

To,
The Teacher in Charge,
Jatindra Rajendra Mahavidyalaya,
Amtala,
Murshidabad.

Sub: Prayer for granting permission for Value Added Course.

Madam,

As per direction of the IQAC Coordinator of our college, I would like to inform you that, our department (Philosophy) has decided a value added course, namely “Stress Management” should be introduced from this upcoming session. For the larger interest of the students, we need to seek your permission in order to introduce the course.

Therefore, we earnestly request you to grant me the permission to introduce the said course, so that we can publish the notification as soon as possible.

Thanking you.

Yours truly,

Pranab Ghosh
HOD,
Department of Philosophy
Jatindra Rajendra Mahavidyalaya,
Amtala, Murshidabad.

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Phone No. (S.T.D. 03482) 247107(Principal), 247244(Office)

Email ID: principal@jrm.org.in
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Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date: 22nd September 2022

Notice

This is to inform you that the department of Philosophy is going to organize a value-added course, namely, "Stress Management". All the 1st, 3rd and 5th semesters Philosophy (Honours) students of Jatindra Rajendra Mahavidyalaya are here by requested to enroll their names as soon as possible because the course will commence on and from 1st week of November 2022.

.....
HoD

Department of Philosophy

HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

.....
Teacher-in-Charge

Jatindra Rajendra Mahavidyalaya

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

***For further details contact to this number:

Pranab Ghosh (Mb- 9476414079)

Tania Khatun (Mb- 9474775363)

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala * Murshidabad

Department of Philosophy

Value Added Course

TOPIC : STRESS MANAGEMENT

COURSE CO-ORDINATOR : Pranab Ghosh
Assistant Professor of Philosophy
Jatindra Rajendra Mahavidyalaya

SESSION: 2023-2024

All Philosophy Honours & Major Course Students

COMMENCEMENT OF THE COURSE: APRIL, 2023
COURSE DURATION: 30 HOURS

NO COURSE FEE

COURSE OUTCOMES

Students will understand the importance of health and fitness principles as they relate to better health and will be able to:

- ★ Identify the leading sources of stress for college students
- ★ Analyze attitudes toward allocating time management
- ★ Recognize the physical and mental benefits of increased activity
- ★ To help understand the importance of a healthy lifestyle
- ★ Demonstrate an understanding of various relaxation strategies

Value added Course

Co-Ordinator

Pranab Ghosh
Assistant Professor of Philosophy
Jatindra Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

SYLLABUS OF VALUE ADDED COURSE STRESS MANAGEMENT

Module 1

Introduction :

1. Stress and Stress Management Defined
2. Types of Stress

Module 2

Sources of Stress :

1. Psychological
2. Social
3. Environmental
4. Academic
5. Family
6. Work Stress

Module 3

Impact of Stress :

1. Physiological Impact of Stress - Autonomic Nervous System Changes
2. Physical Impact of Stress : Changes in Brain Development, Insufficient Quality of Sleep, Diet and Health Effects
3. Social Impact of Stress - Stressful Life Events

Module 4

Stress Reduction Techniques :

1. Relaxation - Need Your Own Time
2. Yoga - Need of Yoga for Physical and Mental Health, Yogic Principles for Healthy Living, Pranayama, Types of Pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogic Breathing, etc.)
3. Meditation - Advantages of Meditation, Meditation and Mental Health
4. Managing Emotions
5. Time and Life Management
6. Effective Communication

Module 5

Eating and Weight Smart :

1. Knowing and Applying Basic Nutrition
2. Understanding the Value of Macronutrients
3. Maintaining Proper Healthy Weight

Module 6

Basic Wellness :

1. The Role of Fitness in Our Total Well-Being
2. Mindfulness
3. Positive Environment
4. Power of The Breath
5. Developing Healthy Relationships

Module 7

Conclusion

Teacher-in-Charge
Jatindra Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala * Murshidabad

Department of Philosophy Value Added Course on Stress Management

30 HOURS VALUE ADDED COURSE

on

STRESS MANAGEMENT

Open to All Philosophy Honours Students Organized

by

Department of Philosophy, Under Guidance of IQAC, Jatindra Rajendra Mahavidyalaya
Session: 2022-2023

| About the 30 Hours Value Added Course | |
|---------------------------------------|--|
| Course Title | Stress Management |
| Course Outcome | Students will understand the importance of health and fitness principles as they relate to better health and will be able to: <ul style="list-style-type: none">❖ Identify the leading sources of stress for college students❖ Analyze attitudes toward allocating time management❖ Recognize the physical and mental benefits of increased activity❖ To help understand the importance of a healthy lifestyle❖ Demonstrate an understanding of various relaxation strategies❖ To provide understanding of stress management❖ Identify and access appropriate campus resources that can help students with concerns related to stress, mental health, academic concerns, and other concerns. |
| Course Fee | Nil |
| Course Duration | One Class : 1 Hour 29 Lectures = 29 Hours Screening of a Film = 1 Hours Total Course Duration = 30 (29+1) Hours. Final Assessment on the Last day. |
| Assessment Process | MCQ |
| Course Certificate | Students will get certificate on Course-end Assessment |
| Course Coordinator | Pranab Ghosh, Assistant Professor, Department of Philosophy |

Value added Course

Co - Ordinator

J.R. Mahavidyalaya

P.O.- Amtala, Dist.- Msd.

