

PERMISSION LETTER

From

06.08.2022

Mrs.C.MAGILA,
Head, Department of Management,
Department of Management Studies,
St. Joseph's College of Arts and Science for Women,
Hosur - 635126

To

The Principal,
St. Joseph's College of Arts and science for Women,
Hosur - 635126

Subject: Permission letter for Conducting Certificate course in Stress Management

Respected Madam,


I kindly request you to grant permission to conduct a certificate course on Stress Management for BBA (CA) B.Sc (Physics) Students. The course may require a minimum 30 hours, The purpose of this course is a critical aspects of personal wellbeing and knowledge and skills gain form this course will enable me to navigate challenges more effectively both in personal and professional life. I kindly request your approval to attend this certificate course and appreciate any support or guidance you may offer in this regard.

Thanking You


Your's Sincerely

C.Magila

Head and Assistant Professor
Department of Management
St. Joseph's College of Arts and Science for Women
SiPCOT, Hosur - 635 126.


PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mockandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR
DEPARTMENT OF BUSINESS ADMINISTRATION (COMPUTER APPLICATION)

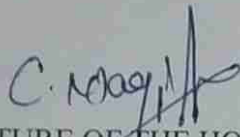
08.08.2022

Circular

We take great pleasure to announce that on 10 Aug, 2022 we are planning to conduct Certificate Course on **Stress Management**. This is an excellent opportunity for students to gain valuable insights, share experiences, and acquire skills that can enhance their overall quality of life.

Timings: 3.30 pm to 4.30 pm

Venue: Joseph's Block



SIGNATURE OF THE HOD:

Head and Assistant Professor
Department of Management
St. Joseph's College of Arts and Science for Women
SIPCOT, Hosur - 635 126.



SIGNATURE OF THE PRINCIPAL:

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, Sipcot,
HOSUR - 635 126, Krishnagiri - Dist.



Head and Assistant Professor
Department of Physics
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St. Joseph's College of Arts and Science for Women

Mookandapalli, SIPCOT, Hosur-635126

DEPARTMENT OF MANAGEMENT ORGANIZES



STRESS MANAGEMENT CERTIFICATE COURSE

COURSE COORDINATOR

Mrs. UMA C A

ASSISTANT PROFESSOR

DEPARTMENT OF MANAGEMENT

St. Joseph's College of Arts and Science for Women, Hosur

CONTACT NUMBER

9597372144



ADD ON COURSE SYLLABUS STRESS MANAGEMENT

Course outcome:

1. Understanding of stressors, their impact on physical and mental well-being,
2. The course emphasizes mindfulness techniques,
3. The ultimate goal is a balanced life,

Unit – I

Introduction - Meaning and Nature of stress - sources of stress, Individual and cultural differences.

Unit – II

Physiological and psychological changes - stress and conflict in relationship - problems solving and time management.

Unit – III

Role of communication in managing stress and work performance - challenging stressful thinking.

Unit – IV

Types of stress - Emotional regulation and coping - strategies of synthesis and prevention.

Unit – V

Stress reduction practices - Relaxation techniques, yoga, meditation, nutrition and other lifestyle issues.

Reference Book:

1. Dutta, P.K (2010) stress Management, Himalaya publication house
2. Taylor S.E (1998) Health psychology, third edition, Newyork, Mc Grawhill
3. N.M.Khandelwal, Stress Management, Himalaya publishing house

C. Nagappa
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Dr. H. Kumar
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