

SREE NARAYANA COLLEGE, KOLLAM

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

CERTIFICATE COURSE IN STRES MANAGEMENT IN EVERYDAY LIFE

DEPARTMENT OF PHILOSOPHY

S N COLLEGE, KOLLAM

STRESS MANAGEMENT IN EVERYDAY LIFE

To feel pressure and tension for certain reasons in our daily lives, whether personal or practical, this is very natural and possible, but it is not normal to allow these pressures to dominate our lives and control their course, so we become weak because of them and we do not see a solution except to surrender to the status quo, for this we need to Learn the skills that help us respond well in these difficult situations and deal with them efficiently, without our performance or behaviour being negatively affected.

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.
3. Explains the physical, psychological and behavioural symptoms of stress and identifies the negative effects of stress in personal and work life.
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 are among to give proper understanding about Stress management. Four topics have been identified for this preliminary course syllabus.

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1. Introduction to stress management
2. Symptoms of stress and its negative effects
3. Techniques for dealing with stress
4. The Wheel of Life model to achieve balance in life

SYLLABUS

BLOCK – I

Understanding Stress

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

Unit – 2: Sources of stress

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

Unit – 3: Impact of stress

- (i) Physiological Impact of stress
-Autonomic Nervous System Changes, Changes in Brain, General adaptive syndrome(GAD), 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

Unit – 4

Stress Response

'Fight or Flight' Response, Stress warning signals

BLOCK – II

Stress and Coping



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Unit – 5

Coping Mechanisms:

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.
2. Analyze attitudes toward allocating time management.
3. Recognize and evaluate personal stressors and how the stress impacts wellbeing.
4. Identify and integrate selected stress management strategies that positively affect the quality of life.
5. Analyze various stress management skills that can be used to achieve and maintain well-being.

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 students to understand more about the relevance Stress Management in day-to-day life. For this purpose, the candidates are requested to participate in one seminar and one debate session of one day duration.

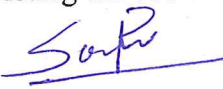
Examination

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


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

Method of Teaching

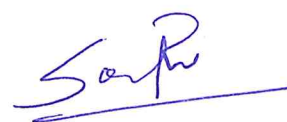
The medium of lecture classes and seminars will be in Malayalam and English.

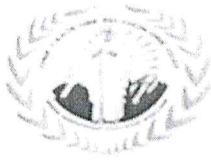
Duration of the course

Duration of the course will be six months.


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LIST OF STUDENTS

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| 1. | 10518132001 | AADITHYA SAI SANKAR | <i>Ad</i> |
| 2. | 10518132002 | AISWARYA. J | <i>Aiswarya</i> |
| 3. | 10518132003 | AJMAL U. | <i>Ajmal</i> |
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| 7. | 10518132007 | GEETHU . G . S | <i>Geethu</i> |
| 8. | 10518132008 | HARI. S. S | <i>Hari</i> |
| 9. | 10518132009 | MANIKANDAN.J | <i>Manikandan</i> |
| 10. | 10518132010 | MIDHILA. M. S | <i>Midhila</i> |
| 11. | 10518132011 | MOHITH KUMAR. V. S | <i>Mohith Kumar</i> |
| 12. | 10518132012 | REJIN R S | <i>Rejin</i> |
| 13. | 10518132013 | SNEHA.M.S | <i>Sneha</i> |
| 14. | 10518132014 | VIJESH V S | <i>Vijesh v. s.</i> |
| 15. | 10518132015 | VISAKH VINOD | <i>Visakh Vinod</i> |
| 16. | 10518132016 | VISHNU V | <i>Vishnu</i> |
| 17. | 10518132017 | VRINDHA .S | <i>Vrindha</i> |
| 18. | 10518132018 | AAISHA BABU | <i>Aisha Babu</i> |
| 19. | 10518132019 | ABHIJITH.C.S | <i>Abhijith</i> |
| 20. | 10518132020 | ABHIRAM S | <i>Abhiram</i> |
| 21. | 10518132021 | ABHIRAMI. S | <i>Abhirami</i> |
| 22. | 10518132022 | ABIN.T | <i>Abin</i> |
| 23. | 10518132023 | AJAL CHANDRAN | <i>Ajal Chandran</i> |
| 24. | 10518132024 | AKASH SASI | <i>Akash Sasi</i> |
| 25. | 10518132025 | AKHIL PRASANNAN | <i>Akhil</i> |

