



Dayanand Education Society's

DAYANAND COLLEGE OF PHARMACY,

Barshi Road, Latur (Maharashtra) Pin - 413531 PH-(02382)-223299, 223199

Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com
principaldcop@gmail.com

CERTIFICATE COURSE ON
Stress Management
Academic Year 2018-19

Dayanand Education Society's
Dayanand College of Pharmacy, Latur
Barshi Road, Latur 413512



Certificate Course on Stress Management 2018 -19

CERTIFICATE COURSE HIGHLIGHTS

- **Time Duration 30 Hrs.**
- **Course Date -11 July – 14 August 2018**
- **Course Coordinator – Mr. Halke N.S.**



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Syllabus framing committee for certificate course “**Stress Management**”

Academic Year 2018 -19

Sr. No.	Name	Designation	Name of College
1	Ms. Satpute K.L.	Vice Principal	Dayanand College of Pharmacy, Latur
2	Mr. Sonvane S.M.	Academic In charge	Dayanand College of Pharmacy, Latur
3	Mr. Naresh Halke	Assist Professor	Dayanand College of Pharmacy, Latur
4	Mr. Kailash Jagtap	Art of Living faculty	Art of Living faculty, Latur




Principal
Principal
Dayanand College Of Pharmacy
LATUR



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Ref. No. :DCOP/2018-19/2654(A)

Date- 03/07/2018

To,
Mr. Halke N.S.
Assistant professor,
Dayanand College of Pharmacy,
Latur.

Subject: Invitation for syllabus framing committee of “ **Stress Management**”

Dear Sir ,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “**Certificate course on Stress Management**” scheduled on **dated 5 July 2018 at 04:00 pm** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Stress Management** will be of great benefit to our college.

Kindly accept our Invitation and oblige us with confirmation.

Thanking you.




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Ref. No:DCOP/2018-19/2654 (B)

Date- 03/07/2018

To,
Mr. Kailash Jagtap.
Art of Living faculty,
Latur.

Subject: Invitation for syllabus framing committee of “**Stress Management**”


Dear Sir,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “**Certificate course on Stress Management**” scheduled on **Dated 5 July 2018 at 04:00 pm** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Stress Management** will be of great benefit to our college.

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Syllabus for Certificate Course (30 hrs)

Name of the Topic	Time
Introduction of Yoga & Meditation	(1 hr)
What is domain skill & Soft skill (1 hr)	(1 hr)
What is the source of Energy & Types of Energy (1 hr)	(1 hr)
Difference between asana & exercise (1 hr)	(1 hr)
Contemporary Yogic Practices, Yogic Sukshma Vyayama (1hr)	(1 hr)
Importance of Breathing	(2 hr)
Introduction of Pranayama	(1 hr)
Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjayi, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari Pranayama	(3hrs)
Importance of meditation & its scientific approach	(2 hr)
Conducting various meditations Basic meditation Om meditation Panchkosha meditation Blossom of smile meditation Aura meditation Meditation for Relaxation Yoga Nidra Meditation	(12 hrs.)

Guided Meditation to deal with anxiety Meditation for Positive Energy Meditation for sound to silence	
Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy	(1 hr)
Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing	(1 hr)
Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.	(2 hr)
Applications of Yoga Yoga in Education Yoga for Stress Management Yoga for Personality Development	(1 hr)




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Ref. No.: DCOP/2018-19/2660(A)

Date: 9/07/2018

To,
Mr. Naresh Halke
Assist Professor,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **“Certificate Course on Stress management**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **“Certificate course on “Stress Management”**. College is going to start this certificate course on 11/7/2018 at 9:00 AM. We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.




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Ref. No.: DCOP/2018-19/2660(B)

Date: 9/07/2018

To,
Mr. Kailash Jagtap,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **Certificate Course "Stress Management"**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **"Certificate course on Stress Management"**. College is going to start this certificate course on 11/7/2018 at 9:00 AM. We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.




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Date: 09/07/2018

NOTICE

All the enrolled students of B. Pharmacy Second year for certificate course on “**Stress Management**” are hereby informed that the certificate course is going to start on 11/07/2018 from 09:00 am to 10:00 am. A detailed timetable will be shared.

Take note of the same.




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Date: 09/07/2018

NOTICE

All the students of B. Pharmacy Second year registered for certificate course on “**Stress Management**” are hereby informed that, the certificate course will be starting from 11/07/2018.