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

Value Added Course Syllabus

Module 1 → [Duration : 3 Hours]

Introduction :

1. Stress and Stress Management Defined
2. Types of Stress

Module 2 → [Duration : 3 Hours]

Sources of Stress :

1. Psychological
2. Social
3. Environmental
4. Academic
5. Family
6. Work Stress

Module 3 → [Duration : 5 Hours]

Impact of Stress :

1. Physiological Impact of Stress - Autonomic Nervous System Changes
2. Physical Impact of Stress : Changes in Brain Development, Insufficient Quality of Sleep, Diet and Health Effects
3. Social Impact of Stress - Stressful Life Events

Module 4 → [Duration : 9 Hours]

Stress Reduction Techniques :

1. Relaxation – Need Your Own Time
2. Yoga - Need of Yoga for Physical and Mental Health, Yogic Principals for Healthy Living, Pranayama, Types of Pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogic Breathing, etc.)
3. Meditation - Advantages of Meditation, Meditation and Mental Health
4. Managing Emotions
5. Time and Life Management
6. Effective Communication

Module 5 → [Duration : 4 Hours]

Eating and Weight Smart :

1. Knowing and Applying Basic Nutrition
2. Understanding the Value of Macronutrients
3. Maintaining Proper Healthy Weight


Module 6 → [Duration : 4 Hours]

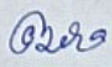
Basic Wellness :

1. The Role of Fitness in Our Total Well-Being
2. Mindfulness
3. Positive Environment
4. Power of The Breath
5. Developing Healthy Relationships

Module 7 → [Duration : 2 Hours]

Conclusion


Value added Course
Co-Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.



Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. M.S.

Lesson Plan

| Lectures | Course Content |
|--|---|
| Lecture 1 (1 Hour) | Introduction |
| Lecture 2 (1 Hour) | Stress and Stress Management Defined |
| Lecture 3 (1 Hour) | Types of Stress |
| Lecture 4 (1 Hour) | Sources of Stress : Psychological, Social |
| Lecture 5 (1 Hour) | Environmental, Academic |
| Lecture 6 (1 Hour) | Family, Work Stress |
| Lecture 7 (1 Hour) | Impact of Stress |
| Lecture 8 (1 Hour) | Physiological Impact of stress - Autonomic Nervous System Changes |
| Lecture 9 (1 Hour) | Physical Impact of Stress : Changes in Brain Development |
| Lecture 10 (1 Hour) | Insufficient Quality of Sleep, Diet and Health Effects |
| Lecture 11 (1 Hour) | Social Impact of Stress - Stressful Life Events |
| Lecture 12 (1 Hour) | Stress Reduction Techniques |
| Lecture 13 (1 Hour) | Relaxation – Need Your Own Time |
| Lecture 14 (1 Hour) | Yoga - Need of Yoga for Physical and Mental Health |
| Lecture 15 (1 Hour) | Yogic Principals for Healthy Living |
| Lecture 16 (1 Hour) [Practical Class] | Pranayama, Types of pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogic Breathing, etc.) |
| Lecture 17 (1 Hour) [Practical Class] | Meditation - Advantages of Meditation, Meditation and Mental Health |
| Lecture 18 (1 Hour) | Managing Emotions |
| Lecture 19 (1 Hour) | Time and Life Management |
| Lecture 20 (1 Hour) | Effective Communication |
| Lecture 21 (1 Hour) | Eating and Weight Smart |
| Lecture 22 (1 Hour) | Knowing and Applying Basic Nutrition |
| Lecture 23 (1 Hour) | Understanding the Value of Macronutrients |
| Lecture 24 (1 Hour) | Maintaining Proper Healthy Weight |
| Lecture 25 (1 Hour) | Basic Wellness : The Role of Fitness in Our Total Well-Being |
| Lecture 26 (1 Hour) | Mindfulness, Positive Environment |
| Lecture 27 (1 Hour) | Power of The Breath |
| Lecture 28 (1 Hour) | Developing Healthy Relationships |
| Lecture 29 (1 Hour) | Conclusion |
| Lecture 30 (1 Hour) [Practical Class] | Screening of a Film – I AM |

Value added Course
Co-Ordinator

J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.


 Teacher-in-Charge
 Jatindra-Prasanna Mahavidyalaya
 P.O. Amtala, Murshidabad

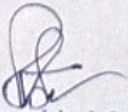
Learning Resources

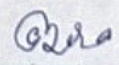
- Napoli, M. (2016). Tools for mindful living: Practicing the 4- Step MAC Guide. Dubuque, IA: Kendall Hunt Publishing Company
- Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri, 2018.
- Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve WellBeing by Nashay Lorick, 2022
- National Institute of Mental Health. (2003). In Harm's Way: Suicide in America. Retrieved 11 June 2008 from <http://www.nimh.nih.gov/publicat/harmsway.cfm>
- National Institute of Mental Health. (2004). What do these students have in common? Retrieved 10 August 2005 from www.nimh.nih.gov/publicat/students.cfm
- National Mental Health Association. (2005). Finding Hope and Help: College Student and Depression Pilot Initiative. Retrieved 11 August 2005 from <http://www.nmha.org/camh/college/index.cfm>
- ম্যাথিউ সুইনি, মানসিক চাপ এবং বিষন্নতা কিভাবে মোকাবিলা করবেন: স্ট্রেস এবং বিষন্নতা নিয়ন্ত্রণ ও দূর করার ৭ ধাপ কৌশল, ২০২২।
- যামী গোকুলনন্দ, মানসিক চাপ জয় করার উপায়, উদ্ভাষন পত্রিকা

Evaluation Process

At the end of the Course, there will be a Course-end Assessment. Attendance Component Marks would be calculated based on the actual Attendance Percentage of the Students during the classes of the Course.

| | |
|---|--------------------------------|
| Course-end Assessment | Marks : 20 |
| Attendance | Marks : 5 |
| Evaluation would be done :Course-end Assessment & Attendance | Total Marks : 25 |
| Students will get Certificate | After Completion of the Course |


Value added Course
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Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad



Jatindra – Rajendra Mahavidyalaya

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Estd: 1986

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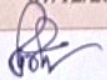
Add on Course

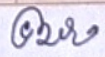
Department of Philosophy Title: Stress Management

