

101 - ELECTIVE GENERIC (EG)
STRESS MANAGEMENT

Unit No	Content
Unit-I	<p style="text-align: center;">CONCETUALIZING STRESS:</p> <ol style="list-style-type: none"> 1. Concept of stress, Meaning and Nature 2. Common stressors & resources 3. Factors of Stress
Unit-II	<p style="text-align: center;">STRESS: EFFECTS & REACTIONS</p> <ol style="list-style-type: none"> 1. Effects of stress 2. Reactions to stress (physiological, psychological)
Unit-III	<p style="text-align: center;">MANAGING STRESS-I</p> <ol style="list-style-type: none"> 1. Stress management programs 2. Exercise 3. Meditation
Unit-IV	<p style="text-align: center;">MANAGING STRESS-1</p> <ol style="list-style-type: none"> 1. Yoga nidra 2. Relaxation

REFERENCES:-

1. "STRESS MANEGEMENT" Himalaya Publicati ons, Dr. Satish Pai, Dr. S.Ravishankar, Dr. H.L.Kaila, Shri S.V.Kamat, Students addition
2. "SAMAYOJAN MANOVIGYAN" Liberty Publication, addition : 1994 -95
3. "TANDURASTI NU MANOVIGYAN" Parshva Publication, Dr. Aravind Shah, addition:2005
4. www.stress-org/topic
5. <http://www.innerhealthstudio.com/relaxation-techniques.html>
6. [http://books.google.in/books?id=T-huvwUNivUC&printsec=frontcoverdq:stress + management & hl=en#v=onepage &q&f=false](http://books.google.in/books?id=T-huvwUNivUC&printsec=frontcoverdq:stress+management&hl=en#v=onepage&q&f=false)