SCHEDULE AND DETAILS OF THE TOPIC

Name of the Topic	Time
Introduction of Yoga & Meditation	(1 hr)
What is domain skill & Soft skill (1 hr)	(1 hr)
What is the source of Energy & Types of Energy (1 hr)	(1 hr)
Difference between asana & exercise (1 hr)	(1 hr)
Contemporary Yogic Practices, Yogic Sukshma Vyayama (1hr)	(1 hr)
Importance of Breathing	(2 hr)
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Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjayi, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari Pranayama	(3hrs)
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Om meditation Panchkosha meditation Blossom of smile meditation Aura meditation Meditation for Relaxation Yoga Nidra Meditation Guided Meditation to deal with anxiety Meditation for Positive Energy Meditation for sound to silence	
Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy	(1 hr)
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Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.	(2 hr)
Applications of Yoga Yoga in Education Yoga for Stress Management Yoga for Personality Development	(1 hr)



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CERTIFICATE COURSE ON "Stress Management" 2018 – 19

REGISTRATION FORM

Name of Student – Raiphale Sheiam balaji

Class - B. Pharm 11 year

E-mail – sheiam@gmail.com

City – Ausa, Dist. Latur

Contact no- 9923904720

Career Aim- pharmacist

Undertaking – I hereby undertake that I shall attend the classes regularly without fail and participate in all activities conducted during sessions.

Sheiam
Candidate Signature

Pratik
College Co-Ordinator



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List of students enrolled for
Certificate Course on Stress Management 2018 - 19
B. Pharmacy Second Year

SR No.	Name of Student
1	Anawade Geeta Anil
2	Basade Alisha Raheman
3	Bhise Satish Laxman
4	Bidri Swati Sanjay
5	Bulbule Ratik Ramesh
6	Chame Aditya Vyankatrao
7	Chandak Rushikesh Rajkumar
8	Chopde Dnyaneshwari Ravindra
9	Dhepe Rajesh Rohidas
10	Dorle Shubhangi Bhaurao
11	Gaikwad Manjusha Devrao
12	Gaikwad Rutuja Udhav
13	Godbharle Amrut Namdev
14	Gomchale Ganesh Kamalakar
15	Gurme Pawan Arun
16	Gurme Supriya Yelba
17	Hajare Amruta Ashok
18	Halkude Pragati Uttreshwar
19	Patil Vrashali Vivekanand
20	Pawar Abhishek Satish
21	Raiphale Shriram Balaji
22	Hole Ajay Ramdasrao
23	More Shreenath Siddheshwar
24	Patil Prabhatrao Shivram
25	Raiphale Shriram Balaji
26	Sontakke Sachin Sahebrao
27	Rajmane Minakshi Kamalakar
28	Bhagwat Avdhut Vithalrao
29	More Shreenath Siddheshwar
30	Ingale Arvind Sudhir



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28/07, 30/07, 31/07, 1/08, 02/08, 03/08, 04/08, 6/08, 7/08, 8/08, 9/08, 10/08, 11/08, 13/08, 14/08

24	Patil Prabhatrao Shivram	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P
25	Raiphale Shriram Balaji	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P
26	Sontakke Sachin Sahebrao	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P
27	Rajmane Minakshi Kamalakar	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P
28	Bhagwat Avdhut Vithalrao	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P
29	More Shreenath Siddheshwar	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P
30	Ingale Arvind Sudhir	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P




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Attendance Sheet

B.Pharmacy Second Year 2018 - 19

Sr No	Name of Student	11/07	12/07	13/07	14/07	16/07	17/07	18/07	19/07	20/07	21/07	23/07	24/07	25/07	26/07	27/07
1	Anawade Geeta Anil	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A
2	Basade Alisha Raheman	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P
3	Bhise Satish Laxman	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P
4	Bidri Swati Sanjay	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P
5	Bulbule Ratik Ramesh	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A
6	Chame Aditya Vyankatrao	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P
7	Chandak Rushikesh Rajkumar	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P
8	Chopde Dnyaneshwari Ravindra	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P
9	Dhepe Rajesh Rohidas	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P
10	Dorle Shubhangi Bhaurao	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P
11	Gaikwad Manjusha Devrao	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P
12	Gaikwad Rutuja Udhav	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P
13	Godbharle Amrut Namdev	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P
14	Gomchale Ganesh Kamlakar	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P
15	Gurme Pawan Arun	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P
16	Gurme Supriya Yelba	P	A	P	P	P	P	P	A	P	A	P	P	P	P	P
17	Hajare Amruta Ashok	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
18	Halkude Pragati Uttreshwar	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
19	Patil Vrashali Vivekanand	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P
20	Pawar Abhishek Satish	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P
21	Raiphale Shriram Balaji	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P
22	Hole Ajay Ramdasrao	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P
23	More Shreenath Siddheshwar	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P