Sesssion-2022-2023


Class Schedule

| SI NO | Date | Lecture | Course Content | Time | Name of the Professor |
|-------|------------|---------------------------------------|---|--------------------|-----------------------|
| 1 | 05/11/2022 | Lecture 1 (1 Hour) | Introduction | 02:30 pm-03:30 am | PG |
| 2 | 05/11/2022 | Lecture 2 (1 Hour) | Stress and Stress Management Defined | 03:30 pm- 04:30 pm | NS |
| 3 | 07/11/2022 | Lecture 3 (1 Hour) | Types of Stress | 09:30 am-10:30 am | PG |
| 4 | 09/11/2022 | Lecture 4 (1 Hour) | Sources of Stress : Psychological, Social | 09:30am-10:30 am | TK |
| 5 | 10/11/2022 | Lecture 5 (1 Hour) | Environmental, Academic | 09:30am-10:30 am | NM |
| 6 | 11/11/2022 | Lecture 6 (1 Hour) | Family, Work Stress | 9:30 am-10:30 am | FK |
| 7 | 12/11/2022 | Lecture 7 (1 Hour) | Impact of Stress | 02:30 pm-03:30 am | PG |
| 8 | 12/11/2022 | Lecture 8 (1 Hour) | Physiological Impact of stress - Autonomic Nervous System Changes | 03:30 pm- 04:30 pm | NS |
| 9 | 14/11/2022 | Lecture 9 (1 Hour) | Physical Impact of Stress : Changes in Brain Development | 09:30am-10:30 am | NM |
| 10 | 16/11/2022 | Lecture 10 (1 Hour) | Insufficient Quality of Sleep, Diet and Health Effects | 09:30 am-10:30 am | TK |
| 11 | 17/11/2022 | Lecture 11 (1 Hour) | Social Impact of Stress - Stressful Life Events | 09:30 am-10:30 am | NM |
| 12 | 18/11/2022 | Lecture 12 (1 Hour) | Stress Reduction Techniques | 09:30 am-10:30 am | GB |
| 13 | 19/11/2022 | Lecture 13 (1 Hour) | Relaxation – Need Your Own Time | 02:30 pm-03:30 am | TK |
| 14 | 19/11/2022 | Lecture 14 (1 Hour) | Yoga - Need of Yoga for Physical and Mental Health | 03:30 pm- 04:30 pm | PG |
| 15 | 29/11/2022 | Lecture 15 (1 Hour) | Yogi's Principals for Healthy Living | 09:30 am-10:30 am | FK |
| 16 | 30/11/2022 | Lecture 16 (1 Hour) [Practical Class] | Pranayama, Types of pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogic Breathing, etc.) | 09:30 am-10:30 am | PG |
| 17 | 01/12/2022 | Lecture 17 (1 Hour) [Practical Class] | Meditation - Advantages of Meditation, Meditation and Mental Health | 09:30 am-10:30 am | FK |
| 18 | 05/12/2022 | Lecture 18 (1 Hour) | Managing Emotions | 09:30 am-10:30 am | NM |
| 19 | 07/12/2022 | Lecture 19 (1 Hour) | Time and Life Management | 09:30 am-10:30 am | GB |


Value added Course
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| | | | | | |
|----|------------|---------------------------------------|--|--------------------|--------|
| 20 | 08/12/2022 | Lecture 20 (1 Hour) | Effective Communication | 09:30 am-10:30 am | NM |
| 21 | 09/12/2022 | Lecture 21 (1 Hour) | Eating and Weight Smart | 09:30 am-10:30 am | FK |
| 22 | 10/12/2022 | Lecture 22 (1 Hour) | Knowing and Applying Basic Nutrition | 02:30 pm-03:30 pm | PG |
| 23 | 12/12/2022 | Lecture 23 (1 Hour) | Understanding the Value of Macronutrients | 09:30 am-10:30 am | TK |
| 24 | 13/12/2022 | Lecture 24 (1 Hour) | Maintaining Proper Healthy Weight | 09:30 am-10:30 am | PG |
| 25 | 14/12/2022 | Lecture 25 (1 Hour) | Basic Wellness : The Role of Fitness in Our Total Well-Being | 09:30 am-10:30 am | NS |
| 26 | 15/12/2022 | Lecture 26 (1 Hour) | Mindfulness, Positive Environment | 09:30 am-10:30 am | TK |
| 27 | 16/12/2022 | Lecture 27 (1 Hour) | Power of The Breath | 09:30 am-10:30 am | FK |
| 28 | 17/12/2022 | Lecture 28 (1 Hour) | Developing Healthy Relationships | 02:30 pm-03:30 am | NS |
| 29 | 17/12/2022 | Lecture 29 (1 Hour) | Conclusion | 03:30 pm- 04:30 pm | PG |
| 30 | 19/12/2022 | Lecture 30 (1 Hour) [Practical Class] | Screening of a Film – I AM | 09:30 am-10:30 am | NM |
| | 23/12/2022 | Examination | Written Examination | 09:30 am-10:30 am | PG, TK |



Signature of the Principal/ TIC



**Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.**

*Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad*

JATINDRA RAJENDRA MAHAVIDYALAYA



P.O - AMTALA * DIST. - MURSHIDABAD * PIN CODE - 742121
E-mail - principal@jrm.org.in, Web Site - www.jrm.org.in, Phone No - 03482-247244, 247107

RESULT

Dept. Name

Philosophy

Value Added Course
Course Name

Session :

