

**SREE NARAYANA COLLEGE
KOLLAM**

CERTIFICATE COURSE IN
STRESS MANAGEMENT
FOR WORKING PROFESSIONALS

For More Details, Contact

**THE HEAD OF THE DEPARTMENT
DEPARTMENT OF PHILOSOPHY
S N COLLEGE, KOLLAM**





SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

CERTIFICATE COURSE IN

STRESS MANAGEMENT FOR WORKING PROFESSIONALS

DEPARTMENT OF PHILOSOPHY

S N COLLEGE, KOLLAM

STRESS MANAGEMENT FOR WORKING PROFESSIONALS

Amidst expeditious schedules, jam-packed days of meetings and looming deadlines to unceasing emails and in an often unrealistic workload, professionals tend to work around the clock, into the weekend, and wake up on Monday morning to start the cycle all over again. Most of them are made to love what they do. But either way you look at it, employees contend with a lot of stress. It doesn't matter how good they are at their job or how much they love the job nature the unmanaged and prolonged periods of stress more often lead to burning out, negativity and end up as unproductive employees. Long-term exposure to unmanaged stress can take a toll on your body and mental health resulting in work-related burnout, depression and anxiety.

Your personality, experiences and other unique characteristics all influence the way you respond to and cope with stress related to your profession as well. Situations and events that are distressing for one's colleagues might not bother another in the least. Or you might be particularly sensitive to certain stressors that don't seem to bother other people. Effectively coping with job stress can benefit both your professional and personal life. The course contains theoretical classes and seminar as well.

Objectives

1. Understand the concept of stress and stress management.
2. Classify the types and source of stress and the various causes of stress. Identify your stress situations that you face during your work.
3. Explains the physical, psychological and behavioural symptoms of stress and identifies the negative effects of stress in personal and work life. To acquire qualities like positive thinking, pressure control, delegation, self-motivation and to sharpen your time management skills.
4. Evaluate your ability to deal with stress by applying stress management skills and evaluate your life through the Wheel of Life model to achieve balance.

5. To acquire qualities like positive thinking, pressure control, delegation, self-motivation and time management

Syllabus

Theoretical Classes

The theory classes aim in imparting a proper understanding on Stress management. Major topics identified as preliminary course syllabus are:

- Introduction to stress management
- Symptoms of stress and its negative effects
- Techniques for dealing with stress
- The Wheel of Life model to achieve balance in life

SYLLABUS

Unit-1 Introduction to Stress and Understanding Stress

- (i) Introduction to stress : Meaning, Definition, Eustress, Distress,
- (i) Types of stress: Acute stress, Episodic Acute stress and chronic stress, signs and Symptoms.

Unit-2: General sources of stress

- (i) Psychological, Social, Environmental
- (ii) Academic, Family and Work stress

Unit-3: Impact of stress

- (i) Physiological Impact of stress.
- (ii) Autonomic Nervous System Changes, Changes in Brain, General adaptive syndrome (GAD), Quality of sleep, Diet and Health effects.
- (iii) Impaired Mental functions, Poor memory.
- (iv) Social Impact of stress
- (v) Stressful Life Events, Social support and health.

Unit-4 Stress Response

'Fightor Flight' Response, Stress warning signals

Unit-5 : Stress and Coping

Coping Mechanisms: Appraisal focused, Emotional focused and Problem focused.

Unit-6: Stress Reduction Techniques:

1. Autogenic Training
2. Biofeedback

3. Relaxation

4. Yoga and Meditation

Expected Outcome

Upon successful completion, the student will be able to :

1. Analyze information that promotes the development of a plan for life-long stress management. Analysing stress triggering situations in the profession.
2. Analyze attitudes toward allocating time management and to sharpen your time management skills so as to cope with the nature of work.
3. Recognize and evaluate personal stressors and how the stress impacts wellbeing.
4. Analyse the ways to balance your work and personal life.
5. Identify and integrate selected stress management strategies that positively affect the quality of your profession.
6. Re-evaluate the negative thoughts.
7. Analyze various strategies for decompressing and taking care of yourself.
8. Analyze various stress management skills that can be used to achieve and maintain the expected output.

Seminars

In addition to the theoretical and practical components a third dimension is given to the program for the purpose of giving chance to the professionals to understand more about the relevance of Stress Management in work. For this purpose, the candidates are requested to participate in one seminar and one debate session of one day duration.

Examination

This Certificate course is a non-formal education scheme. In the final phase of the course a written examination of three-hour duration will be conducted to the participants.

Certificate

The certificates will be issued for the students who are successfully completing the course.

Qualification of the course

Plus two/Pre Degree is the basic qualification for attending the course.

Method of Teaching

The medium of lecture classes and seminars will be in Malayalam and English.

Duration of the course

Duration of the course will be six months.

Thiruvalluvar
Principal
Sree Narayana College
Kollam



REPORT OF THE CERTIFICATE COURSE 2021-22

Department of Philosophy conducted certificate course in "Stress Management for Working Professionals" during the academic year 2021-22. For the smooth functioning of the course, a Board of Studies was constituted comprising the Principal, College Level Certificate Course Coordinator, department level coordinator and faculties of the department. Meetings were conducted by the Department for preparing syllabus, title selection of the course, brochure preparation, project discussion and fixing examination date. Forty six teachers applied for the course and all of them were selected for the course. All the participants completed the course successfully. The classes were conducted on Saturdays and were handled by Dr. Soumya.R.V (HOD) and Dr. Laiju.S.

