

NON-MAJOR - I : STRESS MANAGEMENT

Sem	Subject code	Category	Lecture		Theory		Credit
			Total Hrs	Hrs per week	Total Hrs	Hrs per week	
III		Non Major – I	30	2	30	2	2

COURSE OBJECTIVE:

1. The main objective of this subject is to understand the concepts of stress management.
2. To understand the general sources of stress and ways to overcome stress.

COURSE OUTCOMES:

On Successful completion Of the Course the student will be able:

CO Number	CO Statement	Knowledge level(K1-K4)
CO1	To understand the meaning of stress and personal types of stress.	K1, K2
CO2	To make them understand the general sources of stress	K2, K4
CO3	To understand the concept of stress management and benefits of maintaining stress diary	K1, K2, K3
CO4	To make them understand about time budget and time monitor	K1, K2
CO5	To make them aware of the topic procrastination and time management concepts	K2, K3

K1 – Remember; K2 – Understand; K3 – Apply; K4 –Analyze

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO 2	PO 3	PO 4	PO 5	PO 6
C01	M	S	M	S	S	S
C02	S	M	S	S	M	S
C03	S	S	S	M	S	M
C04	M	S	M	S	S	S
C05	M	S	S	M	S	M

S – Strong ;

M – Medium;

L – Low

UNIT- I STRESS AND TYPES OF STRESS

5 hrs

Stress : Meaning – Eustress versus Distress –Approaches to stress –
Signs of stress - Stages of stress at work – Personal types of stress

UNIT- II SOURCES OF STRESS

6 hrs

General Sources of stress : Stress and health – Physiological stress –
How to overcome Physiological stress - Psychological stress – How to
overcome Psychological stress

UNIT -III STRESS MANAGEMENT

5 hrs

Stress Management : Meaning – How to manage stress at work and
personal life – stress diary – learning to relax – Stress management
techniques – Coping strategies for stress

UNIT- IV TIME MONITOR

6 hrs

Planner : Benefits of using a planner – Time Budget – Importance

of time budget - Time Monitor – Significance of time monitor -
Benefits of making schedules.

UNIT –V PROCRASTINATION

8 hrs

Procrastination : Meaning – Perspectives of Procrastination – The
Psychology and causes of Procrastination - How to overcome
Procrastination

Distribution of Marks : Theory – 100% , Problems – 0%

TEXT BOOKS:

Sl. no	Authors	Title	Publishers	Year of publication
1	Shukla Ajay	Stress Management	Unicorn Books Private Limited	2003
2	Dr.Anjali Ghanekar	Managing Stress	Everest Publishing House	2018
3	Vivek Bindra	Effective Planning and Time Management	Bloomsbury India	2017

REFERENCE BOOKS:

S.N O	Authors	Title	Publishers	Year of publication
1	Paul M.Lehrer, Robert L.Woolfolk, Wesley E.Sime	Principles and practice of stress management	Guilford Press	2008
2	John Kyriazoglou	How to reduce occupational stress	Web source	--

TEACHING METHODOLOGY:

1. Chalk & Talk
2. Lecture
3. Seminar
4. Assignment
5. Chart preparation
6. PPT
7. Group Discussion
8. You tube class
9. Case study
10. Role play

SYLLABUS DESIGNER

R.Maheshwari, Assistant Professor, Department of Management Studies, D.K.M College for Women