2022-2023

Stress Management

| Sl | Reg. no | Student Id | Name | Gender | Written Marks | Attendance Marks | Result |
|----|---------|-------------|---------------------|--------|---------------|------------------|--------|
| 1 | 051496 | B.A/22/0010 | BISWARUP BISWAS | M | 18 | 5 | Q |
| 2 | 051498 | B.A/22/0012 | PRABIR CHUNARI | M | - | - | AB |
| 3 | 051493 | B.A/22/0030 | RUMIYA KHATUN | F | 18 | 4 | Q |
| 4 | 051502 | B.A/22/0035 | SOURAV MISTRY | M | 17 | 3 | Q |
| 5 | 051500 | B.A/22/0049 | SAHIN SHAIKH | M | 16 | 4 | Q |
| 6 | 051488 | B.A/22/0112 | DIPTI MANDAL | F | 18 | 4 | Q |
| 7 | 051491 | B.A/22/0130 | PIYEL MONDAL | F | 14 | 4 | Q |
| 8 | 051495 | B.A/22/0133 | ANIRBAN RAJAK | M | - | - | AB |
| 9 | 051503 | B.A/22/0156 | UDIT KUMAR HAZRA | M | 14 | 3 | Q |
| 10 | 051487 | B.A/22/0190 | BRISTI BISWAS | F | 14 | 4 | Q |
| 11 | 051499 | B.A/22/0240 | RAKESH MONDAL | M | 16 | 4 | Q |
| 12 | 051486 | B.A/22/0269 | AYESA JULI KHATUN | F | - | - | AB |
| 13 | 052038 | B.A/22/0319 | TANIA SULTANA | F | 18 | 5 | Q |
| 14 | 051895 | B.A/22/0320 | SABANA KHATUN | F | - | - | AB |
| 15 | 051752 | B.A/22/0324 | NASIMA KHATUN | F | 18 | 4 | Q |
| 16 | 051501 | B.A/22/0341 | SAYAN MONDAL | M | 18 | 3 | Q |
| 17 | 051618 | B.A/22/0355 | HABIBA KHATUN | F | 16 | 3 | Q |
| 18 | 051787 | B.A/22/0387 | PRIYANKA PRAMANIK | F | - | - | AB |
| 19 | 052366 | B.A/22/0389 | PIAS ISLAM | M | 15 | 4 | Q |
| 20 | 052017 | B.A/22/0400 | SULEKHA KHATUN | F | 15 | 4 | Q |
| 21 | 051622 | B.A/22/0403 | HAPIJA KHATUN | F | 14 | 3 | Q |
| 22 | 052360 | B.A/22/0408 | OMAR FARUK MONDAL | M | 14 | 3 | Q |
| 23 | 051862 | B.A/22/0412 | ROHIMA KHATUN | F | - | - | AB |
| 24 | 052060 | B.A/22/0441 | URMILA KHATUN | F | 16 | 4 | Q |
| 25 | 052546 | B.A/22/0443 | SOHEL RANA SAIKH | M | 16 | 4 | Q |
| 26 | 051967 | B.A/22/0446 | SEFONNARA KHATUN | F | - | - | AB |
| 27 | 052000 | B.A/22/0473 | SONIA KHATUN | F | 14 | 3 | Q |
| 28 | 051902 | B.A/22/0484 | SABINA KHATUN | F | 14 | 2 | Q |
| 29 | 051566 | B.A/22/0489 | ANOWARA KHATUN | F | 16 | 4 | Q |
| 30 | 052170 | B.A/22/0496 | FIRAJUL SK | M | 16 | 3 | Q |
| 31 | 051969 | B.A/22/0524 | SELINA KHATUN | F | 16 | 3 | Q |
| 32 | 051625 | B.A/22/0532 | HASINA KHATUN | F | 17 | 4 | Q |
| 33 | 051720 | B.A/22/0539 | MORJIA KHATUN | F | 17 | 4 | Q |
| 34 | 052186 | B.A/22/0550 | HASANUR JAMAN KABIR | M | - | - | AB |
| 35 | 051943 | B.A/22/0555 | SAMIMA KHATUN | F | 16 | 4 | Q |
| 36 | 051824 | B.A/22/0562 | RESMA KHATUN | F | - | - | AB |
| 37 | 051599 | B.A/22/0572 | DILRUBA KHATUN | F | 16 | 5 | Q |
| 38 | 051604 | B.A/22/0591 | DIPIKA MAJHI | F | 16 | 3 | Q |
| 39 | 051494 | B.A/22/1425 | AMINUL HALSONA | M | 17 | 4 | Q |

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

Signature of Principal / Teacher-in-

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA



P.O - AMTALA * DIST. - MURSHIDABAD * PIN CODE - 742121

E-mail - principal@jrm.org.in, Web Site - www.jrm.org.in, Phone No - 03482-247244, 247107

RESULT

Dept. Name

Philosophy

Value Added Course

Course Name
Stress Management

Session :

2022-2023

| Sl | Reg no | Student Id | Name | Gender | Written Marks | Attendance Marks | Result |
|----|--------|-------------|----------------------|--------|---------------|------------------|--------|
| 40 | 051497 | B.A/22/1460 | IMRAN SK | M | 17 | 5 | Q |
| 41 | 052005 | B.A/22/1489 | Sonia Khatun | F | 16 | 4 | Q |
| 42 | 052597 | B.A/22/1495 | TODIYAL FAYED | M | 16 | 4 | Q |
| 43 | 052006 | B.A/22/1501 | SONIYA BISWAS | F | 16 | 4 | Q |
| 44 | 052152 | B.A/22/1518 | CHHURMAN SK | M | - | - | AB |
| 45 | 065589 | B.A/21/0006 | TAMANNA AKTAR MONDAL | F | 14 | 3 | Q |
| 46 | 065602 | B.A/21/0017 | Radian Aktar Mondal | M | 15 | 4 | Q |
| 47 | 065581 | B.A/21/0027 | OJIFA KHATUN | F | 14 | 4 | Q |
| 48 | 065600 | B.A/21/0034 | PARVEJ NOWAJ SK | M | - | - | AB |
| 49 | 065610 | B.A/21/0047 | SOYEB KHAN | M | 14 | 4 | Q |
| 50 | 065606 | B.A/21/0053 | SAIRUL SARDAR | M | 14 | 4 | Q |
| 51 | 065608 | B.A/21/0061 | SERFUL SHEIKH | M | - | - | AB |
| 52 | 065588 | B.A/21/0111 | SONIA DAS | F | 16 | 5 | Q |
| 53 | 065572 | B.A/21/0116 | LABONI CHOWDHURY | F | 16 | 5 | Q |
| 54 | 065590 | B.A/21/0117 | TANUSHRI MONDAL | F | 15 | - | Q |
| 55 | 065601 | B.A/21/0123 | PIJUSH GHOSH | M | - | - | AB |
| 56 | 065586 | B.A/21/0189 | RIMPA KHATUN | F | 14 | 4 | Q |
| 57 | 065597 | B.A/21/0241 | MASUM MONDAL | M | 14 | 4 | Q |
| 58 | 065579 | B.A/21/0280 | NAZMA KHATUN | F | 15 | 4 | Q |
| 59 | 065592 | B.A/21/0337 | TUHINA KHATUN | F | 16 | 4 | Q |
| 60 | 065607 | B.A/21/0402 | SALIM HOQUE | M | - | - | AB |
| 61 | 065571 | B.A/21/0432 | JOYTSHANA KHATUN | F | 14 | 3 | Q |
| 62 | 065603 | B.A/21/0496 | RAMIJ RAJA | M | - | - | AB |
| 63 | 065587 | B.A/21/0499 | RUMANA KHATUN | F | 16 | 4 | Q |
| 64 | 065605 | B.A/21/0529 | SABIR HOSSAIN SHEIKH | M | - | - | AB |
| 65 | 065598 | B.A/21/0542 | NASIM KHAN | M | - | - | AB |
| 66 | 065575 | B.A/21/0775 | MOUMITA MONDAL | F | 16 | 4 | Q |
| 67 | 065583 | B.A/21/0789 | PARVINA KHATUN | F | 15 | 4 | Q |
| 68 | 065599 | B.A/21/0825 | PAPAN DAS | M | 15 | 3 | Q |
| 69 | 065595 | B.A/21/0907 | DURJOY GHOSH | M | 14 | 3 | Q |
| 70 | 065594 | B.A/21/1157 | CHANCHAL SARKAR | M | 16 | 3 | Q |
| 71 | 065568 | B.A/21/1657 | DEBIKA KHATUN | F | 16 | 4 | Q |
| 72 | 065574 | B.A/21/1668 | MOKARAMA KHATUN | F | 13 | 3 | Q |
| 73 | 065569 | B.A/21/1669 | HABIBA KHATUN | F | 14 | 4 | Q |
| 74 | 065570 | B.A/21/1692 | HAMEDA KHATUN | F | 14 | 3 | Q |
| 75 | 065580 | B.A/21/1695 | NAZMA KHATUN | F | 13 | 2 | Q |
| 76 | 065593 | B.A/21/1698 | CHANCHAL KHAN | M | 12 | 2 | Q |
| 77 | 065578 | B.A/21/1731 | NARJUMA KHATUN | F | 13 | 2 | Q |
| 78 | 065585 | B.A/21/1910 | RAJONI KHATUN | F | 12 | 2 | Q |

