



Sri Lakshmi Narayana Institute of Medical Sciences

Date: 25.06.2019

From
Dr.Abarna.V
Department of Microbiology,
Sri Lakshmi Narayana Institute of Medical Sciences
Bharath Institute of Higher Education and Research,
Chennai.

To
The Dean,
Sri Lakshmi Narayana Institute of Medical College
Bharath Institute of Higher Education and Research,
Chennai.

Sub: Permission to conduct value-added course: Certificate course in Stress management among medical students & Lab automation in clinical microbiology

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled **Certificate course in Stress management among medical students** July 2019 to October 2019 & **Lab automation in clinical microbiology** from November 2019 to March 2020 for undergraduates. We solicit your kind permission for the same.

Kind Regards

Dr.Abarna.V

Department of Microbiology

FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

The Dean: Dr.G.Jayalakshmi

The HOD: Dr.Abarna.V

The Expert: Mrs.Swathi.S

The committee has discussed about the course and is approved.

Dean

(Sign & Seal)

Subject Expert

(Sign & Seal)

HOD

(Sign & Seal)

Dr. G. JAYALAKSHMI, BSC.,MBBS.,DTCD.,M.D.
DEAN
Sri Lakshmi Narayana Institute of Medical Sciences
Osuda Ageram Kudapakkam, Post,
Viluthurai Commune Puducherry-605 502.

DEPT OF MICROBIOLOGY DEPT OF MICROBIOLOGY
SRI LAKSHMI NARAYANA INSTITUTE OF SRI LAKSHMI NARAYANA INSTITUTE OF
MEDICAL SCIENCES-PONDICHERRY 605 502 MEDICAL SCIENCES-PONDICHERRY 605 502

Circular

01.07.2019

Sub: Organising Value-added Course: Certificate course in Stress management among medical students reg

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research**, is organising". The course content "**Certificate course in Stress management among medical students**" from July 2019 to October 2019 and form is enclosed below."

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before June 30th 2019. Applications received after the mentioned date shall not be entertained under any circumstances.



Dean

Dr. G. JAYALAKSHMI, BSC., MBBS., DTCD., M.D.,
DEAN

Sri Lakshmi Narayana Institute of Medical Sciences
Gurukrupa Agraram Kudapakkam, Post,
Villupuram Taluk, Tiruvarur District, Tamil Nadu
Villupuram - 605 502.

Encl: Copy of Course content.

Course Proposal

Course Title: Certificate course in Stress management among medical students

Course Objective:

1. Introduce the students to different fields of communication
2. To learn basic principles of presentation
3. To learn the basic skills in teaching

Course Outcome: Certificate course in Stress management among medical students Course
Audience: Medical undergraduates

Course Coordinator: Dr.abrana.V

Course Faculties with Qualification and Designation:

1. Mrs.Swathi.S MSc, Tutor
2. Dr.Jayapradha.S MD, Assistant professor

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

SlNo	Date	Topic	Time	Hours	Lecture taken by
1.	3.7.2019	Definition of stress	4-6p.m	2	Mrs.Swathi.S
2.	10.7.2019	Causes of Stress	4-6p.m	2	Dr.Jayapradha.S
3.	17.7.2019	Symptoms of Distress 1	4-6p.m	2	Mrs.Swathi.S
4.	24.7.2019	Role play	4-6p.m	2	Dr.Jayapradha.S
5.	31.7.2019	Behavioural changes due to stress	4-6p.m	2	Dr.Abarna.V
6.	7.8.2019	Managing Stress 1	4-6p.m	2	Dr.Jayapradha.S
7.	14.8.2019	Managing Stress 2	4-6p.m	2	Mrs.Swathi.S
8.	21.8.2019	Introduction to Stress Management	4-6p.m	2	Mrs.Swathi.S
9.	28.8.2019	Suicide	4-6p.m	2	Mrs.Swathi.S
10.	4.9.2019	Depression	4-6p.m	2	Dr.Abarna.V
11.	11.9.2019	Suicide	4-6p.m	2	Dr.Jayapradha.S
12.	18.9.2019	Yoga session	4-6p.m	2	Dr.Abarna.V
13.	25.9.2019	Group activity-1	4-6p.m	2	Mrs.Swathi.S
14.	3.10.2019	Group activity 2	4-6p.m	2	Dr.Jayapradha.S
15.	9.10.2019	Group activity3	4-6p.m	2	Mrs.Swathi.S
			Total Hours	30	

