



WOMEN'S COLLEGE CALCUTTA

PSYCHOLOGY DEPARTMENT

ORGANIZES ADD-ON COURSE ON

**STRESS MANAGEMENT : A
MULTIDIMENSIONAL APPROACH**

VENUE: COLLEGE PREMISES

**DURATION: 7.6.23-23.6.23 (EXCEPT
SUNDAY)**

TIME: 11 AM-5 PM

SYLLABUS FOR ADD-ON COURSE, PSYCHOLOGY

STRESS MANAGEMENT: A Multidimensional Approach.

Sl No	TOPICS	HOURS
1.	Stress: Introduction, Nature of Stress, Types and Source	10 HOURS
2.	Symptoms of Stress, Factors affecting Stress	5 HOURS
3.	Stress and Health	3 HOURS
4.	Stress and Lifestyle (Health promoting and health damaging behaviour---Diet, exercise, sleep, substance abuse)	2 HOURS
5.	Stress management techniques: yoga, meditation, relaxation techniques, music therapy, Problem focused and emotion focused approaches.	10 HOURS

Readings:

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson

Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.

Further Readings

Goldberger, I. & Breznitz, S.(1986). *Handbook of Stress: Theoretical and Clinical Aspect*. The Free Press Collier MacMillan Publishers. London.

Misra, G. (Ed.) (1999). *Psychological Perspectives on Stress and Health*, New Delhi, Concept.

Chandana Aditya 25/5/23.
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25/05/2023