Signature of Principal / Teacher-in-charge

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

JATINDRA RAJENDRA MAHAVIDYALAYA



P.O - AMTALA * DIST. - MURSHIDABAD * PIN CODE - 742121

E-mail - principal@jrm.org.in, Web Site - www.jrm.org.in, Phone No - 03482-247244, 247107

RESULT

Dept. Name

Philosophy

Value Added Course

**Course Name
Stress Management**

Session :


2022-2023

| Sl | Reg no | Student Id | Name | Gender | Written Marks | Attendance Marks | Result |
|-----|--------|-------------|------------------|--------|---------------|------------------|--------|
| 79 | 057765 | B.A/20/0003 | SUMAYA KHATUN | F | 12 | 3 | AB |
| 80 | 057768 | B.A/20/0008 | UMME SALMA | F | 12 | 3 | Q |
| 81 | 057776 | B.A/20/0016 | SANOWAR HOSSAIN | M | 13 | 4 | Q |
| 82 | 057757 | B.A/20/0020 | RINKU GHOSH | F | - | - | AB |
| 83 | 057762 | B.A/20/0062 | SALMA KHATUN | F | 12 | 3 | Q |
| 84 | 057778 | B.A/20/0081 | TARIK AJJ | M | 12 | 3 | Q |
| 85 | 057773 | B.A/20/0084 | PRITAM BISWAS | M | - | - | AB |
| 86 | 057749 | B.A/20/0089 | HAFIJA KHATUN | F | 12 | 3 | Q |
| 87 | 057750 | B.A/20/0097 | JULEKHA KHATUN | F | - | - | AB |
| 88 | 057754 | B.A/20/0108 | PIYALI DAS | F | 14 | 2 | Q |
| 89 | 057753 | B.A/20/0126 | PAPIA KHATUN | F | 13 | 2 | Q |
| 90 | 057766 | B.A/20/0131 | SUMITA KHATUN | F | 15 | 3 | Q |
| 91 | 057758 | B.A/20/0144 | ROHIMA KHATUN | F | 14 | 4 | Q |
| 92 | 057774 | B.A/20/0154 | RAHUL MONDAL | M | - | - | AB |
| 93 | 057770 | B.A/20/0155 | HASIBUL ISLAM | M | - | - | AB |
| 94 | 057761 | B.A/20/0158 | SALEHA KHATUN | F | 12 | 3 | Q |
| 95 | 057755 | B.A/20/0163 | REHENA KHATUN | F | 13 | 3 | Q |
| 96 | 057759 | B.A/20/0727 | SABINA KHATUN | F | 12 | 3 | Q |
| 97 | 057775 | B.A/20/0772 | ROUSAN KHONDAKAR | M | - | - | AB |
| 98 | 057764 | B.A/20/0779 | SUMANA BISWAS | F | - | - | AB |
| 99 | 057767 | B.A/20/0780 | SUNITA BISWAS | F | 14 | 4 | Q |
| 100 | 057748 | B.A/20/0938 | ARPITA BISWAS | F | 14 | 3 | Q |
| 101 | 057763 | B.A/20/0953 | SHUKLA GHOSH | F | - | - | AB |
| 102 | 057772 | B.A/20/1427 | POPI KHATUN | M | 14 | 4 | Q |

Value added Course
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Signature of Principal / Teacher-in-charge
Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

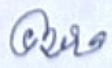
Model Certificate


JATINDRA RAJENDRA MAHAVIDYALAYA
CERTIFICATE OF VALUE ADDED COURSE

*This certificate is awarded to..... of
..... Semester, Registration No..... Session..... from
Department of Philosophy who has successfully completed Value Added Course in "Stress
Management" conducted by the Department of Philosophy from to 20....
We appreciate your presence and wish you all the best for your future.*

| | | |
|---|---|--|
| <small>COURSE COORDINATOR JATINDRA RAJENDRA MAHAVIDYALAYA AMTALA, MURSHIDABAD</small> | <small>IQAC COORDINATOR JATINDRA RAJENDRA MAHAVIDYALAYA AMTALA, MURSHIDABAD</small> | <small>PRINCIPAL JATINDRA RAJENDRA MAHAVIDYALAYA AMTALA, MURSHIDABAD</small> |
|---|---|--|


Value added Course
Co - Ordinator
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P.O.- Amtala, Dist.- Msd.


