

MANAGED BY JIVAN JYOT TRUST

J.Z SHAH ARTS & H. P. DESAI
COMMERCE COLLEGE, AMROLI-
SURAT.

Re-Accredited B++ (CGPA 2.94) BY NAAC (3rd Cycle)

Affiliated To Veer Narmad South Gujarat University, Surat



Certificate Short Term Course in
“GOODS AND SERVICE TAX & STRESS
MANAGEMENT ”

Total Hours: 30 Hrs.



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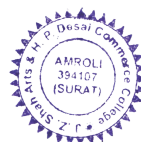
PRINCIPAL
Dr. K. N. CHAVDA
J. Z. SHAH ARTS &
H. P. DESAI COMMERCE COLLEGE
At & Po. AMROLI-394 107, ST.UTRAN(W.R.)
TA. CHORYASI, DIST. SURAT.

Vision

- We value the dignity of those we serve and always treat them with respect and compassion.
- We have a strong voice in the state: we are credible, relevant, and current.
- We are financially strong because we demonstrate results and fiscal responsibility.
- We effectively use technology to utilize multiple communication channels and increase our reach.

Mission

- Every person, regardless of their disability, race, ethnicity, gender, age, economic status, or sexual orientation, has the right and responsibilities to full potential in our society, the right to be treated with compassion, respect and dignity, free from stigma and prejudice.
- Mental health is essential to personal well being, and is fundamental to achieving a healthy, balanced, and productive life.
- Treatment offers a powerful return on investment and treatment does work if used appropriately. With treatment options, what was only a hope in the past is quickly becoming a reality. We will persistently advocate for treatment and services for those who need them.
- Unless we promote community understanding of mental illness, plus tolerance and acceptance of people living with the illness, people will continue to avoid talking about mental illness and also avoid seeking help.



SYLLABUS

UNIT-I What is GST?

➤ Introduction to GST
➤ Full form of GST
➤ What is GST?
➤ What is GST in India?
➤ When GST introduced in India?

UNIT-II How GST works?

➤ Which taxes removed for GST?
➤ Concept of Multi stage tax
➤ Objective of GST
➤ Importance of GST
➤ Needs of GST

UNIT-III Cascading effect of Tax

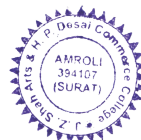
➤ Introduction
➤ Meaning of Cascading effect of GST
➤ Tax on tax
➤ Value addition
➤ Destination based tax

UNIT-IV Journey of GST in India

➤ Introduction
➤ How GST introduced in India?
➤ Advantages of GST
➤ Impacts on society
➤ Impacts on different businesses

UNIT-V Components of GST

➤ Introduction to its components
➤ CGST
➤ SGST
➤ IGST



Module 1: Introduction to Stress Management

- What is Stress?
- What is Stress Management?
- Why It is Important?
- Ways to Improve Stress Management Skills

Module 2: Causes and Impacts of Stress

- Primary Causes of Stress
- Financial Problems
- Career
- Relationship Problems
- Academic
- Health Problems
- Personal Habits or Environment
- Impacts of Stress

Module 3: Recognize the Symptoms of Stress

- Physical Symptoms
- Mental Symptoms
- Behavioral Symptoms
- Cognitive Symptoms

Module 4: Dealing with Stress

- Four A's of Stress Management
- Avoid
- Alter
- Adapt
- Accept

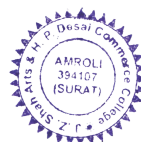



Module 5: Avoid Build Up of Stress

- Steps to Avoid Stress Build-up

Module 6: Resolve Conflict

- Introduction to Resolve Conflict
- Types of Conflicts
- Types of Business Conflicts
- Importance of Conflict Management




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