28/7 30/7 31/7 01/8 02/8 03/8 04/8 05/8 06/8 07/8 08/8 09/8 10/8 11/8 12/8 13/8 14/8

24	Patil Prabhatrao Shivram	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P
25	Raiphale Shriram Balaji	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P
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27	Rajmane Minakshi Kamalakar	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P
28	Bhagwat Avdhut Vithalrao	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P
29	More Shreenath Siddheshwar	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P
30	Ingale Arvind Sudhir	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P



h.
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Dayanand Education Society's
Dayanand College of Pharmacy, Latur.
Examination 2018-19
MCQ

16
20
10/10

Course: - Stress Management

Date – 18/8/2018

Class: - B. Pharmacy IInd Year

Time: - 30:00 min

Max Marks: -20

1. Who is the father of yoga?

- a. BKS Iyengar b. Maharishi Patanjali c. Baba Ramdev d. Krishnamacharya

2. Which one of the following attributes satisfies the criteria of Sattvic Food?

- a. Spicy, hot, bitter, sour, and pungent b. Pure, essential, natural, vital, energy containing
 c. Unnatural, overcooked and processed food d. None of the above

3. What is the purpose of yoga ?

- a. Gain Physical fitness b. Lose Weight
 c. muscle toning and calmness without stress d. Body flexibility

4. Raja Yoga is the yoga of controlling our:

- a. Our Emotions b. Mind c. Sense Organs d. Organs of Action

5. how we remove rajas & tamas state of body & mind through

- a. worm up b. exercise c. asana d. all of these

6. Wrist rotation is part of which vyayama?

- a. Dandasana b. Tadasana c. Sukshma Vyayama d. Shithiltadasana

7. The word "Nadi" is derived from the word "Nad" which means

- a. To flow b. To Run c. To blow d. To carry

8. Which asana increases digestion after a meal ?

- a. Trikonasana b. Vajrasana c. Ardhamatsyendrasana d. Hastasana

9. What are the five elements in yoga?

- a. Earth, Space, Fire, Air, Akash b. Earth, Space, Fire, Air, Akash
 c. Earth, Water, Fire, Air, Akash d. Earth, Water, Fire, Air, Wood

10. Pranayama is cutting down the speed of

- a. Jealousy b. Mind c. Anger d. Inhalation-Exhalation

11. What is the first step of Ashtanga Yoga?

- a. Yama b. Niyam c. Dhyan d. Asana

12. Result of meditation

- a. Concentration b. Relaxation c. calmness d. all of these

13. breathing is connecting link between

- a. Mind & soul b. Mind & body c. Mind & emotion d. Mind & health

14. In the exam period how is the situation of our mind

- a. relaxed. b. focused c. both of these d. none of these

15. According to Stanford University most of the successful people having

- a. Soft skill b. domain skill c. marketing skill d. none of these

16. when you feel in stressed

- a. maximum work in minimum time period b. minimum work in maximum time period
 c. both of these d. none of these

17. how many layers of our existence

- a. 8 b. 9 c. 7 d. 10.