References:

1. Techniques on how to deal with stress management- Fielding Gray
2. Declutter your mind- Lizzy Francis

VALUE ADDED COURSE

1. Name of the programme & Code

Stress management among medical students MIC11

2. Duration & Period

30 hrs, July 2019 to October - 2019

3. Information Brochure and Course Content of Value Added Courses

Enclosed as Annexure- I

4. List of students enrolled

Enclosed as Annexure- II

5. Assessment procedures:

Multiple choice questions- *Enclosed as Annexure- III*

6. Course Feed Back

Enclosed as Annexure- IV

7. No. of times offered during the same year: July 2019 to Oct - 2019

8. Year of discontinuation: 2019

9. Summary report of each program year-wise

Value Added Course- July 2019 to Oct - 2019					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	MIC11	Stress management among medical students	Mrs.Swathi.S Dr.Jayapradha.S	2 nd yr MBBS	July 2019 to Oct - 2019

10. Certificate model

Enclosed as Annexure- V


RESOURCE PERSON


COORDINATOR

**Stress Management among Medical
Students**

PARTICIPANT HAND BOOK

ANNEXURE I

COURSE DETAILS

Particulars	Description
Course Title	Certificate course in Stress management among medical students
Course Code	MIC11
Objective	<ol style="list-style-type: none">1. Definition of stress2. Causes of Stress3. Symptoms of Distress4. Behavioural changes due to stress5. Managing Stress6. Introduction to Stress Management7. Depression8. Suicide9. Critical thinking10. Methods of avoiding stress
Further learning opportunities	Stress management among medical students
Key Competencies	On successful completion of the course the students will have an idea of effective handling of stress
Target Student	MBBS Students
Duration	30hrs Every July 2019– Oct2019
Year of discontinuation	2019
Theory Session	30 hrs
Practical Session	30 hrs
Assessment Procedure	Questionnaire

Date	Time	Topic	Resource person
3.7.2019	4-6pm	Definition of stress	Mrs.Swathi.S
10.7.2019	4-6pm	Causes of Stress	Dr.Jayapradha.S
17.7.2019	4-6pm	Symptoms of Distress 1	Mrs.Swathi.S
24.7.2019	4-6pm	Role play	Dr.Jayapradha.S
31.7.2019	4-6pm	Behavioural changes due to stress	Dr.Jayalakshmi.G
7.8.2019	4-6pm	Managing Stress 1	Dr.Jayapradha.S
14.8.2019	4-6pm	Managing Stress 2	Mrs.Swathi.S
21.8.2019	4-6pm	Introduction to Stress Management	Mrs.Swathi.S
28.8.2019	4-6pm	Suicide	Mrs.Swathi.S
4.9.2019	4-6pm	Depression	Dr.Jayalakshmi.G
11.9.2019	4-6pm	Suicide	Dr.Jayapradha.S
18.9.2019	4-6pm	Yoga session	Dr.Jayalakshmi.G
25.9.2019	4-6pm	Group activity	Mrs.Swathi.S
3.10.2019	4-6p.m	Group activity 2	Dr.Jayapradha.S
9.10.2019	4-6p.m	Group activity3	Mrs.Swathi.S

1. Definition of stress

Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. If you view a situation negatively, you will likely feel *distressed*—overwhelmed, oppressed, or out of control. Distress is the more familiar form of stress. The other form, *eustress*, results from a “positive” view of an event or situation, which is why it is also called “good stress.”

