



(Shri Ramkrishna Seva Mandal's)
ANAND COMMERCE COLLEGE

An Autonomous College (2025-26 to 2034-35)

(Affiliated to Sardar Patel University)

NAAC ACCREDITED 'A' GRADE (3.04 CGPA)

ISO 9001:2015

Syllabus as per NEP 2020 with effect from the Academic Year 2025-26



Bachelor of Computer Applications
BCA Semester – II

Course Code	UCA02VABCA08B	Title of the Course	Stress Management
Total Credit of Course	02	Hours Per Week	02

Course Objectives:	<ol style="list-style-type: none"> 1. To understand the concept, types, and sources of stress along with its psychological, physiological, and behavioral consequences. 2. To explore individual and organizational strategies for managing stress, including time management, relaxation techniques, and coping mechanisms. 3. To analyze advanced models and interventions for stress management, including yoga, meditation, and psychological frameworks for prevention and recovery.
---------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Course Content		
Unit	Description	Weightage* (%)
1.	Understanding Stress <ul style="list-style-type: none"> • Stress – concept, features, types of stress • Relation between Stressors and Stress • Potential Sources of Stress – Environmental, Organizational and Individual • Consequences of Stress – Physiological, Psychological and Behavioral Symptoms • Stress at workplace – Meaning, Reasons • Impact of Stress on Performance • Work Stress Model • Burnout – Concept • Stress vs Burnout 	35%
2.	Managing Stress – I <ul style="list-style-type: none"> • Pre-requisites of Stress-free Life • Anxiety – Meaning, Mechanisms to cope up with anxiety • Relaxation – Concept and Techniques • Time Management – Meaning, Importance of Time Management • Approaches to Time Management • Stress Management – Concept, Benefits • Managing Stress at Individual level • Role of Organization in Managing Stress / Stress Management Techniques 	35%

	<ul style="list-style-type: none"> Approaches to Manage Stress – Action oriented, Emotion oriented, Acceptance oriented 	
3.	Managing Stress – II <ul style="list-style-type: none"> Models of Stress Management – Transactional Model, Health Realization / Innate Health Model General Adaptation Syndrome (GAS) – Concept, Stages Measurement of Stress Reaction – The Physiological Response, The Cognitive Response, The Behavioral Response Stress prevention mechanism – Stress management through mind control and purification theory and practice of yoga education Stress management interventions: primary, secondary, tertiary Meditation – Meaning, Importance 	30%

Teaching-Learning Methodology	<ol style="list-style-type: none"> Lecture Method Online Lectures Group Discussion Practical Problem Solving
--------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------

Internal and / or External Examination Evaluation

Sr. No.	Details of the Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1	Class Test (at least one)	15 (30%)	10 (40%)
2	Quiz (at least one)	15 (30%)	05 (20%)
3	Active Learning	05 (10%)	----
4	Home Assignment	05 (10%)	05 (20%)
5	Class Assignment	05 (10%)	----
6	Attendance	05 (10%)	05 (20%)
Total Internal (%)		50 (100%)	25 (100%)
College External Examination (%)		50 (100%)	25 (100%)

Course Outcomes: Having completed this course, the learners will be able to	
1.	Identify different types of stress, stressors, and their impact on individuals and workplace performance.
2.	Apply various stress and time management techniques at an individual and organizational level to enhance well-being.
3.	Evaluate stress management models and interventions such as GAS, Transactional Model, and yoga-based practices for holistic mental health.

Suggested References:	
Sr.No.	References
1.	Managing Stress: Principles and Strategies for Health and Well-Being, Brian Luke Seaward, Jones & Bartlett Learning.
2.	Stress Management, Jonathan C. Smith, Springer.
3.	Workplace Stress Management, V. S. P. Rao, Excel Books.
4.	Stress management, Heena T. Bhagtani, Himalaya publishing house.

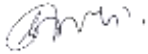
Digital resources to be used if available as reference material

Digital Resources

<https://indiafreenotes.com/potential-source-of-stress-environmental-organizational-and-individual/>

<https://businessjargons.com/job-enrichment.html>

<https://courses.lumenlearning.com/wm-organizationalbehavior/chapter/sources-of-stress/>



Chairman
BOS of Management
Anand Commerce College



Academic Coordinator
Anand Commerce College



Principal
Anand Commerce College