

IQAC

Add-on Course

TOPIC : STRESS MANAGEMENT AND MENTAL HEALTH

COURSE CO-ORDINATOR : IQAC COORDINATOR

SESSION: 2020-2021

ALL PROGRAMME COURSE STUDENTS

COMMENCEMENT OF THE COURSE: APRIL, 2021

COURSE DURATION: 30 HOURS

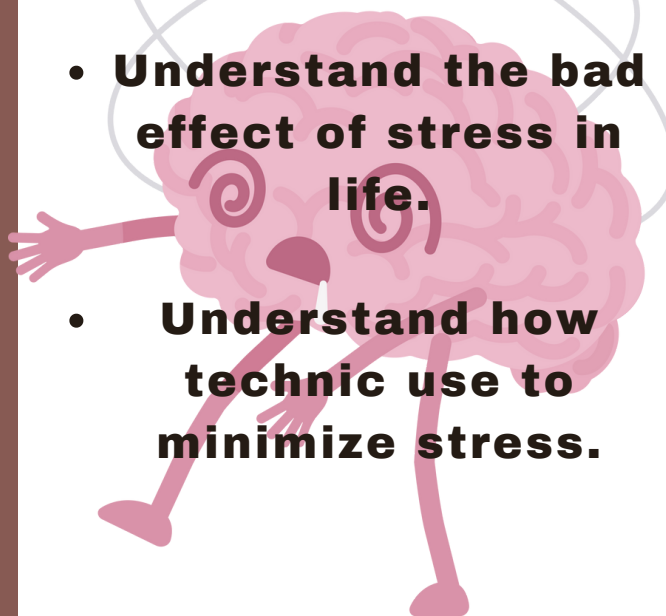
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COURSE OUTCOMES

After completion of the Course the students will able to:-

- **Concept on Mental Stress and Mental Health.**
- **Understand how to remove stress in *school children.***
- **Understand the bad effect of stress in life.**
- **Understand how technic use to minimize stress.**



STRESS MANAGEMENT AND MENTAL HEALTH



Module 1

- Introduction

Module 2

- Definition of stress
- Effect of stress
- Signs of stress
- Ways of respond to stress
- Definition of stress management
- Way of manage stress

Module 3

- Concept of Mental Stress. Nature and Characteristics of Mental Stress.
- Problems and Source of Mental Stress and Mechanism of minimizing Mental Stress.
- Role of Family, School and Religion in minimizing Mental Stress.
- Concept of Mental Health. Nature and Characteristics of Mental Health.
- Objectives of Mental Health. Importance of Mental Health in Education.

Module 4

- Nature of feeling
- Characteristics of feeling
- Conditions of feeling -Laws of Pleasure and Pain
- Theories of Pleasure and Pain
- Wundt's Tri-dimensional Theory of Feeling
- Buddhist Noble Truths and Eightfold Path (Ashtangikamarga)

Module 5

- Conclusion