Eustress helps you rise to a challenge and can be an antidote to boredom because it engages focused energy. That energy can easily turn to *distress*, however, if something causes you to view the situation as unmanageable or out of control. Many people regard public speaking or airplane flights as very stressful—causing physical reactions such as an increased heart rate and a loss of appetite—while others look forward to the event. It’s often a question of perception: A positive stressor for one person can be a negative stressor for another.

2. Causes of Stress

The most frequent reasons for “stressing out” fall into three main categories:

1. The unsettling effects of change
2. The feeling that an outside force is challenging or threatening you
3. The feeling that you have lost personal control.

Life events such as marriage, changing jobs, divorce, or the death of a relative or friend are the most common causes of stress. Although life-threatening events are less common, they can be the most physiologically and

psychologically acute. They are usually associated with public service career fields in which people experience intense stress levels because of imminent danger and a high degree of uncertainty—police officer, fire and rescue worker, emergency relief worker, and the military. You may not plan to enter a high-stress career, but as a college student, you may find that the demands of college life can create stressful situations.

Mental Health (NIMH) notes some of the more common stressors for college students:

- Increased academic demands
- Being on your own in a new environment
- Changes in family relations
- Financial responsibilities
- Changes in your social life
- Exposure to new people, ideas, and temptations
- Awareness of your sexual identity and orientation
- Preparing for life after graduation.

3. Symptoms of Distress

Symptoms of stress fall into three general, but interrelated, categories—physical, mental, and emotional. Review this list carefully. If you find yourself frequently experiencing these symptoms, you are likely feeling distressed:

- Headaches
- Fatigue
- Gastrointestinal problems

- Hypertension (high blood pressure)
- Heart problems, such as palpitations
- Inability to focus/lack of concentration
- Sleep disturbances, whether it's sleeping too much or an inability to sleep
- Sweating palms/shaking hands
- Anxiety
- Sexual problems.

Even when you don't realize it, stress can cause or contribute to serious physical disorders. It increases hormones such as adrenaline and corticosterone, which affect your

metabolism, immune reactions, and other stress responses. That can lead to increases in

your heart rate, respiration, blood pressure, and physical demands on your internal organs.

4. Behavioral changes due to stress

are also expressions of stress. They can include:

- Irritability
- Disruptive eating patterns (overeating or under eating)
- Harsh treatment of others
- Increased smoking or alcohol consumption Isolation
- Compulsive shopping.

A sustained high level of stress is no laughing matter. It can affect every area of your life—

productivity in the workplace and classroom, increased health risks, and relationships, to name just a few.

5. Managing Stress

As noted in the Introduction, you can learn to manage stress. The first step is understanding yourself better—how you react in different situations, what causes you stress, and how you behave when you feel stressed. Once you've done that, take the following steps:

Set priorities. Use the time-management tips you learned in Section 1. Make a To-Do list. Decide what is really important to get done today, and what can wait. This helps you to know that you are working on your most immediate priorities, and you don't have the stress of trying to remember what you should be doing.

Practice facing stressful moments. Think about the event or situation you expect to

face and rehearse your reactions. Find ways to practice dealing with the challenge. If

you know that speaking in front of a group frightens you, practice doing it, perhaps

6. Introduction to Stress Management

Stress management is key to academic success.

with a trusted friend or fellow student. If the pressure of taking tests causes you to freeze up, buy some practice tests at the school bookstore or online and work with them when there are no time pressures.

Examine your expectations. Try to set realistic goals. It's good to push yourself to achieve, but make sure your expectations are realistic. Watch out for perfectionism. Be satisfied with doing the best you can. Nobody's perfect—not you, not your fellow Cadet, nobody. Allow people the liberty to make mistakes, and remember that mistakes can be a good teacher.

Live a healthy lifestyle. Get plenty of exercise. Eat healthy foods. Allow time for rest and relaxation. Find a relaxation technique that works for you—prayer, yoga, meditation, or breathing exercises. Look for the humor in life, and enjoy yourself.

