

**Generic Elective Papers for CBCS**  
**Faculty of Behavioural Sciences**  
**CBCS UG Level**  
**Stress, Yoga and Meditation 1<sup>st</sup> semester**  
**Paper code: FBS\_OE\_2**

**Marks: 100**

**Paper 1: Stress, Yoga and Meditation**

<b>Credit Distribution</b>		
<b>L</b>	<b>T</b>	<b>P</b>
4	0	0

**Course Objective:**

- To understand the concept, theories and models of stress,
- To know the neurophysiology of stress and management of Stress
- To know the measurement of stress and management techniques of stress and anxiety as yoga and meditation

**Course Outcome:**

- Students will be able to understand the stress and its consequences in daily life
- Students will be able to measure the stress in various ways and how stress affect the mind and body
- The course will be useful for students to know the management of Stress & Anxiety with Lifestyle Management, Behavior Modification and ancient Indian techniques as Yoga and Meditation

**A- Syllabus**

<b>S No.</b>	<b>TOPIC</b>	<b>DOMAIN</b>	<b>HOURS</b>
<b>1</b>	<p><b>Introduction:</b>                      Stress: Concept, Types; Stressors: Life events stress, Daily hassles.                      Theories of Stress: Hans Selye, Lazarus,                      Bio-psycho-social Model of Stress,                      Diathesis Stress Model</p>	Must to know	3 3 3
<b>2</b>	<p><b>Stress: Health &amp; Illness</b>                      Underlying Neurophysiology of stress                      Consequences of Stress: Biological, Psychological, Social and Occupational.                      Measurement of Stress: Bio-Feed Back method, Life Event Scale, Occupational Stress Index</p>	Must know	4 2 4

3	<b>Management of Stress &amp; Anxiety</b> Yoga and Meditation: Concept, Types; Positive Imagery; Relaxation Training Behaviour Modification- Daily Scheduling, Stress Inoculation, Emotional Disclosure. Lifestyle Management: Nutrition, Exercise,	Must know	3
			3
			3

## 2- Curriculum

S No.	TOPIC	LEARNING OBJECTIVES	METHODOLOGY	TIME
1	<b>Introduction</b>	To understand concept types theories and models of stress	Power Point presentation by teacher, SIS, FGD, Teacher's seminar	9 hrs.
2	<b>Stress: Health &amp; Illness</b>	To know the Physiology, consequences and methods of measuring stress	PowerPoint presentation by teacher, SIS, FGD	10 hrs.
3	<b>Management of Stress &amp; Anxiety</b>	To know the techniques of managing Stress through Behaviour Modification, Lifestyle Management, Yoga and Meditation	Power Point presentation by teacher, SIS, FGD	9 hrs.

### SUGGESTED READINGS:

1. Brannon, L. & Feist, J. (2010). **Introduction to Health Psychology**. Belmont: Watsworth Cengage Learning.
2. Taylor, S. E. (2006). **Health Psychology**. New York: Tata Mc Graw Hill.