

# KRISHNASAMY

College of  
**ENGINEERING & TECHNOLOGY**

Approved by AICTE & Affiliated to Anna University  
Anand Nagar, Nellikuppam Main Road, S. Kumarapuram, Cuddalore - 607 109, Tamil Nadu.  
☎ (04142) 285 601 - 604    🌐 www.kcet.in    ✉ info@kcet.in

## DEPARTMENT OF SCIENCE AND HUMANITIES

16.03.2022

### CIRCULAR

Ref.: KCET/S & H/VAC/CIRCULAR/2021-22/02.

The following Value Added Course will be conducted during the academic year 2021-2022. The course will be conducted from 28.03.2022 to 01.04.2022. Students are instructed to register their names in the course allotted to them.

**Note: Students are instructed to attend the program without fail.**

S.No.	Course Code	Name of the Course	Year	No. of Period	Course Coordinator
1	S&H - VAC2102	STRESS MANAGEMENT	I	30	Dr. P. MANIKANDAN, AP/S&H

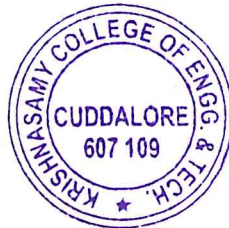
*B. Krishna*  
HOD/S&H

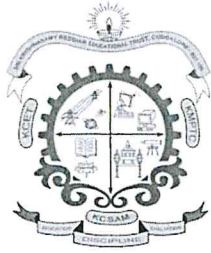
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## SYLLABUS

**Subject Code/ Subject Name:** S & H-VAC2102–STRESS MANAGEMENT COURSE

**Duration:** 30 Hours

**About the Course:**

The nature of stress and the physiological and psychological effects of prolonged stress response.

Includes short and long term somatic, behavioral techniques (exercise, relaxation, meditation, nutrition, time management and goal setting) for management of stress.

### **COURSE OBJECTIVE:**

As a result of taking this class, students are expected to be able to:

1. Understand the nature of stress:
2. Comprehend the psychological and physiological effects of stress:
3. Grasp the concepts related to individual and cultural difference in stress reactions across lifespan:
4. Assess individual risk factors as related to stress (behavioural, emotional, physical, spiritual)
5. Accept the responsibility of taking charge of your own levels of stress

### **COURSE CONTENT**

#### **Module I-**

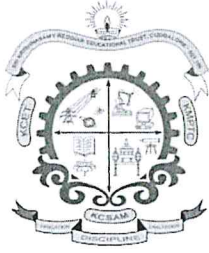
**6**

1. The Meaning of Stress
2. The Body's Reaction to Stress
3. Sources of Stress Across the Lifespan

#### **Module II -**

**6**

1. Challenging Stressful Thinking
2. Problem Solving and Time Management
3. Psychological and Spiritual Relaxation Methods.



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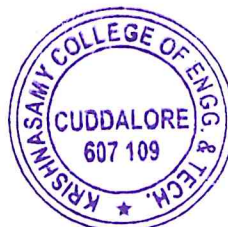
<b>Module III –</b>	<b>6</b>
1. Resilience and Stress	
2. Optimal Functioning.	
3. Making Changes Last	
<b>Module IV –</b>	<b>6</b>
1. Adaptive and Maladaptive Behaviour	
2. Physical Methods of Stress Reduction.	
3. Preparing for the Future: College and Occupational Stress	
<b>Module V-</b>	<b>6</b>
1. Care of the Self: Nutrition and Other Lifestyle Issues.	
2. Stress and Conflicts in Relationships.	
3. Individual and Cultural Difference	

**TOTAL: 30 PERIODS**

#### **COURSE OUTCOMES:**

At the end of the course the student will be able to

1. Understand and learn how to use various techniques and determine the most appropriate method to aid in managing your reaction to stress:
2. Develop the ability to tap personal strength for preventing stress and achieving meaningful goals: and



*B. Sivaram*  
HOD/S&H