Learn to accept change as a part of life. Nothing stays the same. Develop a support system

of friends and relatives you can talk to when needed. Believe in yourself and your potential. Remember that many people from disadvantaged backgrounds have gone on to enjoy great success in life. At the same time, avoid those activities that promise release from stress while actually adding to it. Drinking alcohol (despite what all those TV commercials imply), drinking

caffeine, smoking, using narcotics (including marijuana), and overeating all add to the

body's stress in addition to their other harmful effects.

Here are some other strategies for dealing with stress:

- Schedule time for vacation, breaks in your routine, hobbies, and fun activities.
- Try to arrange for uninterrupted time to accomplish tasks that need your concentration. Arrange some leisure time during which you can do things that you really enjoy.
- Avoid scheduling too many appointments, meetings, and classes back-to-back.

Allow breaks to catch your breath. Take a few slow, deep breaths whenever you feel stressed. Breathe from the abdomen and, as you exhale, silently say to yourself,

“I feel calm.”

- Become an expert at managing your time. Read books, view videos, and attend seminars on time management. Once you cut down on time wasters, you'll find more time to recharge yourself.

- Learn to say “no.” Setting limits can minimize stress. Spend time on *your* main

responsibilities and priorities rather than allowing other people's priorities or needs

to dictate how you spend your time.

- Exercise regularly to reduce muscle tension and promote a sense of well-being.

- Tap into your support network. Family, friends, and social groups can help when

dealing with stressful events.

7. Depression

Unfortunately, a person's inability to deal with stress can often lead to clinical **depression**.

People with depression have similar symptoms to stress, except the symptoms are not

temporary—they can last for weeks at a time. Because of the sustained symptoms, the effect

on the body, mood, and behavior is often more serious than with temporary stress.

Depression can have severe effects on your eating habits, your relationships, your ability

to work and study, and how you think and feel. The illness is not unique to a particular

group of people or area of the country. Millions of adult Americans, including many college

students, suffer from clinical depression.

It's important to understand that clinical depression is a real, not an "imaginary" illness.

It's not a passing mood or a sign of personal weakness. It demands treatment—and 80

percent of those treated begin to feel better in just a few weeks.

According to NIMH, the following symptoms are signs of major depression:

- Sadness, anxiety, or "empty" feelings
- Decreased energy, fatigue, being "slowed down"
- Loss of interest or pleasure in usual activities
- Sleep disturbances (insomnia, oversleeping, or waking much earlier than usual)

- Appetite and weight changes (either loss or gain)
- Feelings of hopelessness, guilt, and worthlessness
- Thoughts of death or suicide, or suicide attempts
- Difficulty concentrating, making decisions, or remembering
- Irritability or excessive crying
- Chronic aches and pains not explained by another physical condition.

It's normal to have some signs of depression some of the time. But the NIMH says

that if someone has five or more symptoms for two weeks or longer, or suffers noticeable

changes in normal functioning, that person should go to a mental health professional

for evaluation. Depressed people often may not be thinking clearly and may therefore

not seek help on their own. They frequently require encouragement from others—they

“need help to get help.”

Mental health professionals say depression among college students is a serious problem.

A recent UCLA survey of college freshmen indicates that today's students are feeling more

overwhelmed and stressed than students did 15 years ago. The National Mental Health

Association reports that more than 30 percent of college freshmen report feeling overwhelmed a great deal of the time.

If you think you might be depressed, you should talk with a qualified health-care or

mental-health professional. The resident adviser in your dorm, the student health center,

your family health-care provider, or a clergy member can help steer you to treatment

resources. Several effective treatments for depression are available, and—depending on the

severity of the symptoms—can provide relief in just a few weeks. But individuals respond

differently to treatment. If you don't start feeling better after a few weeks, talk to your

treatment provider about other treatments, or seek a second opinion.