Stress is a fact of everyday life – but too much stress makes us ineffective and reduces the control we have over our lives. This course was intended to help one to identify the personal difficulties, reflection upon your stress management, relaxation strategies and become more effective in handling everyday pressures in a worthwhile way. If you feel swamped by stress, come along and take a fresh look at yourself, rebuild your energy and create a more balanced lifestyle by identifying unsustainable behaviors as well as sharpening your stress management skills and remoulding your resources.

Outcome of the course

- Co1 Comprehend the basic rules of stress management
- Co2 Understand your stress-triggers and controlling them
- Co3 Develop proactive reactions to stressful conditions
- Co4 Use tips for managing stress in job, family and social life
- Co5 Learn to handle stress through lifestyle changes
- Co6 Develop an effective plan to diminish and curtail stress
- Co7 Understand the intangible issues linked to stress
- Co8 Interpret the psychological mechanisms linked to stress
- Co9 Learn the major foundational therapies used for stress management
- Co10 Learn the mindset designed for relaxation
- Co11 Understand relaxation and its clinical applications
- Co12 Learn the psycho-physiological perspectives of anxiety and stress
- Co13 Learn the basics of therapy to effectively control stress



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

NAAC Re-Accredited with A Grade

NOTICE

This is to inform all the faculties of Department of Philosophy that there will be a meeting of certificate course on 10/08/2021 at 3.15 P.M at the department chamber.

Agenda

- Preparation of Syllabus
- Title selection of Certificate Course
- Brochure preparation of the course

Dr. Soumya.R.V. (Department Level Certificate Course Coordinator)



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

NAAC Re-Accredited with 'A' Grade

NOTICE

This is to inform all the faculties of Department of Philosophy that there will be a meeting of certificate course on 12/08/2021 at 3.15 P.M at the department chamber.

Agenda

- Official Launch of Certificate Course
- Selection of Resource Person

Dr. Soumya.R.V (Department Level Certificate Course Coordinator)



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

NAAC Re-Accredited with 'A' Grade

NOTICE

This is to inform all the faculties of Department of Philosophy that there will be a meeting of certificate course on 01/01/2022 at 3.15 P.M at the department chamber.

Agenda

- Project Discussion
- Fixation of Exam Date of Certificate Course

Dr. Soumya.R.V (Department Level Certificate Course Coordinator)



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 10th August 2021 for finalizing of the inauguration date of the certificate course as a part of the 2021-22 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by the HOD, Philosophy Department and Course Coordinator, Dr.Soumya.R.V and Dr.Laiju.S explained in detail about the subject matter. Under the instruction by the members of the Board of Studies in the meeting, the inauguration for the Course was planned for 16th August 2021.

Kollam

Dr. SOUMYA.R.V

CO-ORDINATOR



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 12th August 2021 for finalizing of the inauguration date of the certificate course as a part of the 2021-22 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by the HOD, Philosophy Department and Course Coordinator, Dr.Soumya.R.V and Dr.Laiju.S explained in detailed about the subject matter, Preparation of Syllabus, Title selection of Certificate Course, Brochure preparation of the course has been done in the meeting.

Kollam

Dr. SOUMYA.R.V

CO-ORDINATOR



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with A Grade

MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 1st January 2022 for finalizing of the inauguration date of the certificate course as a part of the 2021-22 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by the HOD, Philosophy Department and Course Coordinator, Dr.Soumya.R.V and Dr.Laiju.S explained in detailed about the subject matter. Under the instruction by the members of the Board of Studies, project discussion has been done and the date of examination has been done. The exam was planned for 20th February.

Kollam

Dr. SOUMYA.R.V

CO-ORDINATOR



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

NAAC Re-Accredited with 'A' Grade

DEPARTMENT OF PHILOSOPHY

DEPARTMENT LEVEL CERTIFICATE COURSE 2021-22

STRESS MANAGEMENT FOR WORKING PROFESSIONALS

MEMBERS OF BOARD OF STUDIES

Dr.Sunil Kumar.R

-Principal S.N College Kollam

Dr.Anil Raj

- College Level Certificate Course Coordinator

Dr. Soumya.R.V

-Head of the Department, Philosophy and Course

Coordinator

Dr.Laiju.S

-Faculty Member



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

DEPARTMENT OF PHILOSOPHY

DEPARTMENT LEVEL CERTIFICATE COURSE 2021-22

STRESS MANAGEMENT FOR WORKING PROFESSIONALS

LIST OF TEACHERS HANDLING CLASSES

Dr.Soumya.R.V - HOD, Philosophy

Dr.Laiju.S - Faculty, Psychology

TIMETABLE 2021-2022

Day	Time	Teacher
SATURDAY	3.30-4.30	Dr Soumya R.V.
SATURDAY	3.30-4.30	Dr Soumya R.V.
SATURDAY	3.30-4.30	Dr. Laiju.S.
SATURDAY	3.30-4.30	Dr. Laiju.S.
SATURDAY	3.30-4.30	Dr Soumya R.V.



