

SARDAR PATEL UNIVERSITY
Programme: Bachelor of Vocation (Banking and Financial Services)
Semester: II
Syllabus with effect from: December 2014

Paper Code: UB02CBVB03	Total Credits: 5
Title Of Paper: Stress Management	

Unit	Description in detail	Weightage (%)
1	STRESS: Meaning, Definition ,Characteristics of stress Main Areas of stress: Types of stress: Potential Sources of Stress: Environmental Factors: Organizational Factors: Individual Factors:	25 %
2	CAUSES OF STRESS: Individual Stress: Group Stressor : Organizational Stress : Extra Organizational Stressors: Effects of Stress:	25 %
3	Managing time and social support: Time, stress, and health: A universal challenge Managing time: Guidelines and techniques Social ties: A stress – resistance resource The challenge of building and using social support	25 %
4	Personal Wellness and Social Commitment : Constructive adjustment Helping and wellness Heroism and responsibility Looking ahead	25 %
	Practical:	
	Students have to visit any counselor or any NGO or any psychologist and make a case study on the different types of behavior of consent person	

Basic Text & Reference Books:

- Principles and Practices of Management – S Suchdeva
- Organizational Behavior – L M Prasad
- Stress management – Jeanie Civil
- Stress from burnout to balance –Vijay Joshi

