



**HINDU KANYA MAHAVIDYALAYA, JIND**  
**Affiliated to C. R. S. University, Jind**



**A**  
**Report**  
**on**  
**Value Added Course**  
**on**  
**Stress Management**

**Mrs. Nitisha**  
**Course Coordinator**

**Mrs. Anjali Gupta**  
**Convenor, VAC**

**Dr. Punam Kajal**  
**Principal**

## Report

<b>Name of the Course</b>	<b>Stress Management</b>
<b>Date of Course</b>	<b>7 February 2024 to 19 March 2024</b>
<b>Duration</b>	<b>32 Hours</b>
<b>No. of Students Enrolled in the Course</b>	<b>81</b>
<b>No. of Students Completed the Course</b>	<b>81</b>
<b>Learning Outcomes of the Course</b>	<p><b>Upon completion of this course, the students will be able to:</b></p> <ol style="list-style-type: none"><li><b>1) Comprehend the psychological and physiological effects of stress.</b></li><li><b>2) Understand and learn how to use various technique and determine the most appropriate method to aid in managing your reaction to stress.</b></li><li><b>3) Develop the ability to tap personal strengths for preventing stress and achieving meaningful goals.</b></li></ol>

## Notice

Notice No :- 200965

Dated :- 25-01-2024

### NOTICE

All the students of UG/PG programs of the college are informed that for overall development of students the following Value Added Courses are going to be introduced from 7<sup>th</sup> February, 2024. After the completion of the course the qualifying students will be awarded certificates. The students who are interested to get enrolled in these Value Added Courses are required to submit their names to Mrs. Anjali (English) & Mrs. Anju (Mathematics) up to 2<sup>nd</sup> February, 2024.

**Duration of the Course: 32 Hours**

**Time of the lecture: 2:15 pm – 3:15 pm**



Principal  
Hindu Kanya Mahavidyalaya  
Jind (Haryana)

Sr. No.	Name of the Value Added Courses	Teacher Incharge	Room No.
1	Women Entrepreneurship	Ms. Arzoo	207
2	Conversational English	Mrs. Sushila	208
3	Time Management	Ms. Aakanksha	116
4	Stress Management	Mrs. Nitisha	117
5	Email Etiquette Training	Mrs. Ritu	218
6	Basics of Home Science	Mrs. Anu Rani	119
7	Environmental Sustainability	Mrs. Ranjana	221
8	Moral Education	Mrs. Nisha	222
9	Vedic Maths	Mrs. Anjali	223



# Syllabus

**Syllabus  
for  
Value Added Course  
Stress Management  
Course Code: SM – 2024  
Duration: 32 Hours**

**Course Outcomes:**

Upon completion of this course, the students will be able to:

1. Comprehend the psychological and physiological effects of stress.
2. Understand and learn how to use various technique and determine the most appropriate method to aid in managing your reaction to stress.
3. Develop the ability to tap personal strengths for preventing stress and achieving meaningful goals.

**Module - I**

**Understanding The Nature of Stress:**

- The Meaning of Stress
- The Body's Reactions to Stress
- Sources of Stress Across the Lifespan
- Adaptive and Maladaptive Behaviour
- Individual and Cultural Differences

**Module – II**

**Strategies of Stress Management and Prevention:**

- Challenging Stressful Thinking
- Problem Solving and Time Management
- Psychological and Spiritual Relaxation Methods
- Physical Methods of Stress Reduction
- Preparing for the Future: College and Occupational Stress
- Care of the Self: Nutrition and Other Lifestyle Issues
- Stress and Conflict in Relationships

**Module – III**

**Strategies of Synthesis and Prevention:**

- Resilience and Stress
- Optimal Functioning
- Making Changes Last

**Reference Books:**


1. Stress Management by Alok Chakrewal; Pratibha Goyal.
2. Stress Management by Debabala Swain & Ajanta Nayak.

**Assessment Procedure:**

The students will be assessed by viva-voce as per the following assessment criterion:

A+	90% & above
A	75% & above but less than 90%
B	60% & above but less than 75%
C	50% & above but less than 60%
D	35% & above but less than 50%

The candidate scoring less than 35% will be considered 'Not Qualified'.

