

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:

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

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:

		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:

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	2 nd 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	-