

POSTGRADUATE DEPARTMENT OF HISTORY
HENRY BAKER COLLEGE, MELUKAVU
CERTIFICATE PROGRAMME

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Programme Code: **HBC/HIS/CP05/2019-20**

Title of the Programme : **STRESS MANAGEMENT (SM)**

Faculty in Charge: **Mr. Krishnadas Chinnappan**

Instructional Hours: **30**

SYLLABUS

OBJECTIVES

- To identify sources of stress.
- To encourage students to view stressful situations from a more positive perspective.
- Help them to adjust their standards.
- Specialized activities for coping with stress
- Overall personality development

COURSE OUTCOME

Overall personality development., mental, physical and social health should be improved.

Module I: What is Stress :Causes- physical&mental-After effects of stress-need for stress management. **(6 Hours)**

Module II: Different Methods for Stress Management: Basic concepts, yoga, meditation, positive thinking (Theory and practical) **(10 Hours)**

Module III: From Preparation to Exam Hall : Techniques to overcome exam fear-causes of fear –techniques for effective memorization, association, mnemonics, acronym, acrostic, chunking etc.- **(7 Hours)**

MODULE IV:TIPS FOR DAILY LIFE:Daily yoga-,time management-self motivation-concentration-observation-forgetting-positive thinking **(7 Hours)**

References

1. Dr.N.K Arjunan,*Psychological Bases of Education*, Yuga publication, Palakkad,2014.
2. Sunny Chennatt,*Yoga NingalkkoruVaradaanam*, Rishi publication,Kottayam,2008.
3. Dale Carnegie,*How to Stop Worrying and Start Living*, Prism Books Pvt.Ltd.,Bengaluru, 2018.
4. Norman Vincent Peal, *ThePower of Positive Thinking*,Adarsh Books,New Delhi,2019.
5. Robert A .Schuller,*Dump Your Hang Ups*,DC books, Kottayam, 2018.
6. DivyaChopra,*Personality Plus*, Lotus publishers,New Delhi, 2018.