  
Principal

Hindu Kanya Mahavidyalaya  
Jind (Harvana)

  
Mrs. Anju  
(Co-Convenor, VAC)

  
Mrs. Anjali Gupta  
(Convenor, VAC)

  
Dr. Geeta Gupta  
(Co-ordinator, IQAC)

Dr. Punam Kajal  
(Principal)







Value Added Course (Stress Management)

Daily Attendance Register

Sl. No.	Roll No.	NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
23	145	Meghna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	155	K Nikita	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	165	Divya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	170	Priya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	180	Ishika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	185	Sunera	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	200	Sanju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	205	Keenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	208	Priya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	210	Deepika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	215	Ucha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	219	Bhateri	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	220	Ananti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	224	Sanju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	234	Shakshi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	239	Annu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	240	Kusum	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	244	Priya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	245	Sulaya Devi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	249	Khushboo	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	250	Nisba	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	255	Sheetal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

From: 07th February, 2024 to 19th March, 2024

For the Month

Signature	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	3
Nisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Nikita	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Divya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Keenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sunera	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sanju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Keenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Priya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Deepika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Ucha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Bhateri	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Ananti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sanju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Shakshi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Annu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Kusum	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Priya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Priya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Khushboo	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Nisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sheetal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Principal  
Hindi-Vernacular  
JIND (Haryana)

Nisha



Value-Added Course (Streets Management)

Daily Attendance Register

Roll No.	NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
45259	Anuj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46260	Shital	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47264	Komal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48269	Khushbu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49270	Nisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50274	Khushbu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51275	Teetika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52277	Antina	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55280	Manju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54284	Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55288	Dhali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56289	Tannu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57290	Mannu Devi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58294	Nancy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59295	Reenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60300	Kaafi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61304	Tannu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62309	Reenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65310	Sheet	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64314	Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65315	Neha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66319	Swati	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

From: 07th February, 2024 to 19th March, 2024

For the Month

Signature	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Anuj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Shital	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Komal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Khushbu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Nisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Teetika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Antina	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Manju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Dhali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Tannu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Mannu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Nancy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Reenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Kaafi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Tannu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Reenu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sheet	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Manisha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Neha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Swati	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Principal  
Rajendra Narayan Bisht  
JNO (Hayana)

N 15/11



Value-Added Course (Stress Management)

Daily Attendance Register

Roll No.	NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
67.326	Kafi Lohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68.328	Rakha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69.329	Anjali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70.331	Annu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71.335	Mousam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72.340	Baby	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73.349	Satima	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74.350	Shivani Devi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75.359	Manju Kahl	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76.365	Dipika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77.375	Nancy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78.379	Ashudha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79.384	Komal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80.389	Tijoti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81.394	Sohia	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

From: 07th February, 2024 to 19th March, 2024

For the Month

Signature	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Kafi Lohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Rakha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Anjali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Annu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Mousam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Baby	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Satima	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Shivani Devi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Manju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Dipika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Nancy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Ashudha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Komal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Tijoti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Sohia	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Principal  
Kirti Kanya Mahavidyalaya  
Jhansi (U.P.)

