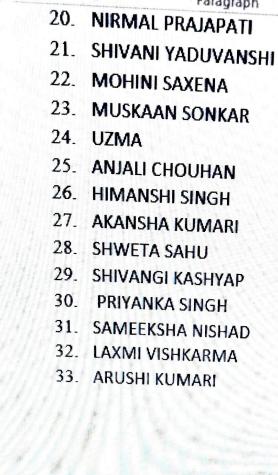


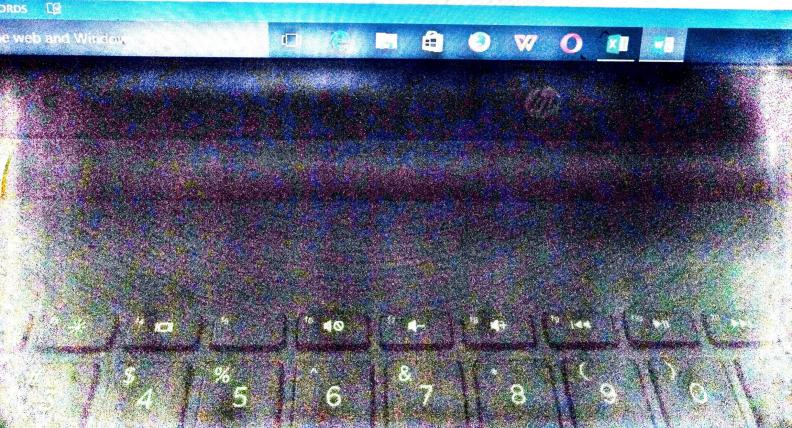
NAME OF ELIGIBLE CANDIDATES FOR CERTIFICATES

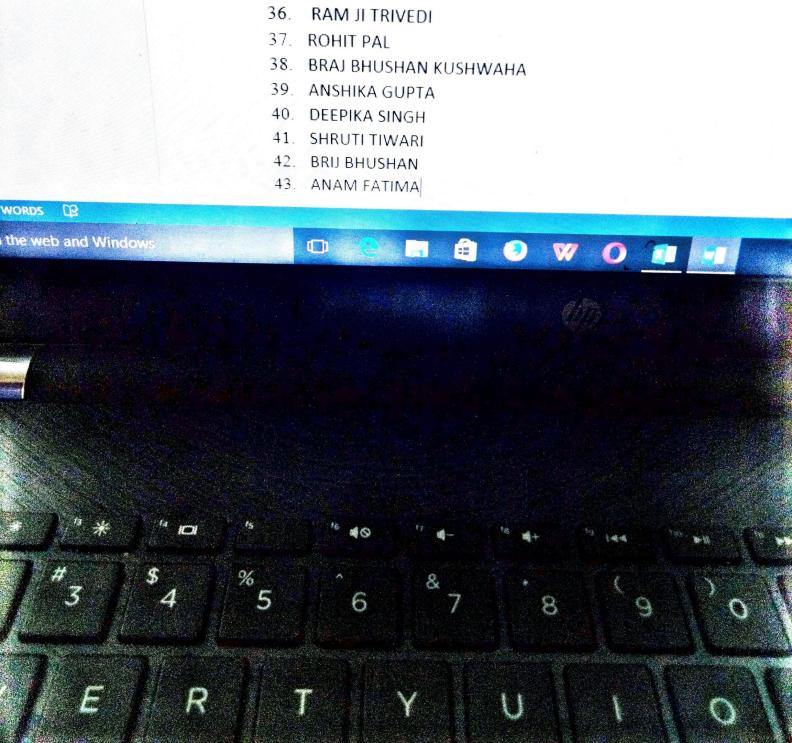
- ROSHAN SINGH
- 2. SHRADDHA PATHAK
- AVANTIKA RAHI
- 4. SAPNA
- 5. DEEPU KUSHWAHA
- AGEYA SINGH
- 7. AYUSHI SACHAN
- DEEPALI SACHAN
- 9. KUSUM
- SHIVA AGNOHOTRI
- 11. JASMEET KAUR
- 12. ABHISHEK SINGH
- 13. RASHMI KATIYAR
- 14. SHAILAJA SHARMA
- 15. RIYA SINGH
- 16. SUSHMITA SINGH
- 17. SHWETA CHAUDHARY
- 18. VIVEK KUMAR
- 19. SAUMYA DIXIT
- 20. NIRMAL PRAJAPATI
- 21. SHIVANI YADUVANSHI



