

**Annexure 1**

Date- 06/07/2022

From  
R.Ajitha Nancy Rani  
Professor  
Psychiatric Nursing Department,  
Sree Balaji College of Nursing,  
Bharath Institute of Higher Education and Research,  
Chennai.

To  
The Principal,  
Sree Balaji College of Nursing,  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Permission to conduct value-added course: WORK PLACE TRAINING ON STRESS  
MANAGEMENT**

Respected Madam,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled **Work place training on stress management** from 08/08/2022 - 26/08/2022. We solicit your kind permission for the same.

Kind Regards

R.Ajitha Nancy Rani

Phone & Fax : 2241 6605



## SREE BALAJI COLLEGE OF NURSING

(Recognised By Indian Nursing Council, New Delhi and The Tamilnadu Nurses and Midwives Council )  
(Approved by Govt. of Tamil Nadu and Affiliated to Bharath Institute of Higher Education and Research)

No.7, Works Road, Chromepet, Chennai - 600 044.

Department of Psychiatric Nursing

10.07.22


Sree Balaji College of Nursing

Chennai, Chrompet 600044

Sub:Permission Granted To Conduct Value-Added Course Titled **Work Place Training On Stress Management** From 08/08/2022-26/08/2022.

With reference to the letter dated on 06.07.2022. Hereby I grant permission to conduct value-added course titled **Work place training on stress management** from 08/08/2022 - 26/08/2022

With Regards

  
Dr. V. HEMAVATHY,  
M.Sc.(N), M.A., M.Phil., Ph.D.(N),  
PRINCIPAL  
SREE BALAJI COLLEGE OF NURSING  
No. 7, Works Road, Chromepet,  
Chennai-600 044.






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No.7, Works Road, Chromepet, Chennai - 600 044. Date: 20.07-2021

### CIRCULAR

The Department of, Psychiatric Nursing, is scheduled to offer conduct a value-added course titled **Work place training on stress management** from 08/08/2022 - 26/08/2022. Participants can approach Department of Psychiatric Nursing for registration.

  
Dr. V. G. MANJAMMA,  
A.Sc.(N), B.A., M.Phil., Ph.D.(N)  
PRINCIPAL  
SREE BALAJI COLLEGE OF NURSING  
No. 7, Works Road, Chromepet,  
Chennai-600 044

HOD



**BHARATH INSTITUTE OF HIGHER EDUCATION AND  
RESEARCH**

**DEPARTMENT OF PSYCHIATRIC NURSING**

**VALUE ADDED COURSE ON “WORK PLACE TRAINING ON STRESS  
MANAGEMENT”**

08/08/2022 -26/08/2022.

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Dr.V.Hemavathy, Principal/HOD, Department of Psychiatric Nursing.

**Email ID:** [sbcnofficial2017@gmail.com](mailto:sbcnofficial2017@gmail.com)

**Mobile number:** 9444207749.

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
**DEPARTMENT OF PSYCHIATRIC NURSING**  
**VALUE ADDED COURSE- SYLLABUS**  
**2021-2022**

**OBJECTIVES**

1. To help better awareness and understanding of stress.
2. To provide coping strategies for avoiding distress
3. To promote better adjustment to the work place
4. Evaluating your stress levels and dealing with stress positively

**Module 1-About Stress**

Definition and Model

Optimal Level of Stress

Signs or symptoms of stress

- Physical and Behavioural
- Cognitive
- Emotional

Demands and Resources  
Sources of Stress

### **Module - 1 - Managing Stress**

Coping With Stress

Types of Coping

- Coping Resources
- Cognitive Coping Strategies

Behavioural Coping Strategies

Performance under Stress

### **Module- 3. Foundation for Life long Health – Reducing Long Term Stress**

- Health, Nutrition and Exercise
- Lifestyle
- Yoga

**TOTAL CONTACT HOURS: 45**

#### **TEXT BOOK**

1. Stress Management 1st Edition (English, Hardcover, Puspanjali Jena, Sucharita Pradhan)
2. Stress Management An Integrated Approach (English, Hardcover, Dr Viswanathan Gopalan)

#### **REFERENCES BOOKS**

1. Bond M. **Stress** and Self Awareness: a Guide for Nurses, Heinemann.
2. Everly G.S. *A Clinical Guide to the Treatment of the Human Stress Response*, Plenum Press.
3. Cooper C., Palmer S. *Conquer Your Stress*, Chartered Institute of Personnel and Development.
4. Seaward B.L. *Managing Stress: Principles and Strategies for Health and Wellbeing*, 2nd edition, Jones and Bartlett Publishers.