Diamond

11/11

# Award List

Hindu Kanya Mahavidyalaya, Jind

Value-Added Course (32 Hours)

on

Stress Management

Session: 2023-24

(07 February, 2024 - 19 March, 2024)

Sr. No.	Name	Father Name	Class	Roll No	Grade Obtained
1	KANISHA	ISHWER	B. A. III	1210641002264	A+
2	ANCHAL	KULDEEP SINGH	B. A. III	1211922002010	A+
3	INDU	RAJ KUMAR SAINI	B. A. III	1211922002015	B
4	DIPTI	DILAVAR	B. A. III	1211922002027	B
5	KOMAL	SATNARAIN	B. A. III	1211922002030	B
6	RITU	BALKAR	B. A. III	1211922002035	B
7	SWEETY	JOGINDER	B. A. III	1211922002040	A+
8	ANJU	VED PARKASH	B. A. III	1211922002045	A+
9	NAINA VERMA	SATPAL	B. A. III	1211922002060	A+
10	SHIVANI	KARAMBIR	B. A. III	1211922002065	A+
11	ANKITA	JAIBHAGWAN	B. A. III	1211922002075	B
12	MANSI	RAJESH	B. A. III	1211922002085	B
13	TAMANNA	DHARMVEER SINGH	B. A. III	1211922002095	A+
14	MANISHA	AJMER SINGH	B. A. III	1211922002100	A+
15	JYOTI	JASBIR SINGH	B. A. III	1211922002105	B
16	CHANCHAL	RAJESH KUMAR	B. A. III	1211922002110	A+
17	AMIRI DEVI	KRISHAN	B. A. III	1211922002120	A+
18	APARNA	RAJEEV	B. A. III	1211922002125	A+
19	SWEETY	NARESH	B. A. III	1211922002130	A+
20	KM KOMAL	SHYAM MURARI	B. A. III	1211922002135	A+
21	SNEHA	RAJESH	B. A. III	1211922002140	A+
22	AASTHA	NIDAN SINGH	B. A. III	1211922002141	A+
23	MEGHNA	VJAY	B. A. III	1211922002145	A+
24	NIKITA	JOGINDER	B. A. III	1211922002155	A+
25	DIVYA	HIMMAT SINGH	B. A. III	1211922002165	A+
26	PRIYA	KULDEEP	B. A. III	1211922002170	A+
27	ISHIKA	RAKESH KUMAR	B. A. III	1211922002180	A+
28	SUNENA	RAMPHAL	B. A. III	1211922002185	A+
29	SANJU	RAJESH	B. A. III	1211922002200	A+
30	REENU	ANIL	B. A. III	1211922002205	B
31	PRIYA	BALWAN	B. A. III	1211922002208	B
32	DEEPIKA	AZAD	B. A. III	1211922002210	B
33	USHA	RAJENDER	B. A. III	1211922002215	B
34	BHATERI	RAMPAL	B. A. III	1211922002219	B
35	AARTI	TELU RAM	B. A. III	1211922002220	A+
36	SANJU	SANSAR SINGH	B. A. III	1211922002224	B