Teacher-in-Charge
Jalindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad – 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: **STRESS MANAGEMENT**

Course Duration: **06.11.2022 – 28.12.2022**

ENROLMENT SHEET

| SL. NO. | REG. NO. | STUDENT ID | NAMES | SIGNATURE |
|---------|----------|-------------|-------------------|-------------------|
| 1 | 051496 | B.A/22/0010 | BISWARUP BISWAS | Biswarup Biswas |
| 2 | 051498 | B.A/22/0012 | PRABIR CHUNARI | Prabir Chunari |
| 3 | 051493 | B.A/22/0030 | RUMIYA KHATUN | Rumiya Khatun |
| 4 | 051502 | B.A/22/0035 | SOURAV MISTRY | Sourav Mistry |
| 5 | 051500 | B.A/22/0049 | SAHIN SHAIKH | Sahin Shaikh |
| 6 | 051488 | B.A/22/0112 | DIPTI MANDAL | Dipti Mandal. |
| 7 | 051491 | B.A/22/0130 | PIYEL MONDAL | Piyel Mondal. |
| 8 | 051495 | B.A/22/0133 | ANIRBAN RAJAK | Anirban Rajak |
| 9 | 051503 | B.A/22/0156 | UDIT KUMAR HAZRA | Udit Kumar Hazra |
| 10 | 051487 | B.A/22/0190 | BRISTI BISWAS | Bristi Biswas |
| 11 | 051499 | B.A/22/0240 | RAKESH MONDAL | Rakesh Mondal |
| 12 | 051486 | B.A/22/0269 | AYESA JULI KHATUN | Ayasa Juli Khatun |
| 13 | 052038 | B.A/22/0319 | TANIA SULTANA | Tania Sultana |
| 14 | 051895 | B.A/22/0320 | SABANA KHATUN | Sabana Khatun |
| 15 | 051752 | B.A/22/0324 | NASIMA KHATUN | Nasima Khatun |
| 16 | 051501 | B.A/22/0341 | SAYAN MONDAL | Sayan Mondal |
| 17 | 051618 | B.A/22/0355 | HABIBA KHATUN | Habiba Khatun |
| 18 | 051787 | B.A/22/0387 | PRIYANKA PRAMANIK | Priyanka Pramanik |
| 19 | 052366 | B.A/22/0389 | PIAS ISLAM | Pias Islam |
| 20 | 052017 | B.A/22/0400 | SULEKHA KHATUN | Sulekha Khatun |
| 21 | 051622 | B.A/22/0403 | HAPIJA KHATUN | Hapija Khatun |
| 22 | 052360 | B.A/22/0408 | OMAR FARUK MONDAL | Omar Faruk Mondal |
| 23 | 051862 | B.A/22/0412 | ROHIMA KHATUN | Rohima Khatun |
| 24 | 052060 | B.A/22/0441 | URMILA KHATUN | Urmila Khatun |

Teacher in Charge
Jatindra Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

H.O.D., Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad – 742121

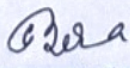
DEPARTMENT OF PHILOSOPHY


Value Added Course: **STRESS MANAGEMENT**

Course Duration: **06.11.2022 – 28.12.2022**

ENROLMENT SHEET

| | | | | |
|----|--------|-------------|----------------------|-----------------------|
| 25 | 052546 | B.A/22/0443 | SOHEL RANA SAIKH | Soled Rana Saikh |
| 26 | 051967 | B.A/22/0446 | SEFONNARA KHATUN | Sefonnara Khatun |
| 27 | 052000 | B.A/22/0473 | SONIA KHATUN | Sonia Khatun |
| 28 | 051902 | B.A/22/0484 | SABINA KHATUN | Sabina Khatun |
| 29 | 051566 | B.A/22/0489 | ANOWARA KHATUN | Anowara Khatun |
| 30 | 052170 | B.A/22/0496 | FIRAJUL SK | Firajul S.K |
| 31 | 051969 | B.A/22/0524 | SELINA KHATUN | Selina Khatun |
| 32 | 051625 | B.A/22/0532 | HASINA KHATUN | Hasina Khatun |
| 33 | 051720 | B.A/22/0539 | MORJIA KHATUN | Morjia Khatun |
| 34 | 052186 | B.A/22/0550 | HASANUR JAMAN KABIR | Hasanur Jaman Kabir |
| 35 | 051943 | B.A/22/0555 | SAMIMA KHATUN | Samima Khatun |
| 36 | 051824 | B.A/22/0562 | RESMA KHATUN | Resma Khatun |
| 37 | 051599 | B.A/22/0572 | DILRUBA KHATUN | Dilruba Khatun |
| 38 | 051604 | B.A/22/0591 | DIPIKA MAJHI | Dipika Majhi |
| 39 | 051494 | B.A/22/1425 | AMINUL HALSONA | Aminul Halsona |
| 40 | 051497 | B.A/22/1460 | IMRAN SK | Imran SK |
| 41 | 052005 | B.A/22/1489 | Sonia Khatun | Sonia Khatun |
| 42 | 052597 | B.A/22/1495 | TODIYAL FAYED | Todiyal Fayed |
| 43 | 052006 | B.A/22/1501 | SONIYA BISWAS | Soniya Biswas. |
| 44 | 052152 | B.A/22/1518 | CHHURMAN SK | Chhurman SK |
| 45 | 065589 | B.A/21/0006 | TAMANNA AKTAR MONDAL | Tammanna Aktar Mondal |
| 46 | 065602 | B.A/21/0017 | Radian Aktar Mondal | Radian Aktar Mondal |
| 47 | 065581 | B.A/21/0027 | OJIFA KHATUN | Ojifa Khatun |
| 48 | 065600 | B.A/21/0034 | PARVEJ NOWAJ SK | Parvej Nowaj SK |
| 49 | 065610 | B.A/21/0047 | SOYEB KHAN | Soyeb Khan |
| 50 | 065606 | B.A/21/0053 | SAIRUL SARDAR | Sairul Sardar |


