

## About The Course

Value added courses offer students a chance to enhance their skill, knowledge and broaden their perspective in their chosen field of study. In today's time of inter disciplinary approach of study, addition of such courses adds meaning to the overall development of a student both in personality and academic prospects. In order to strengthen the quality and upgrade the higher education system, the UGC has come up with rules and regulations to implement such value added courses at university level education. The School of education, BBD University, Lucknow is glad to introduce a value added course on "Mental Health and Stress management" to give students a chance to upgrade their level of knowledge and mental health.



### Objectives of the course

- To understand the concept of mental health and stress management.
- To understand the types of stress and their impacts on mental health.
- To develop all-round personalities with a mature outlook to function effectively in different circumstances.
- To understand the importance of yoga and meditation for a sound mental health.

### Course outcome

- Understand the cognitive variables of stress.
- Learn Managing Work-Life Balance.
- Preparing for a better future by reducing stress.

Who can apply:  
All Students of B.B.D. University

Deadline to apply:  
Last Date to apply- 20/02/2024  
Course commencement- 26/02/2024

How To Apply:  
Click on the below link to apply-  
<https://forms.gle/ddW3dQnSvqY64pgq6>

Or  
scan the QR below-

### Course Coordinator

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Value Added  
Course  
On  
"Mental Health  
& Stress  
Management"

Announced By-  
School of  
Education  
B.B.D. University,  
Lucknow