

Subject : Stress Management.

Paper No – SM 305

ES – 3

Objectives:

- 1) To understand the students about type of stress and its managerial aspects.
- 2) To study physiological cost of work of an individual and its ran dice.

Contents

Unit – 1 Stress – meaning and causes of stress development.

Type of stress – Physical stress.

- Mantle stress.

Unit – 2 Fatigue – types of fatigue.

Energy management.

Unit – 3 Method of physiological cost of work.

Energy cost calculation.

Unit – 4 Stress disorders and personality stress.

Life style and stress.

Remedies for removing stress.

