

**Janata Shikshan Sanstha's
Kisan Veer Mahavidyalaya , Wai
Department of Psychology**

2021-22

Certificate Course in Anger Management

• **COURSE DESCRIPTION**

The department of under graduate studies in psychology offers three months certificate course in Anger Management.

• **MISSION**

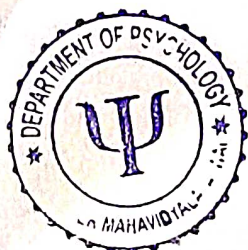
The Department of U. G. Studies in Psychology at Kisan Veer Mahavidyalaya, Wai is committed to primary training and development of competent under graduate students.

• **PHILOSOPHY OF TRAINING**

The program in Anger Management provides primary training to those who wish to promote mental health in individuals, families organizations and communities through careers in direct service, leadership, research and education.

• **GOALS**

The fundamental goal of the course is help the students to enhance awareness, knowledge and skill in Anger Management.



E. R. Desai
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Wai, Dist. Satara
Head of Psychology
Kisan Veer Mahavidyalaya
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- **ADMISSION CRITERIA AND ELIGIBILITY**

1. Duration – three months

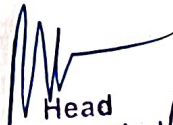
2. Eligibility – Under graduate students of college.(B.A.3)

- **SYLLABUSS FORMATION COMMITTEE**

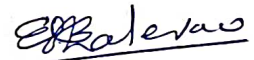
1. Dr. Anand Ghorpade (Head , Dept. of Psychology, KVM . Wai)

2. Asst. Prof. Shalaka Gujar (Faculty , Dept. of Psychology, KVM, Wai)




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Department of Psychology

2021-22

Certificate Course in Anger Management

Syllabus

⚡ Module – 1

How to smile at anger ?

⚡ Module – 2

Should all anger be avoided ?

⚡ Module – 3

How you make yourself angry ?

⚡ Module – 4

How to keep things in proportion ?

⚡ Module – 5

Blame.

⚡ Module – 6

In place of anger.

⚡ Module – 7

Making it work.

- **FEE STRUCTURE**

As mentioned in the college prospect.

- **MEDIUM OF INSTRUCTION**

Medium of instruction shall be Marathi.

- **EXAMINATION**

Objective type

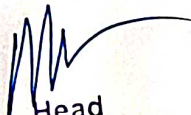
- **PAPER TITLES**

Paper 1- Anger Management Introduction Module no. 1, 2, 3 and 4

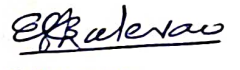
Paper 2- Anger Management Skill Module no. 5,6 and 7

Each paper have objective type questions. Paper having 25 questions of 2 marks each, at the end of course.




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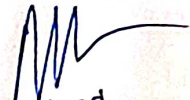
Department of Psychology
Certificate Course in Anger Management
2021-22

Date – 25-11-2022


Name of Faculty

Sr. No.	Name of Faculty	Topic Allotment
1	Dr. Anand Ghorpade.	Module no. 1, 2, 3 and 4
2	Asst. Prof. Shalaka Gujar.	Module no. 5,6 and 7




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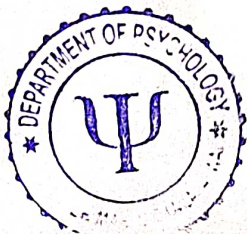
Department of Psychology
Certificate Course in Anger Management


2021-22

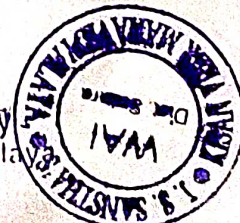
Time Table


Note – The syllabus of course will be taken in 3 months. Course under guidance of Department of Psychology .

