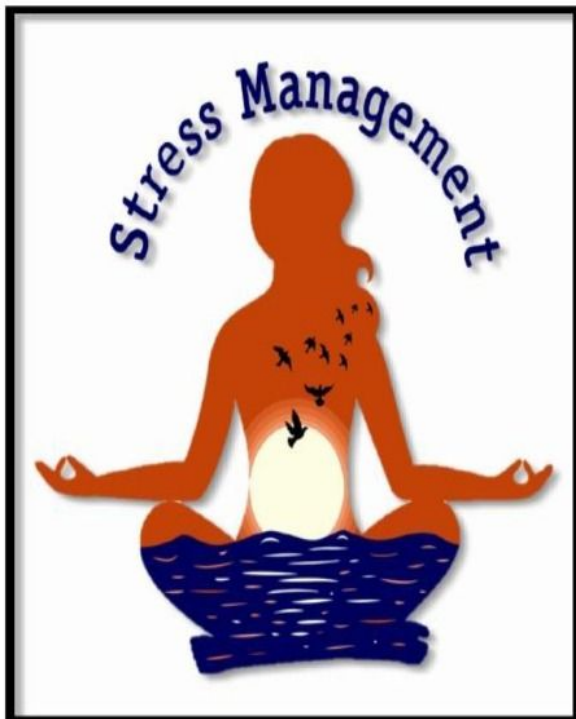


VALUE ADDED COURSE
Stress Management
(edu/v-23)
(Session 2020-21)



- ✚ 16 hours course.
- ✚ Course offered for B.Ed., B.El.Ed and M.Ed. Students.
- ✚ Last date of registration: 26 February, 2021
- ✚ Two periods per week.
- ✚ Classes will start from 05 March, 2021
- ✚ Days for Classes –Friday and Saturday (subject to change under special circumstances)

Offered by
Department of Education
Swami Vivekanand Subharti University, Meerut

VALUE ADDED COURSE

SYLLABUS

Stress Management

Edu/v-23 (Session 2020-21)

Course Title	STRESS MANAGEMENT	Course Code	-edu /v-23
Course Objectives	To enable student-teacher to 1. Understand the concept of stress and its effect on life. 2. Understand the types of stress and their impact. 3. Impact of stress on Physical, Mental and Psychological health. 4. Impact of yoga and meditation on stress management		
Unit – 1:	Introduction to Stress (i) Introduction to stress: Meaning, Definition, Eustress, Distress, (ii) Types of stress: Acute stress, Episodic Acute stress and chronic stress, signs and Symptoms Sources of stress (i) Psychological, Social, Environmental (ii) Academic, Family and Work stress		
Unit – 2:	Impact of stress (i) Physiological Impact of stress -Autonomic Nervous System Changes, Changes in Brain, Quality of sleep, Diet and Health effects (ii) Psychological Impact of stress - Impaired Mental functions, Poor memory (iii) Social Impact of stress - Stressful Life Events, Social support and health (iv) Relaxation, Yoga and Meditation		


 Registrar
 Swami Vivekanand
 Subharti University
 MEERUT

Report of Value Added Course

“Stress Management” Edu/v-23 (Session 2020-21)

Name and code of the value-added course-Stress Management (edu/v-23)

Aim of teaching the course- To develop the ability from overcome the stress in Professional and Personal life.

Programmes in which course was taught- B.El.Ed.,B.Ed. &M.Ed- I Year

COURSE OBJECTIVES:

To enable student-teacher to

- Understand the concept of stress and its effect on life.
- Understand the types of stress and their impact.
- Impact of stress on Physical, Mental and Psychological health.
- Impact of yoga and meditation on stress management

Commencement of the course- 05-03-2021

Duration of the course- 16 hours

Schedule- Friday and Saturday of every week

Timing- Friday- 02.00 – 03.00 PM & Saturday- 2.00- 03.00 PM

Course Coordinator: Mr. Rahul Kumar

Teacher responsible for teaching the units of this course

S.No.	Unit No. and Name	Dates
1	Introduction to Stress	05.03.2021-27.03.2021
2	Impact of stress	02.04.2021-24.04.2021

Total Enrolled Student: 35

Students Completing the Course: 30



Course Coordinator



Head

“Stress Management”
Edu/v-23 (Session 2020-21)
List of Participants

Sl. No.	Student's Name	Programme
1	Shivani	B.Ed.
2	Swayam Singh	B.Ed.
3	ShivaniChoudhary	B.Ed.
4	NandishAhlawat	B.Ed.
5	RashmiSirohi	B.Ed.
6	SonaliChaudhary	B.Ed.
7	NishchayaKadiyan	B.Ed.
8	Devesh Chandra	B.Ed.
9	Laiba	B.Ed.
10	Niharika	B.Ed.
11	Mohini Mala	B.Ed.
12	Aparna Mittal	B.Ed.
13	AshishChoudhar	B.Ed.
14	RashiSant	B.Ed.
15	AkratiBhardwaj	B.Ed.
16	Koyal	B.Ed.
17	SenbiRomin	B.Ed.
18	AkshitaYadav	B.Ed.Ed
19	AnchalChoudhary	B.Ed.Ed
20	Anjali Chikara	B.Ed.Ed
21	Ashi	B.Ed.Ed
22	Himanshu	B.Ed.Ed
23	KhushiYadav	B.Ed.Ed
24	Km Neeru	B.El.Ed
25	MansiVerma	B.El.Ed
26	ShivamChoudhary	B.El.Ed

27	Shikha Singh	B.El.Ed
28	NeetiPanwar	B.El.Ed
29	SakshiKashyap	B.El.Ed
30	Taniya	B.El.Ed
31	RashiYadav	B.El.Ed
32	RashiYadav	B.El.Ed
33	PriyankaChaudhary	M.Ed
34	Praveen Kumar	M.Ed
35	Abhyuday Kumar	M.Ed



Course Coordinator



Head