

DEPARTMENT OF TEACHER EDUCATION (B.Ed.)

**SYLLABUS  
FOR  
VALUE ADDED COURSE  
(UG LEVEL)**

**STRESS MANAGEMENT**



**RAMA DEVI WOMEN'S UNIVERSITY**

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# **STRESS MANAGEMENT**

**Course Code: TE-SBCC-SM**

## **Course Outcome**

After the completion of the course, students will able to

CO1: To develop an understanding of the meaning and nature of stress.

CO2: To analyze the impact of stress in one's day to day life.

CO3: To adopt various strategies of stress management.

## **Course Contents**

### **Module-01: Understanding Stress**

**Hours: 12**

- Meaning and Nature of Stress
- Types of Stress
- Sources of Stress

### **Module-02: Impact of Stress**

**Hours: 12**

- Physiological Impact of Stress
- Psychological Impact of Stress
- Social Impact of Stress

### **Module-03: Strategies of Stress Management**

**Hours: 12**

- Psychological and Spiritual Relaxation Methods
- Physical Methods of Stress Reduction
- Care of the Self: Nutrition and other Lifestyle Issues

## **Suggested Readings**

Dalal A.S.(Ed.)(2001). A greater psychology: An Introduction to the psychological thoughts of Sri Aurobindo. Puducherry: Sri Aurobindo Ashram Pub.

Delors, Jaquisetal.(1996). Learning the treasure within –Twenty first century education: Report of the UNESCO Education Commission. Paris: UNESCO.

Goel, D.R.(2006). Quality concerns in education .Vadodara: CASE, M.S. University.

Krishnamurti J.(2000).Education and significance of life. Chennai, Krishnamurti Foundation India.

Krishnamurti,J.(1998).On self- knowledge.Chennai, Krishnamurti Foundation India.

UNICEF(2006): Life skills modules-Adolescence education program. NewDelhi: UNICEF House,

Venkateshamurthy, C. G. &GovindaRao, A.V.(2005). Life skills education training package. Mysore: Regional Institute of Education.