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| 26. | 10518132026 | AMAL BABU A R | <u>Amal</u> |
| 27. | 10518132027 | AMRUTHA .V.M | <u>Amrutha V.M</u> |
| 28. | 10518132028 | ANANDHU R | <u>Anandhu</u> |
| 29. | 10518132029 | ANANDU KUMAR S. | <u>Anandu</u> |
| 30. | 10518132030 | ANIJITH B | <u>Anijith</u> |
| 31. | 10518132031 | ANJALI S | <u>Anjali</u> |
| 32. | 10518132032 | ANU J.A | <u>Anu</u> |
| 33. | 10518132033 | ARAVIND. S | <u>Aravind</u> |
| 34. | 10518132034 | ARUN KUMAR B | <u>Arun</u> |
| 35. | 10518132035 | ARUNIMA.A.S. | <u>Arunima</u> |
| 36. | 10518132036 | ASALAM A | <u>Asalam</u> |
| 37. | 10518132037 | ASHEEMA.S | <u>Asheema</u> |
| 38. | 10518132038 | ASHIK MATHEW VARGHESE | <u>Ashik</u> |
| 39. | 10518132039 | ASWATHI.S | <u>Aswathi</u> |
| 40. | 10518132040 | ASWIN DEV D | <u>Aswindev</u> |
| 41. | 10518132041 | BALARAMAN S | <u>Balaraman</u> |
| 42. | 10518132042 | CHANDANA NAGENDRAN | <u>Chandana</u> |
| 43. | 10518132043 | FATHIMA S | <u>Fathima</u> |
| 44. | 10518132044 | FATHIMA. S | <u>Fathima</u> |
| 45. | 10518132045 | FIJITH S | <u>Fijith</u> |
| 46. | 10518132046 | GOKUL A M | <u>Gokul Am</u> |
| 47. | 10518132047 | HARI PRAKASH | <u>Hari Prakash</u> |
| 48. | 10518132048 | JASEEMA.D.S | <u>Jaseema</u> |
| 49. | 10518132049 | JAYALEKSHMI.L | <u>Jayalekshmi</u> |
| 50. | 10518132050 | KARTHIKA SURESH | <u>Karthika Suresh</u> |
| 51. | 10518132051 | KRIPA | <u>Kripa</u> |
| 52. | 10518132052 | NABEEZATHUL MISIRIYA .S | <u>Nabeezathul</u> |
| 53. | 10518132053 | PREMRAJ.P | <u>Premraj</u> |
| 54. | 10518132054 | RADHIKA .R | <u>Radhika</u> |
| 55. | 10518132055 | RADHUNA S | <u>Radhuna</u> |

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| 59. | 10518132059 | SANGEETH S | Sangeetha |
| 60. | 10518132060 | SHABNAM. S | SHABNAM S |
| 61. | 10518132061 | SHIJU S | Shiju |
| 62. | 10518132062 | SOURAV. A. KUMAR | SOURAV |
| 63. | 10518132063 | SREEHARI R PRASAD | Seel. |
| 64. | 10518132064 | SREELEKSHMI . A .S | Sreelekshmi |
| 65. | 10518132065 | SREELEKSHMI S | Sreelekshmi S |
| 66. | 10518132066 | SUDHI.S | Sudhi |
| 67. | 10518132067 | SURAJ SUDHI | Suraj |
| 68. | 10518132068 | SURYA NARAYANAN. S | Surya |
| 69. | 10518132069 | VAISHNAV M V | Vaishnav |
| 70. | 10518132070 | VARSHA RAJ T | Varsha |
| 71. | 10518132071 | VIBIN S | Vibin |
| 72. | 10518132072 | VIJEEESH. S | Vijeeesh |
| 73. | 10518132073 | AKHIL RAJ C S | Akhil Raj S |
| 74. | 10518132074 | AVANI.L.S | AVANI |

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MARKLIST OF STUDENTS

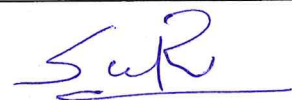
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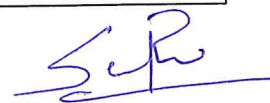
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Prinhalharayil
Principal
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DEPARTMENT OF PHILOSOPHY

DEPARTMENT LEVEL CERTIFICATE COURSE

LIST OF TEACHERS HANDLING THE CLASEES

Dr. Leths T.S. – Head, Philosophy

Dr. Laiju S- Asst. Prof in Psychology

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REPORT

Department of Philosophy conducted certificate course on Stress Management for Everyday Life from June 2018- Dec 2018. Faculties from the department of Philosophy handled the classes. A total number of seventy-four students enrolled for the course and sixty-eight students passed out of the course. The course focussed on both the theoretical and practical application of stress management. Evaluation was done on the basis of written exam and assignments given to the students.

Arshad H. Karayil
Principal
Sree Narayana College
Kollam



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Dept. of Philosophy
Sree Narayana College, Kollam



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT FOR EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs.....SUDHI S.....Department of.....

.....Philosophy.....has successfully completed Certificate Course in

.....Stress Management for Everyday

Life during the Academic Year.....2018-19.....

[Signature]

[Signature]

Course Coordinator

Principal



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT FOR EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs.....Department of.....

AVANI L.S.

.....has successfully completed Certificate Course in
.....Stress Management for Everyday

Life during the Academic Year.....2018-19.....

[Signature]

Course Coordinator

[Signature]

Principal



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DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT FOR EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs. *SHIJU S.* Department of.....
.....
Philosophy.....has successfully completed Certificate Course in
.....Stress Management for Everyday

Life during the Academic Year.....*2018-19*.....

[Signature]

Course Coordinator

[Signature]

Principal