8. Suicide

As noted above, severe depression often manifests itself in thoughts about death or suicide,

or in suicide attempts. Many people are understandably uncomfortable talking about suicide, but doing so can save lives. The NIMH reports that in 2000, suicide was the 11th leading cause of death for all Americans and the third leading cause of death for those aged 15 to 24. While women are three times as

likely to attempt suicide as men, men are four times as likely as women to succeed. There are many common myths about suicide:

- *If someone wants to die, nobody can stop that person.* False. Most people thinking about suicide don't want to die: They want help.
- *If I ask someone about suicide, I'll give that person the idea.* False. That you cared enough to ask may offer comfort to the person.
- *Suicide comes "out of the blue."* False. Usually, the person exhibits several warning signs.

You should always take suicidal thoughts, impulses, or behavior seriously. If you are thinking or talking about hurting or killing yourself, or know someone who is, *seek help immediately*. The NIMH recommends you turn to your student health center; a family physician; a professor, coach, or adviser; a member of the clergy; a local suicide or emergency hotline (one number is 1-800-SUICIDE); or a hospital emergency room. If you have to, call 911. Some of the warning signs of suicide include:

- Talking about suicide
- Statements about hopelessness, helplessness, or worthlessness
- Preoccupation with death
- Becoming suddenly happier or calmer
- Losing interest in things one cares about
- Setting one's affairs in order for no apparent reason—such as giving away prized possessions or making final arrangements regarding finances and property.

9. Critical Thinking

What are some of the stressors you currently face? Develop an action plan to improve your stress management skills by either eliminating a cause of stress or reducing its effects on you. Incorporate at least three techniques described in this

section of your textbook.

If you would like to do further research on stress, more information is available at these websites:

1. US Army HOOAH 4 Health:

www.hooah4health.com/mind/combatstress/default.htm

2. If you enter “stress management” into web search engines such as Google, you will

Stress can have consequences far beyond temporary feelings of pressure. While

10. Methods of avoiding stress

you can't avoid stress,

- you can learn to manage it and develop skills to cope with

the events or situations you find stressful.

- By learning to cope with stress, and by

recognizing the symptoms of depression and the warning signs of suicide,

- you'll be better prepared to help not only yourself, but also friends, fellow students, and the Soldiers you will someday lead.

REFERENCES:

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- 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
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Vitt, A., & Calohan, J. (April–May 2002). Suicide Warning Signs. *Health Tips from Army*

VALUE ADDED COURSE

Stress management among medical students MIC11

List of Students Enrolled July 2019–Oct 2019

List of MBBS Student			
Sl. No	Name of the Student	Roll No	Signature
1	PALAYULLAVALAPPIL VARUN	U16MB347	Palayulla
2	AANNIESHERLINERAJAML	U17MB251	Aanniesherlinerajaml
3	ABHISHEKKUMARVISHWAKARMA	U17MB256	Abhishek
4	AKASH KELOTH	U17MB263	Akash Keloth
5	ALLUVALA ABHILASH	U17MB264	Alluvala Abhilash
6	ANJU RAMESH K.V	U17MB270	Anju Ramesh
7	ANUSUYA.N	U17MB272	Anusuya N
8	APOORVA MALL	U17MB273	Apoorva Mall
9	ASHISH RANJAN	U17MB274	Ashish Ranjan
10	ASWIN KUMAR.G	U17MB275	Aswin Kumar G
11	ATHUL SUBHASH	U17MB277	Athul Subhash
12	CHRISTO VINCENT.V	U17MB284	Christo Vincent V
13	DEBIA JERMIN	U17MB286	Debia Jermin
14	DHANUSSBHUVANSRIDARAN	U17MB288	Dhanussbhuvansridaran
15	DHIREEN.S	U17MB289	Dhireen.S
16	DIVYA PRIYA.K	U17MB292	Divya Priya K
17	DIVYANSHI SINGH	U17MB293	Divyanshi Singh
18	ELAKIYA BALA	U17MB294	Elakiya Bala
19	HARSH BHARTI	U17MB304	Harsh Bharti
20	KAILAPRASHANTHKUMAR	U17MB310	Kailaprashanthkumar
21	MALLISOHAN	U17MB319	Malliso Han
22	MOHAMMED SAJITH	U17MB324	Mohammed Sajith
23	MOHAN.S	U17MB325	Mohan S
24	NEHAKUMARI	U17MB334	Nehakumari
25	NISHANTBHUSHAN	U17MB340	Nishantbhushan


