

**J.S.UNIVERSITY,SHIKOHABAD,FIROZABAD,U.P**

**Department: Pharmacy**

**Value Added Course**

**STRESS MANAGEMENT STUDY**

**(VAC-104)**

DURATION OF COURSE: 30 HOURS

TIME: 3 HOURS IN A WEEK

**Unit-I**

**Introduction to Stress**

**(6 Hours)**

- Introduction to stress: Meaning, Definition, Eustress. Distress,
- Types of stress: Acute stress, Episodic Acute stress and chronic stress, signs and Symptoms

**Unit-II**

**Sources of stress**

**(6 Hours)**

- Psychological, Social, Environmental
- Academic, Family and Work stress

**Unit-III**

**Impact of stress**

**(6 Hours)**

- Physiological Impact of stress-Autonomic Nervous System Changes, Changes in Brain General nonp syndrome (GAD), Quality of sleep. Diet and Health effects.
- Psychological Impact of stress-impaired Mental functions. Poor memory. -Social Impact of stress-Stressful Life Events, Social support and health

**Unit-IV**

**Role of diet & sleeping pattern**

**(6 Hours)**

- What is balanced diet?

- Effect of junk food
- Effect of diet on immune system
- What is your diet chart?
- Role of Vitamin C. Magnesium, Omega-3 fatty acids in the diet Insomnia, Sleep hygiene in bedroom & sleep schedule

#### **UNIT- V**

**(6 Hours)**

#### **Stress Reduction Techniques:**

- Exercise
- Yoga & Meditation
- Deep breathing
- Biofeedback
- Connecting with people
- Behavior
- Inner voice
- Laugh therapy & Talk therapy

#### Reference books:

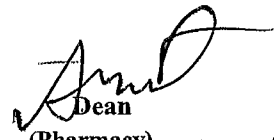
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2. Chaitow L., Bradley D., Gilbert C. (2002) Multidisciplinary Approaches to Breathing Potlem Card 3. Cooper C.L... Cooper R.D., Eaker L.H. (1987) Living with Stress, Penguin,
3. Hubbard J.R., Workman E.A. (1998) Handbook of Stress Medicine, CRC Press 6. International Stress Management Association. Stress News April 2002 vol. 14.
4. Hoffman D. (1992) Therapeutic Herbalism 8. Everly G.S. (1989) A Clinical Guide to the Treatment of the Human Stress Responen
5. Davis M. (2000) The Relaxation and Stress Reduction Work Book New Harbinger Inc
6. Bond M. (1988) Stress and Self Awareness, a Guide

  
Name of Course Coordinator

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