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| **PROGRAM** | **Master of Business Administration (Regular)** |
| **SEMESTER**  | **4** |
| **COURSE TITLE** | **Stress Management** |
| **COURSE CODE** | **04MB0447** |
| **COURSE CREDITS** | **3** |
| **COURSE DURATION** | **42 Sessions**  |

**Learning Outcomes: At the end, participants will be able to,**

* Understand the basics of stress management.
* Analyze stress triggers and to manage them.
* Evaluate the responses to stressful situations.
* Apply the techniques of stress management in day-to-day life.
* Develop personal strengths for preventing stress and achieving meaningful goals.

# Course Contents:

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| **Unit No** | **Unit / Sub Unit** | **Sessions** |
| **I** | **Introduction to Stress**Defining stress: The Meaning of Stress, The Body’s Reactions to Stress, Context and overview, types of stress: distress, eustress, indicators of stress: physiological, psychological and cognitive indicators  | 8 |
| **II** | **Sources of Stress across Lifespan**Internal Stressors, External Stressors, Developmental stressors, life situations/chronic stressors, Unusual Stressors, Nutrition, Occupation, **Response to Stress (**4 Fs: Flight, Fight, Fear, Fornication, Depression and its impact on the mental and physical state) | 8 |
| **III** | **Stress Management Techniques I**Spiritual approach to stress management, Food habits as a cure to stress, Modification to routine life style and thought process renewal activities | 8 |

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| **IV** | **Stress Management Techniques II**Psychological Relaxation methods, Physical activities to reduce stress, Deep breathing, Yoga, Meditation, Keeping a thought journal, Music therapy, Affirmations, Methods to improve overall well being | 9 |
| **V** |  **Final Reflection:** Individual Stress Management Plan, Making Changes last, Case studies learning  | 9 |

# Evaluation:

**The students will be evaluated on a continuous basis and broadly follow the scheme given below:**

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|  |  | Weight age |
| A | Continuous Evaluation Component (Assignments / Quizzes /Class Participation etc.) | 20% (C.E.C.) |
| B | Internal Assessment | 30% (I.A.) |
| C | End-Semester Examination | 50% (E.A) |

**Text Books:**

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| --- | --- | --- | --- | --- |
| **Sr. No** | **Author/s** | **Name of the Book** | **Publisher** | Edition and Year |
| **T-01** | Kottler & Chen | Stress Management and Prevention: Application to Everyday Life | Routledge | 2nd Edition 2011 |
| **T-02** | P.K. Datta | Stress Management | Himalaya | First, 2016 |

**Reference Books:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sr. No** | **Author/s** | **Name of the Book** | **Publisher** | Edition and Year |
| R-01 | Olpin, Hesson  | Stress Management for Life | Cengage | Fifth Editions |
| R-02 | Melanie Greenberg | The Stress-Proof Brain | Amazon Edition | - |