

## I: Basic details of The30 hoursAdd On course :

Sl. No.	Title	Mastering stress relief strategies for clam and balanced life .
1	Course overview	This course will help the student understand the importance of mental anxiety in today's life. Understanding house stress impact on mental and physical health. Importance of trace relief mechanism, introducing various strategies for managing stress.
2	Prerequisite	
3	Course Objective/Outcomes	After completing this course students can understand what is stress and its impact on mental and physical health. Importance of stress management, Exploring the benefits of effective stress relief techniques. Overview of stress relief mechanisms, Introducing various strategies for managing stress.
4	Programme Highlights	
5	Faculty Requirement	Departmental faculties
6	Pedagogy	Hybrid mode of learning and practice
7	Course Fee	Free
8	Intake capacity	All students of department of education
9	Course duration	30 hours
10	Course Content	Annexure-2
11	Assessment process	a) Attendance Mark : 05 b) Project based assessment .Mark : 15 c) Written test(MCQ) . Marks: 30
12	Student feedback	At the end of course, via Google Form or Physical Form.

## II: Detailed syllabus of the add on course :

Module No.	Course Title & syllabus	Hours
1	<b>Understanding stress:</b> <ul style="list-style-type: none"> <li>• What is stress?</li> <li>• Causes and source of stress</li> <li>• The physiological &amp; psychological effects of stress</li> </ul>	2
2	<b>Mindfulness and meditation:</b> <ul style="list-style-type: none"> <li>• Introduction mindfulness and meditation</li> <li>• Mindfulness techniques for stress reduction</li> <li>• Process of meditation and its benefits.</li> </ul>	3
3	<b>Relaxation techniques:</b> <ul style="list-style-type: none"> <li>• Progressive muscle relaxation</li> <li>• Deep breathing exercise</li> <li>• Guided imagery and visualization</li> </ul>	3
4	<b>Nutrition and diet:</b> <ul style="list-style-type: none"> <li>• The impact of diet and stress levels</li> <li>• Good food habit</li> <li>• Timing of meal</li> </ul>	2
5	<b>Sleep hygiene:</b>	2

	<ul style="list-style-type: none"> <li>• Importance of sleep for stress management.</li> <li>• Tips for improving sleep quality.</li> <li>• Prepare a sleep time table.</li> </ul>	
<b>6</b>	<b>Social support and relationship:</b> <ul style="list-style-type: none"> <li>• The role of social support in stress reduction</li> <li>• Nurturing healthy relationship</li> <li>• Building healthy relationships</li> <li>• Building a support network</li> <li>• Saying 'NO'.</li> </ul>	<b>3</b>
<b>7</b>	<b>Cognitive behavioral techniques:</b> <ul style="list-style-type: none"> <li>• Understanding cognitive distortions</li> <li>• Cognitive restructuring exercises.</li> </ul>	<b>3</b>
<b>8</b>	<b>Lifestyle changes for long term stress management:</b> <ul style="list-style-type: none"> <li>• Strategies for preventing stress</li> <li>• Creating a balanced lifestyle</li> <li>• Setting goal for ongoing stress relief</li> </ul>	<b>2</b>
<b>9</b>	<b>Activities:</b> (A) Practice yoga, exercise, meditation, deep breathing (B) Library work for preparation of project (C) 30 Mark's test (MCQ)	<b>5+4+1</b>