**Course Curriculum/Topics with schedule (Min of 30 hours)**

<b>Sl No</b>	<b>Date</b>	<b>Topic</b>	<b>Time</b>	<b>Hours</b>
1	08.08.2022	Definition and Model	10 am - 1pm	3 Hrs
2	09.08.2022	Signs or symptoms of stress	10am -1pm	3 Hrs
3	10.08.2022	Demands and Resources	9am -1pm	4 Hrs
4	11.08.2022	Types of Coping	10am -1pm	3 Hrs
5	16.08.2022	Coping Resources	9am -1pm	4 Hrs
6	17.08.2022	Cognitive Coping Strategies	9 am - 1pm 2pm- 5pm	5Hrs
7	18.08.2022	Foundation for Life long Health	2pm -4pm	2 Hrs
8	19.08.2022	Health, Nutrition and Exercise	2pm -4pm	2 Hrs
9	25.08.2022	Reducing Long Term Stress	2pm -4pm	2 Hrs
10	26.08.2022	Yoga	2pm-4pm	2 Hrs
			Total Hours	30 HRS

**SREE BALAJI SCHOOL OF NURSING**  
**DEPARTMENT OF PSYCHIATRIC NURSING**  
**VALUE ADDED COURSE**  
**WORK PLACE TRAINING ON STRESS MANAGEMENT**

<b>S.NO</b>	<b>REG:NO</b>	<b>NAME OF THE STUDENT</b>
1.	U16NR001	AARTHY.S
2.	U16NR002	ABILASHA.R
3.	U16NR004	AKSHYA.R
4.	U16NR005	ANSU MARY ABRAHAM
5.	U16NR006	ANUSUYABEGUM.H
6.	U16NR007	ASHIKA SHANI.S
7.	U16NR008	BERCY ALEXANDRE.P
8.	U16NR009	BHAGYA SHREE.R
9.	U16NR010	DEEPA.N
10.	U16NR011	DEEPA.R
11.	U16NR012	DEEPALAKSHMI.M
12.	U16NR013	DEEPIKA.B
13.	U16NR014	DEEPIKA.S
14.	U16NR016	DHIVYA BHARATHI.K
15.	U16NR017	DIVYA.G
16.	U16NR018	DIVYA.P
17.	U16NR019	EMELYNE KHARKONGOR
18.	U16NR020	GAYATHRI.M(THIRUVANNAMALAI)
19.	U16NR021	GAYATHRI.M(CUDDALOORE)
20.	U16NR022	GOMATHI.S
21.	U16NR023	GOVINDAMMAL.D
22.	U16NR024	GRACY SELVARANI.J
23.	U16NR025	HEMALATHA.P
24.	U16NR026	HEMALATHA.V
25.	U16NR027	JAYASHREE.D
26.	U16NR028	JEEVITHA.J
27.	U16NR029	JENIFER.D
28.	U16NR032	KEERTHI.D
29.	U16NR033	KEERTHIKA.C
30.	U16NR034	KIRUTHIKA.M
31.	U16NR035	KOWSALYA.S
32.	U16NR036	LAKSHMI.V
33.	U16NR037	MAALIKAAFRIN.S
34.	U16NR038	MANJUMATHA.D
35.	U16NR039	MOHANAPREETHA.S
36.	U16NR040	MONICA RAJAKUMARI.G
37.	U16NR041	MONISHA.A
38.	U16NR042	MONISHA.B
39.	U16NR043	MONISHA.M
40.	U16NR044	MONISHA.R
41.	U16NR046	NALINI VALAR SELVI.M
42.	U16NR047	NILASANDHIYA.T



