

**Subject Code: 1CM1010332**

**Subject Title: STRESS MANAGEMENT**

**Course Objective:** Understand the nature (mind-body-spirit) of stress management

Understand the fundamentals of the physiological mechanisms responsible for the fight-or-flight response. Learn about various techniques and learn to integrate these techniques into your daily living habits to help you control stress and tension.

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)		
Lecture	Tutorial	Practical	Credit	University Assessment	Institutional Assessment	Total
3	-	-	3	70	30	100

**Subject Contents**

Sr. No	Topic	Total Hours	Weight (%)
1	<b>Introduction:</b> what is stress, Stress: Meaning and concept of stress, How to identify that you are in stress, stress and time management. Sources of stress Dimension of stress. Types of stress,	9	25%
2	<b>Stress Management</b> Stress Management: Tips for stress Management, Tips for relaxation techniques, cognitive Behavioral therapy, Measures to overcome stress: Meditation techniques, yoga, massage therapy, coping with stress of work, How to stop worrying.	9	25%
3	<b>Stress and Burnout</b> Burnout: meaning, possibility of burnout, method to avoid burnout, difference between stress and burnout. Stress Causes and effects: Causes of stress, Effects of stress, How does stress affects performance,	9	25%
4	<b>Tips for Stress Management</b> Relax techniques for anxiety relief, Relaxation exercises and tips, steps for starting a meditation practice, stress management Technique What is Emotional Intelligence, emotional quotient why Emotional Intelligence matters, Emotion Scales. Managing Emotions.	9	25%

**Reference Books:**

1. Daniel Coleman, Emotional Intelligence, Bantam Book, 2006
2. Stress Management: B.S. Shah Prakashan
3. Stress Management: Prof. P.M. Shah –Kumar Prakashan