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HoD, Department of Philosophy
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Value Added Course
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JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad – 742121

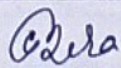
DEPARTMENT OF PHILOSOPHY

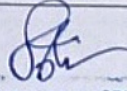
Value Added Course: **STRESS MANAGEMENT**


Course Duration: **06.11.2022 – 28.12.2022**

ENROLMENT SHEET

| | | | | |
|----|--------|-------------|----------------------|----------------------|
| 51 | 065608 | B.A/21/0061 | SERFUL SHEIKH | Serful Sheikh |
| 52 | 065588 | B.A/21/0111 | SONIA DAS | Sonia Das |
| 53 | 065572 | B.A/21/0116 | LABONI CHOWDHURY | Laboni chowdhury |
| 54 | 065590 | B.A/21/0117 | TANUSHRI MONDAL | Tanushri Mondal |
| 55 | 065601 | B.A/21/0123 | PIJUSH GHOSH | Pijush Ghosh |
| 56 | 065586 | B.A/21/0189 | RIMPA KHATUN | Rimpa Khatun |
| 57 | 065597 | B.A/21/0241 | MASUM MONDAL | Masum Mondal |
| 58 | 065579 | B.A/21/0280 | NAZMA KHATUN | Nazma Khatun |
| 59 | 065592 | B.A/21/0337 | TUHINA KHATUN | Tuhina Khatun |
| 60 | 065607 | B.A/21/0402 | SALIM HOQUE | Salim Hoque |
| 61 | 065571 | B.A/21/0432 | JOYTSHANA KHATUN | Joythana Khatun |
| 62 | 065603 | B.A/21/0496 | RAMIJ RAJA | Ramij Raja |
| 63 | 065587 | B.A/21/0499 | RUMANA KHATUN | Rumana Khatun |
| 64 | 065605 | B.A/21/0529 | SABIR HOSSAIN SHEIKH | Sabir Hossain Sheikh |
| 65 | 065598 | B.A/21/0542 | NASIM KHAN | Nasim Khan |
| 66 | 065575 | B.A/21/0775 | MOUMITA MONDAL | Moumeta Mondal |
| 67 | 065583 | B.A/21/0789 | PARVINA KHATUN | Parvina Khatun |
| 68 | 065599 | B.A/21/0825 | PAPAN DAS | Papan Das |
| 69 | 065595 | B.A/21/0907 | DURJOY GHOSH | Durjoy Ghosh |
| 70 | 065594 | B.A/21/1157 | CHANCHAL SARKAR | Chanchal Sarkar |
| 71 | 065568 | B.A/21/1657 | DEBIKA KHATUN | Debika Khatun |
| 72 | 065574 | B.A/21/1668 | MOKARAMA KHATUN | Mokarama Khatun |
| 73 | 065569 | B.A/21/1669 | HABIBA KHATUN | Habiba Khatun |
| 74 | 065570 | B.A/21/1692 | HAMEDA KHATUN | Hameda Khatun |
| 75 | 065580 | B.A/21/1695 | NAZMA KHATUN | Nazma Khatun |
| 76 | 065593 | B.A/21/1698 | CHANCHAL KHAN | Chanchal Khan |


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JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad – 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: **STRESS MANAGEMENT**

Course Duration: **06.11.2022 – 28.12.2022**

ENROLMENT SHEET

| | | | | |
|-----|--------|-------------|------------------|----------------------|
| 77 | 065578 | B.A/21/1731 | NARJUMA KHATUN | Narjuma Khatun |
| 78 | 065585 | B.A/21/1910 | RAJONI KHATUN | Rajoni Khatun |
| 79 | 057765 | B.A/20/0003 | SUMAYA KHATUN | Sunaya Khatun |
| 80 | 057768 | B.A/20/0008 | UMME SALMA | Umme Salma |
| 81 | 057776 | B.A/20/0016 | SANOWAR HOSSAIN | Sanowar Hossain |
| 82 | 057757 | B.A/20/0020 | RINKU GHOSH | Rinku Ghosh |
| 83 | 057762 | B.A/20/0062 | SALMA KHATUN | Salma Khatun |
| 84 | 057778 | B.A/20/0081 | TARIK AJJ | Tarik Aji |
| 85 | 057773 | B.A/20/0084 | PRITAM BISWAS | Pritam Biswas |
| 86 | 057749 | B.A/20/0089 | HAFIJA KHATUN | Hafiza Khatun |
| 87 | 057750 | B.A/20/0097 | JULEKHA KHATUN | Julekha Khatun |
| 88 | 057754 | B.A/20/0108 | PIYALI DAS | Piyali Das |
| 89 | 057753 | B.A/20/0126 | PAPIA KHATUN | Papia Khatun |
| 90 | 057766 | B.A/20/0131 | SUMITA KHATUN | Sumita Khatun |
| 91 | 057758 | B.A/20/0144 | ROHIMA KHATUN | Rohima Khatun |
| 92 | 057774 | B.A/20/0154 | RAHUL MONDAL | Rahul Mondal |
| 93 | 057770 | B.A/20/0155 | HASIBUL ISLAM | Hasibul Islam |
| 94 | 057761 | B.A/20/0158 | SALEHA KHATUN | Saleha Khatun |
| 95 | 057755 | B.A/20/0163 | REHENA KHATUN | Rekhena Khatun |
| 96 | 057759 | B.A/20/0727 | SABINA KHATUN | Sabina Khatun. |
| 97 | 057775 | B.A/20/0772 | ROUSAN KHONDAKAR | Rousan Khondakar |
| 98 | 057764 | B.A/20/0779 | SUMANA BISWAS | Sumana Biswas |
| 99 | 057767 | B.A/20/0780 | SUNITA BISWAS | Sahana Sumita Biswas |
| 100 | 057748 | B.A/20/0938 | ARPITA BISWAS | Ampita Biswas |
| 101 | 057763 | B.A/20/0953 | SHUKLA GHOSH | Shukla Ghosh |
| 102 | 057772 | B.A/20/1427 | ROPI KHATUN | Popi Khatun. |

Pura
Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

[Signature]
HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

[Signature]
Value added Course
Co-Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.