RESOURCE PERSON


COORDINATOR



SRI LAKSHMI NARAYANA INSTITUTE OF HIGHER EDUCATION
AND RESEARCH

Annexure - III

Stress management among medical students

Course Code: MIC11

Learning Assessment

Flakkiya

1. Define stress and list some of the symptoms?

Stress is considered as the emotion which hinders daily activities. Symptoms are sweating, lack of sleep.

2. Explain what causes stress and list some of the ways to deal with it.?

Causes of stress can be physical, mental and social. We can deal by distracting ourselves by involving in other activities like sports, travelling etc.

3. What is the difference between stress and depression?

Stress is short term. Depression is long term accumulation of stress.

4. List some warning signs of suicide?

Signs of suicide are lack of involvement in daily activities, thinking over.



SRI LAKSHMI NARAYANA INSTITUTE OF HIGHER EDUCATION
AND RESEARCH

Annexure - III

Stress management among medical students

Course Code: MIC11

Learning Assessment

Mohan.S

1. Define stress and list some of the symptoms?

System of stress are overeating,
lack of sleep.

2. Explain what causes stress and list some of the ways to deal with it.?

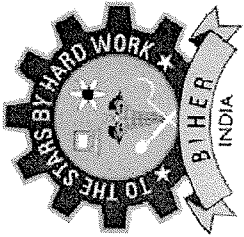
Distraction by travelling,
sports, having pets.

3. What is the difference between stress and depression?

Stress is due to some minimal
situation but depression is due to
long term accumulation of stress.

4. List some warning signs of suicide?

Signs of suicide are hallucination,
repeated urge to suicide.



Sri Lakshmi Narayana Institute of Medical Sciences

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(Deemed to be University under section 3 of the UGC Act 1956)



CERTIFICATE OF MERIT

This is to certify that ELAKKIYA has

actively participated in the Value Added Course on Stress Management Among Medical

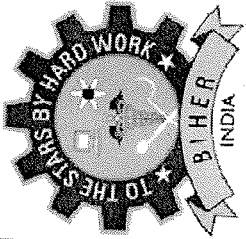
Students held during July 2019 – Oct 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Mrs .S. Swathi

RESOURCE PERSON

Dr. Abarna.V

COORDINATOR



Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research

(Deemed to be University under section 3 of the UGC Act 1956)



CERTIFICATE OF MERIT

This is to certify that MOHAN.S has

actively participated in the Value Added Course on Stress Management Among Medical

Students held during July 2019 – Oct 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Mrs .S. Swathi

RESOURCE PERSON

Dr. Abarna.V

COORDINATOR

Date: 10.10.19

From
Mrs.Swathi.S
The Department of Microbiology,
Sri Lakshmi Narayana Institute of Medical Sciences
Bharath Institute of Higher Education and Research,
Chennai.

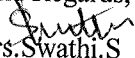
Through Proper Channel

To
The Dean,
Sri Lakshmi Narayana Institute of Medical Sciences
Bharath Institute of Higher Education and Research,
Chennai.

Sub: Completion of value-added course Certificate course in Stress management among medical students reg

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Certificate course in Stress management among medical students Course** on Oct 2019 for 20 students. We solicit your kind action to send certificates for the participants that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards,

Mrs.Swathi.S

The Department of Microbiology,

Encl: Certificates

Photographs