43.	U16NR048	NITHYA.P
44.	U16NR049	NIVEDHA.N
45.	U16NR050	NIVEDHA.T
46.	<b>U17NR001</b>	ABINA BABU
47.	<b>U17NR002</b>	ABINAYA E
48.	<b>U17NR003</b>	ABIRAMI R
49.	<b>U17NR004</b>	AIDA JOSEPH
50.	<b>U17NR006</b>	ANITHA M
51.	<b>U17NR007</b>	ANJU TREESA JOSEPH
52.	<b>U17NR008</b>	ANN MARY SANTHOSH
53.	<b>U17NR009</b>	ANNA SCARIA
54.	<b>U17NR001</b>	ANSU ALEX
55.	<b>U17NR002</b>	ANU ANNA JOSE
56.	<b>U17NR003</b>	ANU P SAJI
57.	<b>U17NR004</b>	ANUSHREE RAJEEV C P
58.	<b>U17NR006</b>	ARCHANA B S
59.	<b>U17NR007</b>	ASHLY S
60.	<b>U17NR008</b>	ASHWINI M
61.	<b>U17NR009</b>	ATCHAYA K
62.	<b>U17NR010</b>	ATHIRA ANIL
63.	<b>U17NR011</b>	AYANA BABU
64.	<b>U17NR012</b>	BHARATHI B
65.	<b>U17NR013</b>	BHAVANI L
66.	<b>U17NR014</b>	DEEPIKA B
67.	<b>U17NR015</b>	DEEPIKA S
68.	<b>U17NR016</b>	DEEPIKA S
69.	<b>U17NR017</b>	DEEPIKA V
70.	<b>U17NR018</b>	ELIZABETH JACOB
71.	<b>U17NR019</b>	FEBA SAM
72.		

73.	<b>U17NR021</b>	HELEN JOSEPH
74.	<b>U17NR022</b>	JANNET ANN MATHEW
75.	<b>U17NR023</b>	JAYALALITHA V
76.	<b>U17NR024</b>	JINSA SARA BIJU
77.	<b>U17NR025</b>	JISS MARY JOLLY
78.	<b>U17NRO26</b>	JOTHIKA G
79.	<b>U17NR027</b>	KALPANA R
80.	<b>U17NR007</b>	KAVIPRIYA V
81.	<b>U17NR008</b>	KAVITHA P
82.	<b>U17NR009</b>	ASHLY S
83.	<b>U17NR010</b>	ASHWINI M
84.	<b>U17NR011</b>	ATCHAYA K
85.	<b>U17NR012</b>	ATHIRA ANIL
86.	<b>U17NR013</b>	AYANA BABU
87.	<b>U17NR014</b>	BHARATHI B
88.	<b>U17NR015</b>	BHAVANI L
89.	<b>U17NR016</b>	DEEPIKA B
90.	<b>U17NR019</b>	DEEPIKA S
91.	<b>U17NR021</b>	DEEPIKA S
92.	<b>U17NR022</b>	DEEPIKA V
93.	<b>U17NR023</b>	ELIZABETH JACOB
94.	<b>U17NR024</b>	FEBA SAM
95.	<b>U17NR025</b>	HELEN JOSEPH
96.	<b>U17NRO26</b>	JANNET ANN MATHEW
97.	<b>U17NR027</b>	JAYALALITHA V
98.	<b>U17NR007</b>	JINSA SARA BIJU
99.	<b>U17NR008</b>	JISS MARY JOLLY
100.	<b>U17NR019</b>	JOTHIKA G

## WORK PLACE TRAINING ON STRESS MANAGEMENT



The Department of Psychiatric Nursing, school of Nursing, offered a Value added Course on **Work place training on stress management** from 08/08/2022 -26/08/2022, for a period of 3 weeks. The participants actively interacted with the speakers.



# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as Deemed-to-be-University under section 3 of UGC Act 1956)



COLLEGE OF NURSING

VALUE ADDED COURSE ON WORK PLACE TRAINING ON STRESS MANAGEMENT

CERTIFICATE OF PARTICIPATION

**This is to certify that Mr /Ms DIVYA.G(U16NR017) has attended three weeks value added course on WORK PLACE TRAINING ON STRESS MANAGEMENT conducted by Department of psychiatric Nursing at Bharath Institute of Higher Education during 8AUG-26AUG 2022 .**

COURSE CO-ORDINATOR

HOD

**Annexure 4**

**Course/Training Feedback Form**

**Course:**

**Date:**

**Name:**

**Reg No.**

**Department: psychiatric Nursing**

**Q 1:** Please rate your overall satisfaction with the format of the course:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 2:** Please rate course notes:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 3:** The lecture sequence was well planned

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 4:** The lectures were clear and easy to understand

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 5:** Please rate the quality of pre-course administration and information:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 6:** Any other suggestions:

**Comments:**

**Thank you for taking the time to complete this survey, your comments are much appreciated.**

**OPTIONAL Section:** Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_