J A T I N D R A R A J E N D R A
M A H A V I D Y A L A Y A

Certificate of Value Added Course

This certificate is awarded to **Chanchal Khan** of 1st Semester Registration no.. 065593 session. 2022-23 from Department of Philosophy who has successfully completed Value Added Course on "Stress Management" conducted by the Philosophy Department from .05/11/2022 to .28/12/2022

We appreciate your presence and wish you all the best for your future.

COURSE COORDINATOR

Value added Course

Co - Ordinator

J.R. Mahavidyalaya
P.O. Amtalai, Dist. Mysd.

IQAC COORDINATOR

COORDINATOR
IQAC

J.R. Mahavidyalaya
Amtalai, M...

PRINCIPAL/ TIC

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtalai, Dist. Mysd.



J A T I N D R A R A J E N D R A
M A H A V I D Y A L A Y A

Certificate of Value Added Course

This certificate is awarded to *Rumiya Khatoon of. 1st Semester*
Registration no.. 051493 session. *2022-23* from Department of *Philosophy*
who has successfully completed Value Added Course on " Stress
Management" conducted by the *Philosophy Department* from *.05/11/2022*
to.28/12/2022

We appreciate your presence and wish you all the best for your future.

COURSE COORDINATOR

Value added Course

Co - Ordinator

J.R. Mahavideyalaya

IQAC COORDINATOR

COORDINATOR

IQAC

J.R. Mahavideyalaya

Amalga, Murshidabad

Dea

PRINCIPAL/ TIC

Teacher-in-Charge

Jatindra-Rajendra Mahavidyalaya

P.O. Amalga, Dist. Murshidabad

J A T I N D R A R A J E N D R A
M A H A V I D Y A L A Y A

Certificate of Value Added Course

This certificate is awarded to *Prigati Das* of. 1st Semester Registration no..
051493 session. 2022-23 from Department of Philosophy who has successfully
completed Value Added Course on "Stress Management" conducted by the
Philosophy Department from .05/11/2022 to .28/12/2022
We appreciate your presence and wish you all the best for your future.



COURSE COORDINATOR

Value added Course

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P.O.- Amtala, Dist. - Murshidabad.



IQAC COORDINATOR

COORDINATOR

IQAC

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PRINCIPAL/ TIC

Teacher-in-Charge
Jatindra Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

**J A T I N D R A R A J E N D R A
M A H A V I D Y A L A Y A**

Certificate of Value Added Course

This certificate is awarded to Sairul Fardar of. 1st Semester Registration no.. 065606 session. 2022-23 from Department of Philosophy who has successfully completed Value Added Course on " Stress Management" conducted by the Philosophy Department from .05/11/2022 to.28/12/2022

We appreciate your presence and wish you all the best for your future.

COURSE COORDINATOR

[Signature]
Value added Course
Co - Ordinator

J.R. Mahavidalaya
P.O. Amatala, Dist. Murshidabad

IQAC COORDINATOR

[Signature]
/COORDINATOR
IQAC

J.R. Mahavidalaya
Amatala, Murshidabad

PRINCIPAL/ TIC

[Signature]

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amatala, Dist. Murshidabad

****Report on Stress Management****

Value Added Course conducted by the
Department of Philosophy
(6th November 2022 and 28th December 2022)
Time: 30 Hrs.

Aim of the Course:

Stress management is a critical component of maintaining well-being and productivity in both personal and professional life. In today's fast-paced world, individuals often face various stressors that can impact their physical health, mental well-being, and overall quality of life. This report explores effective strategies and techniques for managing stress, highlighting their importance and application in different contexts.

Effective stress management is essential for maintaining health, productivity, and overall quality of life. By understanding the sources and effects of stress and adopting proactive strategies like time management, mindfulness, and physical activity, individuals can build resilience and manage stress effectively. Employers and organizations also have a responsibility to support stress management initiatives to foster a healthy and productive workforce. By prioritizing stress management, individuals and organizations can create environments where individuals can thrive both personally and professionally.

Objectives:

Students will understand the importance of health and fitness principles as they relate to better health and will be able to:

- ❖ Identify the leading sources of stress for college students
- ❖ Analyze attitudes toward allocating time management
- ❖ Recognize the physical and mental benefits of increased activity
- ❖ To help understand the importance of a healthy lifestyle
- ❖ Demonstrate an understanding of various relaxation strategies
- ❖ To provide an understanding of stress management

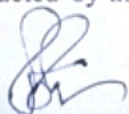
Identify and access appropriate campus resources that can help students with concerns related to stress, mental health, academic concerns, and other concerns.

Out-Come:

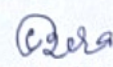
The outcomes of stress management extend beyond individual benefits to encompass organizational success and societal well-being. By adopting and promoting stress management techniques, individuals and organizations can foster healthier lifestyles, enhance productivity, and create supportive environments that nurture personal and professional growth. Effective stress management is a cornerstone of a balanced and fulfilling life, yielding positive outcomes that contribute to overall happiness and success.

102 students out of 76 completed the course successfully. By the end of the course, students were able to Improve Physical Health, Enhanced Mental Well-being, Better Relationships, Enhanced Quality of Life, and Long-term Health Benefits. They were also more confident and this was reflected in their body language. The students wanted more such courses.

The 30 hours value added course was conducted between 6th November 2022 and 28th December 2022. 102 students enrolled for the course out of which 76 completed the course. The course was inhouse and was conducted by the faculty members of the Department of Philosophy.


Value added Course
Co - Ordinator


J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.



Signature of the Principal/TIC

Teacher-in-Charge
Jatindra Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

Photo Gallery




Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.


Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad