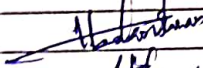
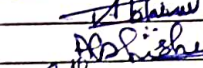
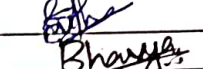
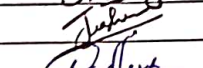
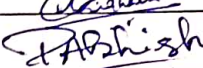
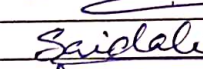
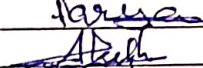

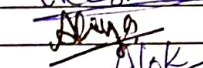
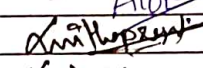
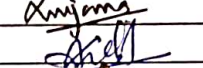
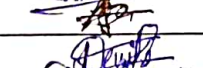
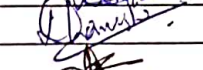
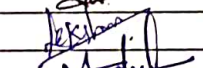
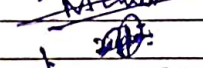
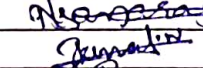
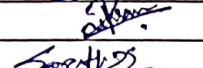

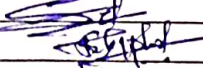
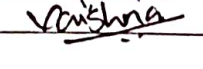








ADD ON COURSE ON STRESS MANAGEMENT

Students list: ENROLLMENT LIST

Sl.No	Name of the student	Candidate code	Signature
1	A HARIKRISHNAN	15922116001	
2	ABHINAV S	15922116002	
3	ABHISHEK A J	15922116003	
4	AMRITHA.S	15922116004	
5	BHAVYA M.S	15922116005	
6	JISHNU LALO	15922116006	
7	NANDHANA.V	15922116007	
8	PILLAI ABHISHEK RAJENDRAN	15922116008	
9	SAIDALI	15922116009	
10	AARYAN. R	15922116010	
11	AKESH AK	15922116011	
12	AKHILA RAJ	15922116012	
13	AKSHAY	15922116013	
14	ALIYA S	15922116014	
15	ALOK JOHNS	15922116015	
16	AMITHA PRASAD	15922116016	
17	ANJANA AS	15922116017	
18	ANURAG MP	15922116018	
19	APARNA M	15922116019	
20	DEVIKA. S	15922116020	
21	DIHANUSH S KUMAR	15922116021	
22	KRISHNAPRIYA	15922116022	
23	LEKSHMI M	15922116023	
24	MUHAMMED	15922116024	
25	MUMTHAS A	15922116025	
26	NJANARAJ	15922116026	
27	PREMAN	15922116027	
28	RUKSANA N	15922116028	
29	SARATH S	15922116029	
30	SHIBIN. S	15922116030	
31	SIVADATHAN	15922116031	
32	SIVAPRABHU P	15922116032	
33	VAISHNA SANTHOSH	15922116033	


Dr. Karitha L



Curriculum of course:

Course Title: Add on Course on Stress Management

Course Code: CC CO-09

Course Duration : 30 Hours

Module I: Stress- meaning-scientific foundations of stress- different ways an individual becomes stressed- coping strategies-the causes, types, and effects of stress on physical, mental, and emotional well-being

Module II: Physiology of stress- how the brain response to stress- how the brain asks the organs to response to stress-how it affects other organs &viceversa-maintaining healthy practices in reducing stress levels and promoting overall well-being.

Module III: Developing resilience to stress- perceiving a stressful situation—strategies for relieving stress

Module IV: Developing relaxation techniques-coping skills-understand your stress level-develop resilience by learning how to adapt and bounce back from stressful situations.

Module V: Managing Burnout and Stress Management-Technology and How it Causes Stress-Impact of Body on our Mental Health-Ways and Means to Reduce Stress-Managing Stress at your institution- Burnout and How to Deal With it.



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Dr. KAVITHA E

Assistant Professor & Head
Department of Commerce
Mannam Memorial NSS College
Kottiyam, Kollam
Kollam - 691571

MMNSS COLLEGE, KOTTIYAM

DEPARTMENT OF COMMERCE

Course Title: Add on Course on Stress Management


Course Code: CC CO-09

Course Duration : 30 Hours

Course schedule

Date	Day	Time	Topic Discussed
7/01/23	Saturday	10 to 1	Concept of term stress,scientific foundations,different ways of developing stress coping strategies
21/01/23	Saturday	10 to 1	Causes, types and effects of stress
28/01/23	Saturday	10 to 1	Physiology of stress,how the brain responses to stress
4/02/23	Saturday	10 to1	Healthy practices in reduction of stress, significance of overall well being
11/02/23	Saturday	10 to 1	Perceiving a stressful situation
25/02/23	Saturday	10 to 12	strategies for relieving stress.
4/03/23	Saturday	10 to 1	Relaxation techniques
4/03/23	Saturday	2 to 4	Understanding the stress level of a person
11/03/23	Saturday	10 to 1	Learning how to adapt and bounce back from stressful situations
18/03/23	Saturday	10 to 1	Managing burnout and stress management
25/03/23	Saturday	10 to 1	Mental health -ways to reduce stress
25/03/23	Saturday	2 to 4	Managing stress at workplace

Name and Signature of Course Advisor:  Kanitha .L

Name and Signature of HOD : 
KAVITHA.L
Head, Dept. of Commerce



ADD ON COURSE: STRESS MANAGEMENT (CC CO-09)

ACHIEVEMENT TEST

Total Marks: 30

Objective Type Questions: (15 Marks)

Choose the correct answer and mark your response.

What is stress?

- a) A state of physical tiredness
- b) A psychological response to pressure or demands
- c) A form of relaxation
- d) A state of emotional numbness

Which of the following is NOT a common symptom of stress?

- a) Headaches
- b) Increased energy levels
- c) Insomnia
- d) Irritability

Which of the following is a healthy coping mechanism for managing stress?

- a) Avoiding problems and responsibilities
- b) Overeating or bingeing on unhealthy foods
- c) Engaging in regular physical activity
- d) Ignoring emotions and bottling them up

What is the term for stress resulting from positive events or experiences?

- a) Eustress
- b) Distress
- c) Chronic stress
- d) Acute stress

Which of the following relaxation techniques involves tensing and relaxing different muscle groups in the body?

- a) Meditation
- b) Progressive muscle relaxation
- c) Deep breathing exercises
- d) Yoga

Descriptive Type Questions: (15 Marks)

Answer the following questions in detail.

Explain the concept of stressors and provide examples of different types of stressors individuals may encounter in their daily lives. (5 Marks)

Discuss the importance of time management in stress reduction and provide practical strategies for effectively managing time. (5 Marks)

Describe three mindfulness techniques that can be used to alleviate stress and enhance well-being. (5 Marks)



Dr. KAVITHA L
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Kollam-691571

Add on course: Stress Management

Marklist

Sl.No	Name of the student	Candidate code	Mark scored
1	A HARIKRISHNAN	15922116001	22
2	ABHINAV S	15922116002	25
3	ABHISHEK A J	15922116003	20
4	AMRITHA.S	15922116004	27
5	BHAVYA M.S	15922116005	18
6	JISHNU LAL O	15922116006	23
7	NANDHANA.V	15922116007	27
8	PILLAI ABHISHEK RAJENDRAN	15922116008	20
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11	AKESH AK	15922116011	29
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33	VAISHNA SANTHOSH	15922116034	24

Dr. Kavitha L
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Assistant Professor & Head
Department of Commerce
M.N.S.S. College, Kottiyam
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2022-23

Report of course

Department of commerce organized an add on course on Stress Management to First year B.Com students. 33 students enrolled and participated and course was conducted on lecturing mode. Kavitha.L, HOD, Department of Commerce handled the lecturing sessions. 30 hours were allotted to complete the whole curriculum of the course. Students was evaluated based on written and case study assessment. All student participants successfully completed the course. Add on course on Stress management facilitated student participants to learn about the theoretical concepts of stress management and they can able to analyse how to limit the harmful effects of stress while maintaining life's quality and vitality.


Dr. Kavitha.L

Dr. KAVITHA L
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Kollam-691571


Principal
M.M.N.S.S. COLLEGE
KOTTIYAM