5

34. KEERTI BAJPAI





34. KEERTI BAJPAI

35. SHRUTI TIWARI

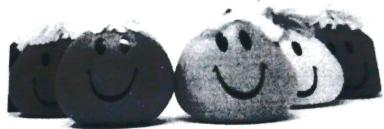
CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

(FORMERLY KANPUR UNIVERSITY)



Value added course On STRESS MANAGEMENT AND LIFE SKILLS

07-17 JUNE 2022









Course Coordinator
Dr. Kalpana Agnihotri
Assistant professor
Department of education

SCHOOL OF TEACHER EDUCATION

School of Teacher Education

Department of Education/Education Training CHHATRAPATI SHAHU JI MAIIRAJ UNIVERSITY, KANPUR

Formerly Kanpur University, Kanpur 200024

Schodule/Line Lubbs

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Value Added source on

STRESS MANAGEMENT AND LIFE SKILLS

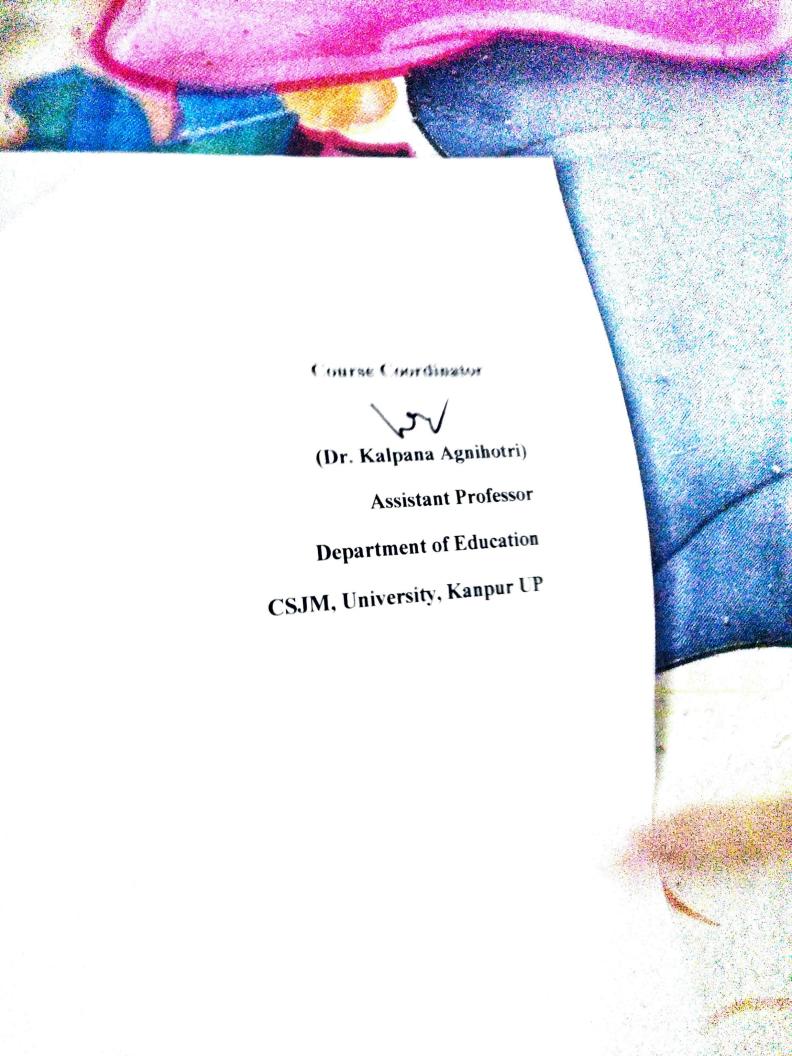
(EDU-SMLN)

