



## SMT.R.R.H.PATEL MAHILA ARTS COLLEGE, VIJAPUR

### ADD ON COURSE IN PSYCHOLOGY (STRESS MANAGEMENT)

#### **Introduction**

Add on course in Psychology has been started since 2018 to create awareness about stress, its forms and effects. The course also attempts to enhance the overall personality traits of the students through stress relieving exercises like yoga, meditation etc

#### **Eligibility**

Students currently studying in the institute

**Duration:** 30 Hours