SREE NARAYANA COLLEGE, KOLLAM
Affiliated to University of Kerala
UAC Re-Accredited with 'A' Grade

DEPARTMENT OF PHILOSOPHY

LIST OF TEACHERS APPLIED FOR THE CERTIFICATE COURSE

Sl.No.	Candidate Code	Name
1	Botany	Dr Latha Sadanandan
2	Botany	Dr Kiran Raj M S
3	Botany	Dr N. Ratheesh
4	Botany	Dr. Chithra Vijayan
5	Botany	Dr. Vilash V
6	Botany	Dr Ponni T G
7	Botany	Neethu Vijayaku mar
8	Chemistry	Dr. V L Pushpa
9	Chemistry	Dr. S V Manoj
10	Chemistry	Dr. Rema Devi B
11	Chemistry	Dr. P Nikhil Chandra
12	Chemistry	Dr. Rijith S
13	Chemistry	Mr. Abhilash S
14	Chemistry	Ms. Jeneena K B
15	Chemistry	Dr. Deepa J P
16	Chemistry	Dr. Praveen Prakash
17	Chemistry	Dr. Sree Remya T S
18	Chemistry	Dr. Deepa J R
19	Chemistry	Dr. Vivek B
20	Chemistry	Dr. Sumesh R V
21	Chemistry	Dr. Mini S
22	Commerce	DR. Dayana Sajjanan
23	Commerce	Dr. A Rajasekaran
24	Commerce	Anil Raj V
25	Commerce	Dr. Anuji S
26	Commerce	Anisha U
27	Commerce	Praseeja P J
28	Commerce	Dr. Aarcha S S
29	Commerce	Dr. Simu Rajendran
30	Commerce	Misha V
31	Commerce	Devipriya P M
32	Commerce	Dr. Dhanya R
33	Commerce	Atheesh A Kumar
34	Commerce	Adv. T A Suresh
35	Economics	Dr S Jayasree
36	Economics	Dr. Aparna P
37	Economics	Vincent Vijayan
38	Economics	Dr Sreeja Mole S
39	Economics	Dr Rahi TB
40	Economics	Arya P
41	Economics	Manju Rajan
42	Economics	Remya R
43	English	Dr. Anjana Thampi
44	English	Arun Prasad R
45	English	Arun Ravi
46	English	Aswathy Mohan



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

DEPARTMENT OF PHILOSOPHY

Attendance Sheet For Certificate Course

~~2019-2020~~ 2021-22

Sl.No.	Candidate Code	Name	19	26	02	16	23	30	07	21	28	04	18	25	02	16	23	Signature
			AUG	AUG	SEP	SEP	SEP	SEP	OCT	OCT	OCT	NOV	NOV	NOV	DEC	DEC	DEC	
1	Botany	Dr Latha Sadanandan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	Botany	Dr Kiran Raj M S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
3	Botany	Dr N. Ratheesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4	Botany	Dr. Chithra Vijayan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5	Botany	Dr. Vilash V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
6	Botany	Dr Ponni T G	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7	Botany	Neethu Vijayaku mar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8	Chemistry	Dr. V L Pushpa	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
9	Chemistry	Dr. S V Manoj	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	
10	Chemistry	Dr. Rema Devi B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
11	Chemistry	Dr. P Nikhil Chandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12	Chemistry	Dr. Rijith S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13	Chemistry	Mr. Abhilash S	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
14	Chemistry	Ms. Jeneena K B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
15	Chemistry	Dr. Deepa J P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
16	Chemistry	Dr. Praveen Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
17	Chemistry	Dr. Sree Remya T S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
18	Chemistry	Dr. Deepa J R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
19	Chemistry	Dr. Vivek B	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
20	Chemistry	Dr. Sumesh R V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
21	Chemistry	Dr. Mini S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
22	Commerce	DR. Dayana Sajjanan	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	
23	Commerce	Dr. A Rajasekaran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
24	Commerce	Anil Raj V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
25	Commerce	Dr. Anuji S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
26	Commerce	Anisha U	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
27	Commerce	Praseeja P J	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
28	Commerce	Dr. Aarcha S S	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
29	Commerce	Dr. Simu Rajendran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
30	Commerce	Misha V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
31	Commerce	Devipriya P M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
32	Commerce	Dr. Dhanya R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
33	Commerce	Atheesh A Kumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
34	Commerce	Adv. T A Suresh	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
35	Economics	Dr S Jayasree	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
36	Economics	Dr. Aparna P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
37	Economics	Vincent Vijayan	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	
38	Economics	Dr Sreeja Mole S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
39	Economics	Dr Rahi TB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
40	Economics	Arya P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
41	Economics	Manju Rajan	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
42	Economics	Remya R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
43	English	Dr. Anjana Thampi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
44	English	Arun Prasad R	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	
45	English	Arun Ravi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
46	English	Aswathy Mohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

Arshad Hameed
Principal
Sree Narayana College
Kollam