(Online mode) Schedule/Time Table

Sl. Ne	Topics/syllabu s	Date	Day	Timings	Name of	Method	The state of the s	
1	Topic	25.0			the Expert	Micinod	Name of the	Daily Hours
	introduction	07/06/2022	Tuesday	4.00pm To 5.30 pm	Dr Kalpana Agnihotri	-	Activity -	1 Hour
2	Stress-Concept and types	08/06/2022	Wednesday	04:00pm to 05:30pm	Dr, Kalpana agnihotri	Lecture & Orientation	Discussion	Minutes 1 Hour 30
1	Stress and Aggression			05:30pm to 07:00pm	Rashmi	Examples & Illustrations		111
Ca	lental health- auses and evention	09/06/2022	Thursday	04:00pm to 05:30pm	kalpana	Demonstratio	on Exam & Illustra	
					Dr.	Participatory	y Interac	aive :

Stressors and stress management	O5:30pm to O7:00pm Discussion Discussion Minutes
Mental Health and Hygiene Techniques and stress management	to kalpana 30 Minutes 05:30pm Dr. Lecture & Debate 1 Hour 10 07:00pm Demonstration 30 Minutes 30 Mi
Stress and Frustation Stress management with Heartfullness Relaxation & Meditation Frustation and Depression Mind Management with Heartfullness	Saturday O4:00pm Dr. Workshop Discussion 1 Hour Style Saturday O5:30pm Agnihotri Style Shivansh O7:00pm Nigam Dr. Lecture You Tube 1 Hour O5:30pm Agnihotri Dr. Lecture You Tube O5:30pm O5:30pm Agnihotri Agnihotri Collaborative O5:30pm Dr. Lecture You Tube O5:30pm O5:30pm Agnihotri Agnihotri O5:30pm Dr. Shahji Expert Interactive 1 Hour O7:00pm Dr. Lecture & Video O7:00pm O7:00pm PPT O7:00pm O7:
7 Self managemen	05:30pm Agnihotri 30
Self manageme	nt Dr. Expert Presentation 1 Hour to Archita Lecture & &

	with heartfuliness inner connect			07:00pm	Khetan	PPT Presentation	Meditation	30 Minutes
H	Social Phobia	14/06/2022	Tuesday	04:00am to 05:30pm	Dr. kalpana Agnihotri	PPT Presentation	Experiential Learning	30 Minutes
	Social Skills			05:30pm to 07:00pm	Dr kalpana Agnihotri	Lecture & Demonstration	Debate	1 Hour 30 Minutes
9	Mental Illness Life Skills-	15/06/2022	Wednesday	04:00am to 05:30pm	Dr. kalpana Agnihotri	Lecture	Discussion	1 Hour 30 Minutes
	Concept and Types			05:30pm to 07:00pm	Dr. Vimal Singh	Lecture & PPT Presentation	Interactive Video	1 Hour 30 Minutes
10	Life Skills Education	16/06/2022	Thursday	04:00pm to 05:30pm	Dr. Kalpana Agnihotri	Workshop Style	Discussion	1 Hour 30 Minutes
	Life Skills Education			05:30pm to 07:00pm	Dr. Sangeeta Chauhan	Participatory Approach	Extempore	1 Hour 30 Minutes
11	Life Skills and Success	17/06/2022	Friday	04:00pm to 05:30pm	Kalpana		- Douce	1 Hour 30 Minutes
		1	T	otal Hours				30



छत्रपति शाह जी महागाज विश्वनिद्यालय, कानाम

प्रमान भागा विश्वविद्या

CHHATRAPATI SHAHL JI MAHARAJI MAFRSITA, KANSTR

(Formerly Kanpur University)



DEPARTMENT OF EDUCATION

11/10

पत्राक संगः-

rom.

