

Course Module

Stress Management and Health Benefits (2019-20)

Unit	Syllabus	Hours
1	<p>Understanding Stress</p> <ul style="list-style-type: none"> • Definition and Types of Stress • Physiological Responses to Stress • Psychological Responses to Stress • Impact of Chronic Stress on Health • Stress and the Immune System • Genetic and Environmental Factors in Stress 	6 Hours
2	<p>Coping Mechanisms</p> <ul style="list-style-type: none"> • Adaptive Coping Strategies • Maladaptive Coping Strategies • Cognitive-Behavioral Approaches • Emotional Regulation Techniques • Coping Skills Training 	5 Hours
3	<p>Mindfulness and Relaxation Techniques</p> <ul style="list-style-type: none"> • Introduction to Mindfulness • Mindfulness-Based Stress Reduction (MBSR) • Progressive Muscle Relaxation • Guided Imagery • Breathing Exercises 	5 Hours
4	<p>Physical Activity and Stress Reduction</p> <ul style="list-style-type: none"> • Exercise and Stress Hormones • Types of Physical Activity for Stress Management 	5 Hours

	<ul style="list-style-type: none"> • Integrating Exercise into Daily Routine • Benefits of Regular Physical Activity • Mind-Body Exercise (e.g., Yoga, Tai Chi) 	
5	Nutrition and Stress <ul style="list-style-type: none"> • Impact of Diet on Stress Levels • Stress-Reducing Nutrients • Dietary Habits for Stress Management • Hydration and Stress • Nutritional Supplements for Stress 	4 Hours
6	Social Support and Communication Skills <ul style="list-style-type: none"> • Importance of Social Connections • Building and Maintaining Supportive Relationships • Effective Communication for Stress Reduction • Group Support and Therapy • Enhancing Social Support Networks 	5 Hours



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