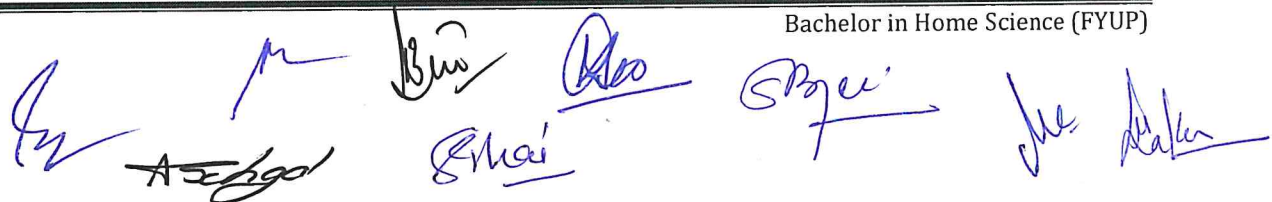


FOUR YEAR UNDERGRADUATE PROGRAM FACULTY OF HOME SCIENCE COURSE CURRICULUM – 2024 -25

PART A: Introduction			
Program: Bachelor in B.Sc. Home Science (Diploma)		Semester: I/III/V	Session: 2024-2025
1	Course Code	HSVAC- 02	
2	Course Title	Stress Management	
3	Course Type	VAC	
4	Pre-requisite (if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> To understanding of behavioral stress To learn work performance To develop emotional intelligence To learn a biochemistry of stress Stress coping techniques 	
6	Credit Value	2 C	<i>(1 Credit = 15 Hours - learning & Observation and 30 Hrs for Practices/ Field work)</i>
7	Total Marks : 50	Max. Marks: 50	Minimum passing Marks: 20

PART B: Content of the Course		
Total No. of Teaching – learning Periods : 30		
Module / Unit	Topics (Course Contents)	No. of Period
I	Meaning and nature of stress- difference between use stress and distress, frustration conflict of pressure, meaning of stress, common stressors are workplace, stressors unit to age and gender.	8
II	Behavioral aspects of stress- adaptive and Mal adaptive, behavior in individual and cultural difference sources of stress, across the lifespan college and occupational stress. Stress and work performance - role of communication in stress and work performance, emotional regulation and copy emotional intelligence and conflict management, stress and conflict in relationships.	8
III	Cognitive appraisals of stress- general adaptation to stress, consequences of stress, biochemistry of stress and physiological and psychological associated with the stress response.	7
IV	Preparing for the Future: Stress reduction practices: Time management Deep Breathing , Good Nutrition, Social Connect, Guided meditation	7
Keywords - stress , cognition, adaptive behavior, stress response, stress management.		

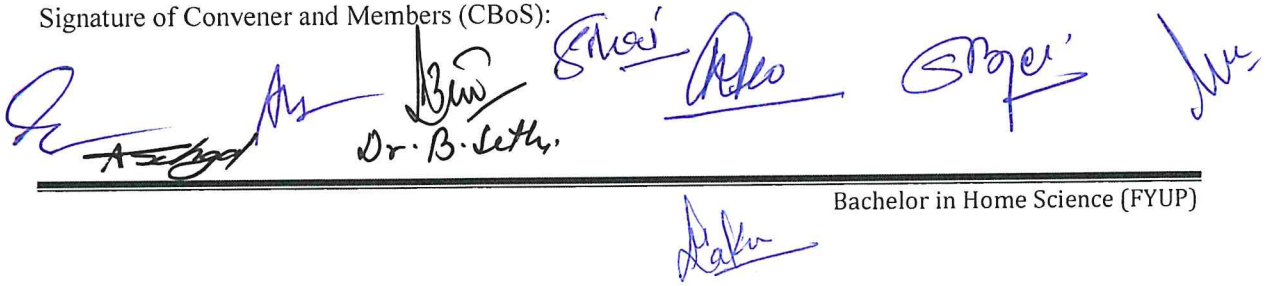
Bachelor in Home Science (FYUP)



PART C:	
Learning Resources : Text Books, Reference Books, Other Resources	
<i>Text books Recommended –</i>	
<ul style="list-style-type: none"> • Baron . L and feist. J (2000) health psychology 4th edition USA Brooks /cole • Barlow, rapee and perini (2014) 10 steps of mastering stress a life style approach USA • Clayton m (2011) brilliant stress management how to manage stress in any situations first edition great Britain person education • Copper, c and palmer s (2000) conquer you are stress London institute of personal development University press • Dutta p,k, (2010) management Himalaya publishing house • Lee, k. (2014) Reset : make the most of your stress your 24/7 plan for will being you universe pub • Ogden. J (2000) health psychology second edition Philadelphia open University press loping approachfourth edition Wadsworth publishing • Rice .p.l (1992) stress and health second edition California Brooks and coal • Roy, s (2012) managing stress sterling publication • Taylor s.e (1998) health psychology third edition New York mc grawhill 	
Online Resources :-	
<ul style="list-style-type: none"> • https://www.ukessays.com/essays/psychology/theories-stress-stress-management-4587.php • https://opentextbc.ca/introductiontopsychology/chapter/15-2-stress-and-coping/ • https://iaeme.com/MasterAdmin/Journal_uploads/IJARET/VOLUME_13_I_SSUE_1/IJARET_13_01_002.pdf • https://link.springer.com/referenceworkentry/10.1007/978-1-4419-1428-6_204 • https://oshwiki.osha.europa.eu/en/themes/work-related-stress-nature-and-management 	

PART D : Assessment and Evaluation		
Suggested Continuous Evaluation Methods:-		
Maximum Marks:		50 Marks
Continuous Comprehensive Evaluation(CCE):		15 Marks
Semester End Exam (SEE):		35 Marks
Internal Assessment: Continuous Internal Assessment (CIA)	Internal Test - 10 & 10 Marks Assignment/Seminar +Attendance -05 Total Marks - 15	Average of the obtained marks inbest two and Assignment shall be considered against 15 Marks
End Semester Exam(ESE):	Two section – A & B Section A: Q1. Objective -05x1= 05 Marks,Q2 Short answer type 5x2= 10 Marks Section B: Descriptive Answer Type questions 1out of Two from each unit -4x05=20 Marks	

Signature of Convener and Members (CBoS):



 Dr. B. Sethi