Dr. Rashmi Gore

Coordinator

Department of Education / Education training

CSJM, University. Kanpur (U.P)

0

Vice Chancellor

Chhtrapati Shahu Ji Maharaj. University, Kanpur (U.P)

Subject: Regarding Permission/Approval for Value Added Course

Respected Sir.

based Value Added Courses for the students in this Academic Session. The details of these proposed Value Its gives great pleasure to inform you that the Education Department is willing to run various skill-Added Courses are given below for your kind permission.

List of Value Added courses for the Session 2021-22

S.N.	Name of Course Coordinator	Title of the Course	Purposed Date
<u></u>	Dr. Rashmi Gore	Creating an Inclusive	08, June to 17, June, 2022
2.	Dr. Gopal Singh Dr. Tanuja Bhatt	Digital Literacy and Soft Skills	11, June to 20 June, 2022
Ľ,	Dr. kalpana Agnihotri	Stress management & Life Skills	07, June to 17 June, 2022
4	Dr. Rajnish Agrahari	Online Teaching Tool & Technology	07, June to 21 June, 2022
5.	Dr. Vimal Singh	Fundamentals for Preparing A	1

छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

(पूर्ववर्ती कानपुर विश्वविद्यालय)

CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY. KANPUR (Formerly Kanpur University)

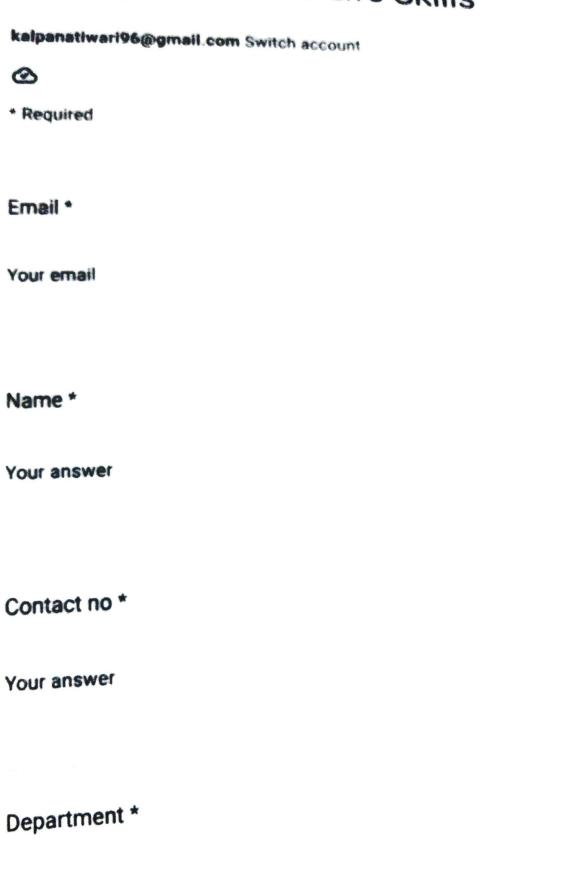


DEPARTMENT OF EDUCATION

दनाक

المالط	16, June to 25 June, 2022	25, May to 03 June, 2022 25, May to 03	June, 2022 18. June to 27	June, 2022	21, June to 30 June, 2022	20, June to 29 June, 2022	15, May to 25 June, 2022	20, June to 29 June, 2022	22, June to 30 June, 2022
	Academic Integrity and Publication Ethics	Personality Development	Creativity and Problem Solving	Teacher competency	Environmental Awareness	Conceptual Understanding of ICT & E-Ethics	Fundamental of Tool construction and Research	Being Happy: A need of An	Action Research: an introduction of local Classroom Problem
	Dr. Vimal Singh	Dr. gatnartuh Mishra	Dr. Sneh Pandey	Mrs. Priya Tewari	Mrs. Pratibha Yadav		pama Yadav a Bhatt anka	ishra	Dr. Rajnish Agrahari A Mrs. Priya Tewari in
म्बाट प्रा		7.	∞	6	10.	11.	12.	13.	4

