

RKDF UNIVERSITY

VALUE ADDITION COURSE

ON

STRESS MANAGEMENT



Organized By:

Faculty of Nursing

RAMKRISHNA DHARMARTH FOUNDATION UNIVERSITY

Gandhi Nagar, Bhopal, Madhya Pradesh, India-462033

Objectives:

At the end of the course, learner will be able to know and understand the aims and outcomes in form of:

1. Define Stress and the components of stress.
2. Identify the significance of stress.
3. Determine sources of stress.
4. List the signs of stress.
5. To provide stress management education and awareness.
6. To increase use of healthy, proactive stress management techniques.
7. To minimize use of unhealthy stress management techniques.
8. To highlight the role of teachers in reducing academic stress.

SYLLABUS CONTENT

	Theory	Practicals
Unit-1	Introduction of Stress, definition of stress.	-
Unit-2	Analysis and causes of stress	
Unit-3	Signs and symptoms of stress	-
Unit-4	Explain harmful effects of stress on body, mind, emotions(thoughts) & behaviour	-
Unit-5	Thoughts (negative& positive)	-
Unit-6	Medical approach to stress- Drugs	drugs
Unit-7	-	
Unit-8	Non – medical approach to stress	Holistic therapies
Unit-9	Physical effects of stress.	-
Unit-10	-	-
Unit-11		-
Unit-12	-	
Unit-13	Brain science and stress	therapies
Unit-14	Anger management	Relaxation therapy
Unit-15	-	
Unit-16	-	
Unit-17	Stress management treatment techniques	-
Unit-18	Mental symptoms of stress	-
Unit-19		-
Unit-20	-	Exercise, yoga ,meditation
Unit-21	Rules for stress reduction	-
Unit-22	-	
Unit-23	Coping with stress	-
Unit-24		-
Unit-25		Cognitive strategies
Unit-26	Transforming stress to motivational energy	-
Unit-27	Role of management	-
Unit-28	Role of nurse	-
Unit-29	-	Group discussions
Unit-30	Supportive programs	-

GENERAL INFORMATION AND COURSE STRUCTURE

1. Duration of training :30 Days
2. Eligibility Criteria : 10+2
3. Trainees per unit : 25
4. Language : Hindi/ English
5. Level - Certificate
6. Teaching mode: Offline classes, smart classes, videos, field visit, demonstration and PDF notes

MARKING SCHEME

S.No.	Name Of Course/ Group	Name Of Subject					
			Theory Marks	Practical marks	Total Marks	Max Mark	Min Marks
1	Value Addition Course	Stress management	80	20	100	40	10

COURSE ORGANIZER

Ms. Anie Robin Associate Professor, Faculty of Nursing RKDF University

Ms. Priya bane Assistant Professor Faculty of Nursing, RKDF University

Ms. Rashmi Yadav Nursing Tutor Faculty of Nursing ,RKDF University

Ms. Suchita Lodhi Nursing Tutor Faculty of Nursing RKDF U niversity

TECHNICAL COMMITTEE ORGANIZER

Prof Dr. Mrs. Vandana Raghuwanshi