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“NAAC Grade – B+”
NCTE No. 113116

(Affiliated to University of Pune.)
(ID.No. / PU / PN / Edu. / 080 / 1990.)

VALUE ADDED COURSE (2023-2024)

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| COURSE NAME | STRESS MANAGEMENT FOR HUMAN HEALTH |
| COURSE CODE | VASMHH |
| DURATION | 34 Hrs |

ABOUT THE COURSE

The nature of stress and the physiological, psychological effects of prolonged stress response includes short and long term. Physical behaviour techniques. (Exercises, Relaxation, Meditation, Yogasan Program) for management of stress.

COURSE OBJECTIVES

As a result of taking this class students are expected to be able to–

- 1) Understand the nature of stress
- 2) Understand the concept and effects of stress
- 3) Grasps the concept related to causes and effects of stress
- 4) Understand and learn how to use various techniques and determine the most appropriate method to aid in managing your reaction to stress.
- 5) Comprehend the psychological and physiological effects of Stress.
- 6) Understand the causes and remedies of stress of school teachers and students.
- 7) Accept the responsibility of taking charge of your own levels of stress

COURSE CONTENT

MODULE 1 - Understanding the nature of stress

- a) The meaning of stress ,definition of stress
- b) Symptoms(characteristics) and effects of stress
- c) Types of stress –good ,bad, short term ,long term
- d) Causes of stress –physical ,emotional, social, Environmental
- e) The Body's reaction to stress
- f) Adaptive and maladaptive behaviour

MODULE 2 - Strategies and skills of stress management with Prevention

- a) Physical methods of stress reduction
- b) Stress reduction activities
- c) Various strategies techniques and way of stress Management
- d) Care of self –nutrition and other lifestyle issues

MODULE 3 - Stress management activities

- a) Participation in yogasan program
- b) Participation in relaxation and meditation

COURSE LEARNING OUTCOMES (CLO`S)


The prospective teachers

- 1) Understand the importance of good health
- 2) Recognizes the importance of yoga in developing moral values
- 3) Learns to do the yoga and asana
- 4) Develops emotional stability

5) Practices the steps in maintaining mental health

REFERENCES

- 1) Chandrasekaran,k.(1999).Sound Health through Yoga
.Saidapet Prem Kalyan Publication
- 2) Sharma P.D. (1984). Yogasana and Pranayama for health.
Ahmadabad. Navneet Publications.
- 3) Stress Management And Prevention (Application Of Daily Life)
David D.Chen
- 4) Dr Suresh Suryawanshi. Mind Your Stress (&Only You Can
Reduce Your Stress)


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