreyanshu	Shreyanshu
	Arvind Bawade	Arvind Bawade
	Ankit Prinjapadi	Ankit
	Pushpendra Khatkar	Pushpendra
	Dhanshree More	Dhanshree
	DHANSHPRAIAP gh,ghn rothara	Dhanshree
	DEVJAY Sanchav	Devjay
	ARSHAT Sanchav	Arshat
	Jivan Bena	Jivan
	Jaydev Bhat	Jaydev
	Sunil Kumar	Sunil Kumar
	Sumit Malviya	Sumit
	Urpala Boud	Urpala
	LUCKY SINGH BARDIYA	Lucky Singh
	Indrapal Saboduse rana	Indrapal

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