Nishu

Hindu Kanya Mahavidyalaya  
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37	SHAKSHI	MAMAN	B. A. III	1211922002234	B
38	ANNU	RAMESH	B. A. III	1211922002239	B
39	KUSUM	SATPAL	B. A. III	1211922002240	B
40	PRIYA	KAILASH BHARTI	B. A. III	1211922002244	B
41	PRIYA DEVI	ANIL KUMAR	B. A. III	1211922002245	A+
42	KHUSBOO	MAHENDER SINGH	B. A. III	1211922002249	B
43	NISHU	DILBAG	B. A. III	1211922002250	A+
44	SHEETAL	MANOJ	B. A. III	1211922002255	B
45	ANUJ	KITAB SINGH	B. A. III	1211922002259	B
46	SHITAL	SATYAWAN	B. A. III	1211922002260	A+
47	KOMAL	SOMPAL	B. A. III	1211922002264	B
48	KHUSHBU	ANIL KUMAR	B. A. III	1211922002269	B
49	NISHA	RAMESH	B. A. III	1211922002270	A+
50	KHUSHABU	KULDEEP	B. A. III	1211922002274	B
51	REETIKA	SURENDER KUMAR	B. A. III	1211922002275	A+
52	ANTIMA	ROHTASH KUMAR	B. A. III	1211922002277	B
53	MANJU	SURENDER	B. A. III	1211922002280	A+
54	MANISHA	AJMER SINGH	B. A. III	1211922002284	B
55	DHOLI	SURAT SINGH	B. A. III	1211922002285	A+
56	TANNU	RAMESH	B. A. III	1211922002289	B
57	MANNU DEVI	RAMESH	B. A. III	1211922002290	B
58	NANCY	SULTAN	B. A. III	1211922002294	B
59	REENU	ASHOK KUMAR	B. A. III	1211922002295	A+
60	KAIFI	KRISHAN KUMAR	B. A. III	1211922002300	A+
61	TANNU	SURESH KUMAR	B. A. III	1211922002304	B
62	RENU	ANIL KUMAR	B. A. III	1211922002309	B
63	PREETI	HARPAL	B. A. III	1211922002310	A+
64	MANISHA	RAJBIR	B. A. III	1211922002314	B
65	NEHA	NARENDER SINGH	B. A. III	1211922002315	A+
66	SWATI	INDER	B. A. III	1211922002319	B
67	KAFFI LOHAN	SAHAB SINGH	B. A. III	1211922002320	A+
68	REKHA	MAHA SINGH	B. A. III	1211922002328	B
69	ANJALI	RAMMEHAR	B. A. III	1211922002329	B
70	ANNU	SUNDER	B. A. III	1211922002331	B
71	MOUSAM	BIR SINGH	B. A. III	1211922002335	A+
72	BABY	BALWAN	B. A. III	1211922002340	A+
73	SANEH	VIRENDER	B. A. III	1211922002349	B
74	SHIVANI DEVI	RAJENDER SINGH	B. A. III	1211922002350	B
75	MANJU RANI	KULDEEP	B. A. III	1211922002359	B
76	DIPIKA	VIRENDER SHARMA	B. A. III	1211922002365	A+
77	NANCY	ANIL KUMAR	B. A. III	1211922002375	A+
78	ARCHANA	CHANDI RAM	B. A. III	1211922002379	B
79	KOMAL	BHIM SINGH	B. A. III	1211922002384	B
80	JYOTI	JAGDISH	B. A. III	1211922002389	B
81	SONIA	BALJIT	B. A. III	1211922002394	B

Nishu

Principal  
Hindu Kanya Mahavidyalaya  
JIND (Haryana)

# Course Completion Certificate



**Hindu Kanya Mahavidyalaya, Jind**

**Certificate of Value-Added Course**

on

**Stress Management**

(32 Contact Hours)

Session: 2023-24

Certified that Ms. **KANISHA** D/o **ISHWER** of Class **B.A III** Roll Number **1210641002264** has successfully completed 32 hours Value Added Course in 'Stress Management' from 7<sup>th</sup> February, 2024 to 19<sup>th</sup> March, 2024 with **A+** grade.

Mrs. Nitisha  
Course Coordinator

SM/VAC-2024/1

Mrs. Anju  
Co-Convenor, VAC

Mrs. Anjali Gupta  
Convenor, VAC

Dr. Punam Kajal  
Principal



**Hindu Kanya Mahavidyalaya, Jind**

**Certificate of Value-Added Course**

on

**Stress Management**

(32 Contact Hours)

Session: 2023-24

Certified that Ms. **ANCHAL** D/o **KULDEEP SINGH** of Class **B.A III** Roll Number **1211922002010** has successfully completed 32 hours Value Added Course in 'Stress Management' from 7<sup>th</sup> February, 2024 to 19<sup>th</sup> March, 2024 with **A+** grade.

Mrs. Nitisha  
Course Coordinator

SM/VAC-2024/2

Mrs. Anju  
Co-Convenor, VAC

Mrs. Anjali Gupta  
Convenor, VAC

Dr. Punam Kajal  
Principal