Sr. NO	Month	Date (Time – 12.30 to 1.30)	Faculty	Topic Covered
1	December	3	Dr. Anand Ghorpade	Module 1
2	December	4	Dr. Anand Ghorpade	Module 1
3	December	10	Dr. Anand Ghorpade	Module 1
4	December	11	Dr. Anand Ghorpade	Module 1
5	December	17	Dr. Anand Ghorpade	Module 2
6	December	18	Dr. Anand Ghorpade	Module 2
7	December	24	Dr. Anand Ghorpade	Module 2
8	December	25	Dr. Anand Ghorpade	Module 2
9	December	31	Dr. Anand Ghorpade	Module 3
10	January	1	Dr. Anand	Module 3

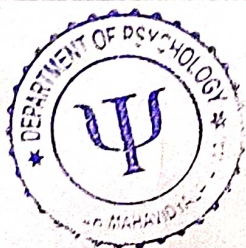



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			Ghorpade	
11	January	7	Dr. Anand Ghorpade	Module 3
12	January	8	Dr. Anand Ghorpade	Module 4
13	January	14	Dr. Anand Ghorpade	Module 4
14	January	15	Asst. Prof. Shalaka Gujar	Module 5
15	January	21	Asst. Prof. Shalaka Gujar	Module 5
16	January	22	Asst. Prof. Shalaka Gujar	Module 5
17	January	28	Asst. Prof. Shalaka Gujar	Module 5
18	January	29	Asst. Prof. Shalaka Gujar	Module 5
19	February	4	Asst. Prof. Shalaka Gujar	Module 5
20	February	5	Asst. Prof. Shalaka Gujar	Module 6
21	February	11	Asst. Prof. Shalaka Gujar	Module 6
22	February	12	Asst. Prof.	Module 6



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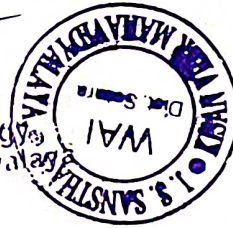


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			Shalaka Gujar	
23	February	18	Asst. Prof. Shalaka Gujar	Module 6
24	February	19	Asst. Prof. Shalaka Gujar	Module 7
25	February	25	Asst. Prof. Shalaka Gujar	Module 7
26	February	26	Asst. Prof. Shalaka Gujar	Module 7



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Principals

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Department of Psychology
Certificate Course in Anger Management

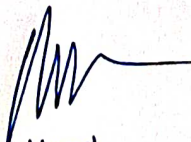
Attendance

2021-22

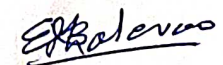
December 2021

Sr. No	Name of Students	3	4	10	11	17	18	24	25	31
1	WADKAR PRIYANKA MANHOHAR	P	P	P	A	P	P	P	P	A
2	WADKAR ANKITA SANJAY	P	A	P	P	P	P	A	P	P
3	GAIKWAD POONAM JAGNNATH	A	P	P	P	A	P	P	A	P
4	RAJPURE KARAN SUNIL	P	A	P	P	A	P	P	A	P
5	RAJPURE SHUBHAM BHANUDAS	P	P	A	P	P	A	P	P	P
6	PISAL PRAJWAL DADASO	A	P	P	A	P	P	A	P	P
7	VARE PRATIKSHA YASHWANT	P	P	P	A	P	P	A	P	A
8	NARAWADE PRAJAKTA BALASAHEB	P	P	A	P	P	P	P	A	P




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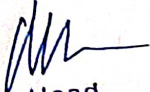



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January 2022

Sr. No	Name of Students	1	7	8	14	15	21	22	28	29
1	WADKAR PRIYANKA MANHOHAR	P	A	P	P	P	P	P	P	P
2	WADKAR ANKITA SANJAY	P	A	P	P	P	P	A	P	P
3	GAIKWAD POONAM JAGANNATH	A	P	P	A	P	P	P	P	P
4	RAJPURE KARAN SUNIL	P	A	P	P	P	P	P	A	P
5	RAJPURE SHUBHAM BHANUDAS	A	P	A	P	P	P	P	A	P
6	VARE PRATIKSHA YASHWANT	P	P	P	P	A	P	A	P	P
7	VARE PRATIKSHA YASHWANT	A	P	P	A	P	P	P	P	A
8	NARAWADE PRAJAKTA BALASAHEB	P	P	A	P	P	A	P	P	A




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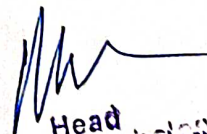



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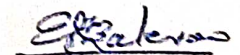
February 2022

Sr. No	Name of Students	4	5	11	12	18	19	25	26
1	WADKAR PRIYANKA MANHOHAR	P	A	P	P	P	P	P	P
2	WADKAR ANKITA SANJAY	P	P	A	P	P	P	P	P
3	GAIKWAD POONAM JAGNNATH	P	A	P	P	A	P	P	P
4	RAJPURE KARAN SUNIL	A	P	P	A	P	P	P	P
5	RAJPURE SHUBHAM BHANUDAS	P	P	P	P	P	A	P	A
6	VARE PRATIKSHA YASHWANT	P	P	A	P	P	P	P	P
7	VARE PRATIKSHA YASHWANT	P	A	P	A	P	A	P	P
8	NARAWADE PRAJAKTA BALASAHEB	P	A	P	A	P	P	P	P




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Janata Shikshan Sanstha's
Kisan Veer Mahavidyalaya, Wai
Department of Psychology
Certificate Course In Anger Management
2021 -2022

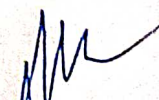
Report

Certificate course in Anger Management promoting the philosophy of learning, the Anger Management skills for B.A.3 psychology Student. The course started in the month of December 2021. The objective of Course is to make students to learn Anger Management skills as well as Anger Management for development of his or her career in psychology.

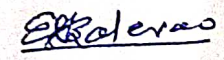
Anger, like other human emotions, is part of our daily experiences. However, if not well managed, it can lead to adverse effects and a reduction in productivity. It is an inevitable emotion that signifies dissatisfaction. On the other hand, if kept in control, you can live a full life and interact with others constructively. This course explores the various strategies to understand and manage anger and conflict

The course starts with basic learning of the psychological development process and other important factors like introduction of emotion, types of Anger Management, and skills of Anger Management.




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This certificate course is designed for support, awareness and development for lifetime use. As well as students should control their anger and handle the situation successfully.

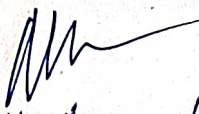
Learners Outcomes- By the end of the program, the learners will be able to

1. Skills to control the anger and handle the situation in right manner.
2. As they can control the anger efficiently, they can be satisfied in their life.
3. Also to understand life skills for self-development.

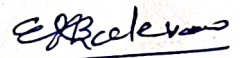
The course emphasizes and experimental style of learning.

At the end of successful completion of certificate course, written examination, the result shows a success of students to achievement of knowledge.




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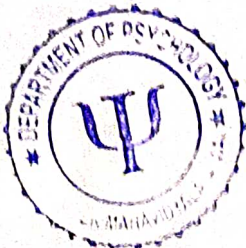

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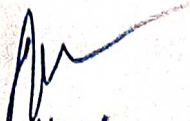
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Department of Psychology
Certificate Course in Anger Management
Notice for Students
Examinations Time Table

Instruction –

1. The Examination is Objective Type.
2. All Questions are Compulsory
3. All Modules of Course include in two Papers
4. The result of course depends upon the attendance of workshop and enrolment in the workshop.
5. The gradation given by trainer depends upon skill adopted by students.

Sr.No	Paper No.	Modules Include	Date	Time
1.	Paper 1-Anger Management Introduction	1,2,3 and 4	4/3/2022	12.30 To 1.30pm
2.	Paper 2-Anger Management Skill	5,6 and 7	5/3/2022	12.30 TO 1.30pm




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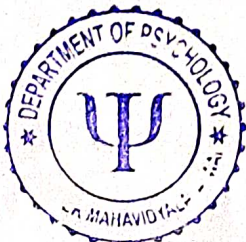
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Certificate Course in Anger Management
Result
2021-22

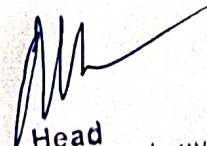
PAPER TITLES

Paper 1- Anger Management Introduction Module no. 1, 2, 3 and 4

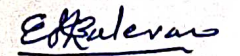
Paper 2- Anger Management Skill Module no. 5, 6 and 7

Sr.No	Name of Students	Paper 1 Module no. 1, 2, 3 and 4	Module no. 5,6 and 7
1.	WADKAR PRIYANKA MANHOHAR	A	A
2.	WADKAR ANKITA SANJAY	B	A
3.	GAIKWAD POONAM JAGNNATH	A+	A+
4.	RAJPURE KARAN SUNIL	A+	A+
5.	RAJPURE SHUBHAM BHANUDAS	A	A
6.	PISAL PRAJWAL DADASO	A	A
7.	VARE PRATIKSHA YASHWANT	A	A
8.	NARAWADE PRAJAKTA BALASAHEB	B	A




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