18. According to Ayurveda how many types of food

- a. 2 b. 3 c. 4 d. 5

19. which hormone is responsible to induce stress in body

- a. Cortisol b. Endorphin c. Insulin d. Epinephrine

20. for meditation it is necessary our body should be

- a. sattva State b. rajasic state c. tamasic state d. all of these

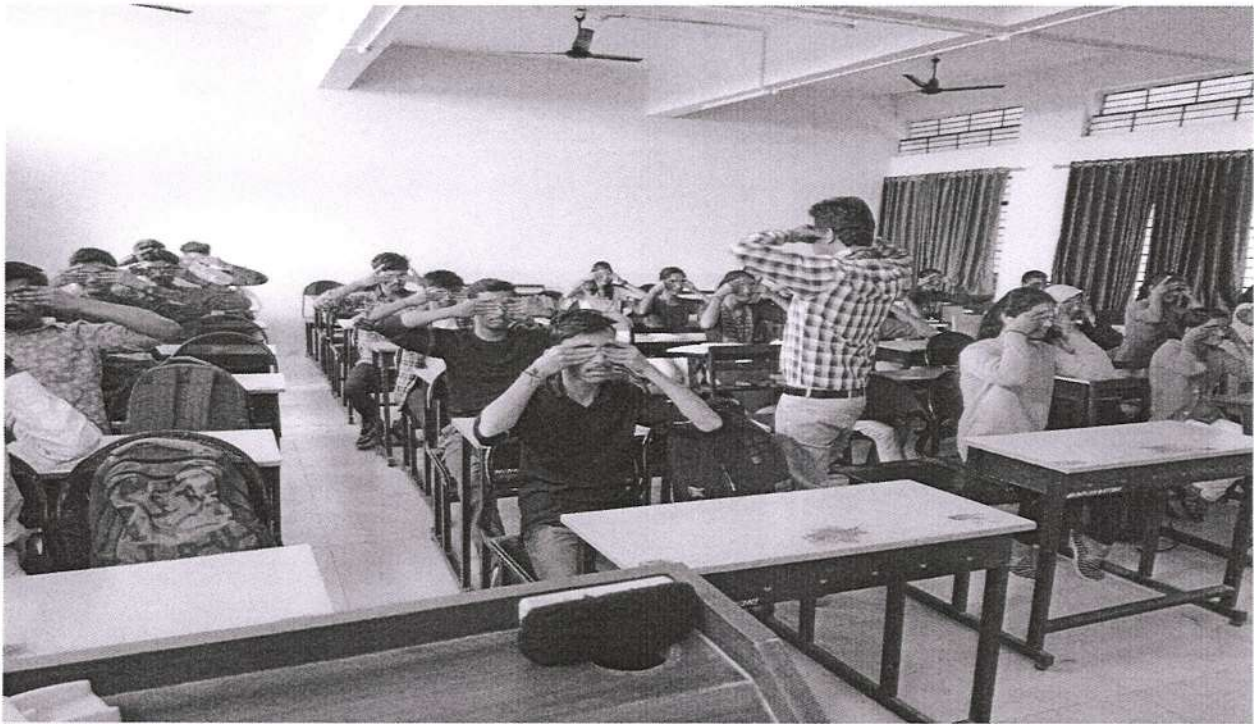



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CERTIFICATE COURSE ON "Stress Management" 2018 – 19

FEEDBACK FORM

Name of Student: Dofle shubhangi bhavsar

Class: B. pharm 11 year

Phone No. : 80 87 41 42 80

E-Mail : D.shubhangi1@gmail.com

Feedback :

Sr.No.	Parameter	Excellent	Very good	Good	Average
1	Course objective were stated clearly & Meet	✓			
2	Participation & interaction were encouraged		✓		
3	This content was organized & easy to follow	✓			
4	Duration of course of sufficient			✓	
5	The presenter provided adequate time of question & Answered them satisfactorily	✓			
6	The course increased my knowledge & skills	✓			
7	The presenter & presentation was effective		✓		

Suggestions if any: —





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List of students completed for
Certificate Course on Stress Management
2018 - 19
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2	Basade Alisha Raheman
3	Bhise Satish Laxman
4	Bidri Swati Sanjay
5	Bulbule Ratik Ramesh
6	Chame Aditya Vyankatrao
7	Chandak Rushikesh Rajkumar
8	Chopde Dnyaneshwari Ravindra
9	Dhepe Rajesh Rohidas
10	Dorle Shubhangi Bhaurao
11	Gaikwad Manjusha Devrao
12	Gaikwad Rutuja Udhav
13	Godbharle Amrut Namdev
14	Gomchale Ganesh Kamlakar
15	Gurme Pawan Arun
16	Gurme Supriya Yelba
17	Hajare Amruta Ashok
18	Halkude Pragati Uttreshwar
19	Patil Vrashali Vivekanand
20	Pawar Abhishek Satish
21	Raiphale Shriram Balaji
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23	More Shreenath Siddheshwar
24	Patil Prabhatrao Shivram
25	Raiphale Shriram Balaji
26	Sontakke Sachin Sahebrao
27	Rajmane Minakshi Kamalakar
28	Bhagwat Avdhut Vithalrao
29	More Shreenath Siddheshwar
30	Ingale Arvind Sudhir




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Dayanand College Of Pharmacy
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DAYANAND EDUCATION SOCIETYS


DAYANAND COLLEGE OF PHARMACY

Barshi Road, Latur - 413512 Maharashtra. Ph:- 02382-223199.

CERTIFICATE OF PARTICIPATION

This is to certify that Mr./~~Ms.~~ Godbhare Aniket Namdev Student of Dayanand College of Pharmacy, Latur studying in class B. Pharm I/II/III/IV has successfully completed a Certificate Course on **Stress Management** from 11/7/2018 to 14/08/2018 He / She secured A Grade in the course.


Co-Ordinator


Dr. Kalamse V.M
Principal
Dayanand College Of Pharmacy
LATUR

Received
