

STRESS MANAGEMENT

Stress is a fact of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage it so it doesn't manage you. Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. If you view a situation negatively, you will likely feel distressed—overwhelmed, oppressed, or out of control. Distress is the more familiar form of stress. Managing stress particularly during student life is very much important which can save thousands of lives. This course aims at developing skills for stress management among the learners.

Course Objectives:

- To understand the basic concepts of stress and stressful situations
- To know about the different types of stresses
- To understand the causes of stresses
- To realize different life situations from which stresses arise
- To learn the different techniques of stress management

Duration: Five days. Course starts from 27th May to 31st May, 2024.

Eligibility: Any student from Semester-II, IV & VI.

Admission: Application form (Google form) will be given in the departmental what's app group through which students have to enroll. Filled in application form shall be submitted within 22th May, 2024. Admission shall be made on the basis of first come first serve.

Course Fee: The course is free of cost.

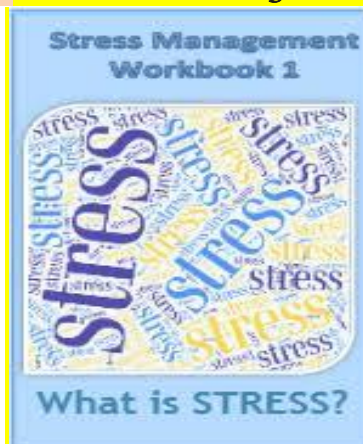
Mode of the Course: Blended mode(Online mode through Google meet virtual platform and off-line mode).

Pre-requisites for the course: A desktop with web camera / laptop/smart phone with internet connectivity.

TAMRALIPTA
MAHAVIDYALAYA
TAMLUK, PURBA MEDINIPUR



ADD-ON PROGRAMME
ON

STRESS MANAGEMENT

DEPARTMENT OF EDUCATION
2024

Evaluation: The final Assessment will be based on the performance in a written test. The students have to answer 15 MCQs containing 2 marks each. Grading will be prepared on the basis of marks obtained. Pass marks will be 12 (40%).

Course Outcomes: On completion of the course the learners will be able to –

- state the basic concepts stress and stressful situations
- explain the causes of stresses
- discuss causes of stresses
- explain the techniques of stress management
- express the methods to handle stressful life situations

Resource Persons:

1. Dr. Krushna Chandra Patra
2. Sk Sabir Rahaman
3. Sk Ruhul Amin
4. Samapika Sahoo
5. Surajit Jana

Dr. Abdul Motin
Principal

Dr. Krushna Chandra Patra
H.O.D. and Course Coordinator