Quiz-Value Added course on Stress Management and Life Skills



Your answer

Physical state Emotional state Both None of above Symptoms of Stress -**Blood Pressure** Pulse Rise O Digestive system slows All of above

Stress is

Example of Stressors -

Negative Stress is

- O Pretress
- O Distress
- Subtress
- O None of above

Positive stress is

- O Distress
- O Eustress
- O Both
- O None

reeling of irritability is						
Eustress						
Frustration						
O Both						
O None of above						
Life skills are						
Adaptive abilities						
O Positive behavior						
O Behaviour change						
O All of above						
Decision making is a						
O Social Phobia						
O Life style						
O Life Skill						
None of above						

Life skills helps -
O To take positive action
O To be empowered
O In social relationships
O All of above

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Certificate of Participation

This is to certify that **JASMEET KAUR** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



(Formerly Kanpur University) DEPARTMENT OF EDUCATION VALUE ADDED COURSE

STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **ROSHAN SINGH** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SHRADDHA PATHAK** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



(Formerly Kanpur University)

DEPARTMENT OF EDUCATION

VALUE ADDED COURSE

STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **AVANTIKA RAHI** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agniho



(Formerly Kanpur University)

DEPARTMENT OF EDUCATION

VALUE ADDED COURSE

STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **SAPNA** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **DEEPU KUSHWAHA** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



(Formerly Kanpur University) DEPARTMENT OF EDUCATION VALUE ADDED COURSE

STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **AGEYA SINGH** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri

Course Coordinator



Certificate of Participation

This is to certify that **AYUSHI SACHAN** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **DEEPALI SACHAN** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



(Formerly Kanpur University)

DEPARTMENT OF EDUCATION

VALUE ADDED COURSE

STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **KUSUM** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalnana Amil



Certificate of Participation

This is to certify that **SHIVA AGNIHOTRI** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



ESS MANAGEMENT AND LIFE SKILL

Certificate of Participation

This is to certify that **ABHISHEK SINGH** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **RASHMI KATIYAR** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that SHAILAJA SHARMA Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri

Course Coordinator



Certificate of Participation

This is to certify that **RIYA SINGH** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



otkess management and life skill

Certificate of Participation

This is to certify that **SUSHMITA SINGH** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SHWETA CHAUDHARY** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **VIVEK KUMAR** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SAUMYA DIXIT** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **NIRMAL PRAJAPATI** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SHIVANI YADUVANSHI** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **MOHINI SAXENA** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that MUSKAAN SONKAR Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **UZMA** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri



Certificate of Participation

This is to certify that **ANJALI CHOUHAN** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **HIMANSHI SINGH** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



(Formerly Kanpur University)

DEPARTMENT OF EDUCATION

VALUE ADDED COURSE

STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **AKANSHA KUMARI** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT **AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SHWETA SAHU** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SHIVANGI KASHYAP** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **PRIYANKA SINGH** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **SAMEEKSHA NISHAD** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that LAXMI VISHWAKARMA Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **ARUSHI KUMARI** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **KEERTI BAJPAI** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri



Certificate of Participation

This is to certify that **SHRUTI TIWARI** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri



Certificate of Participation

This is to certify that **RAM JI TIWARI** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **ROHIT PAL** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **BRAJ BHUSHAN KUSHWAHA** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **ANSHIKA GUPTA** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **DEEPIKA SINGH** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **SHRUTI TIWARI** Department of EDUCATION has Completed a Value Added Course on "**STRESS MANAGEMENT AND LIFE SKILLS"** organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



Certificate of Participation

This is to certify that **BRIJ BHUSHAN** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator



STRESS MANAGEMENT AND LIFE SKILLS

Certificate of Participation

This is to certify that **ANAM FATIMA** Department of EDUCATION has Completed a Value Added Course on "STRESS MANAGEMENT AND LIFE SKILLS" organized by School of Teacher Education, CSJM University, Kanpur from 07 June to 17 June 2022.

Dr. Rashmi Gore

Dept. Coordinator

Dr. Kalpana Agnihotri