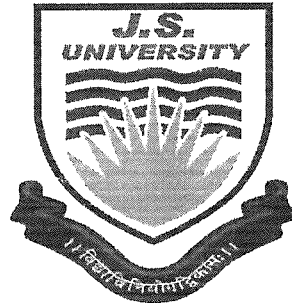


J.S. University, Shikohabad

Established by UP Govt. Act No. 07 of 2015

Recognized by U.G.C. under section 2 (f) of Act-1956



Value Added Course

(STRESS MANAGMENT)

VAC-051

Faculty Of Commerce



J.S. University, Shikohabad
Faculty Of COMMERCE

Value Added Course

AY: 2019-20

STRESS MANAGEMENT

Learning Outcome:

Stress is a part of daily living and each individual responds to stress differently. Thus there's no "one size fits all" solution to managing stress. Stress management techniques can teach an individual healthier ways to cope with stress, help reduce its harmful effects, and prevent stress from spiralling out of control again in the future. This course aims to teach the student how to limit the harmful effects of stress while maintaining life's quality and vitality

Duration: 30 Hours. (Theory and Practical)

COURSE OUTCOMES

- Understand the different types of stress
- Understand the different types of relief strategies
- Apply different ways to manage your stress

1. Module-1

SCIENTIFIC FOUNDATIONS OF STRESS

- What is stress?
- Sources of stress
- Types of Stress
- Personality Factors and Stress
- Stress and the College Student

2. Module-2

STRESS PSYCHOPHYSIOLOGY

- Stress and Nervous System
- Effect of Stress on Immune System
- Health Risk Associated with Chronic Stress
- Stress and Major Psychiatric Disorders

3. Module-3

DEVELOPING RESILIENCE TO STRESS

- Understanding your stress level
- Role of Personality Pattern, Self Esteem, Locus of Control
- Role of Thoughts Beliefs and Emotions

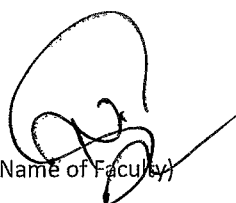
4. Module-4

STRATEGIES FOR RELIEVING STRESS

- Developing Cognitive Coping Skills
- Imagery and Progressive Relaxation
- Other Relaxation Techniques
- DIY Strategies Stress Management

References:-

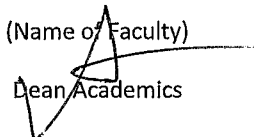
1. Practical Stress Management: A Comprehensive Workbook by Romas, John A;
2. Sharma, Manoj
3. Stress management: an integrated approach to therapy by Cotton, Dorothy H. G



(Name of Faculty)

Course Coordinator

Dr. Navneet
Kaur



(Name of Faculty)

Dean Academics

Dr. Akhilesh



(Name of Faculty)

Director/Principle/Dean of
Faculty/Department

Dr. Gaurav
Gupta