

## OBJECTIVES AND COURSE CONTENT OF SHORT TERM COURSES

<b>Title of the Course</b>	<b>Stress Management (National)</b>
<b>Operational Plan No</b>	<b>EEM-20 (pedagogy)</b>
<b>Course Objectives</b>	The course aims at equipping the participants with requisite knowledge and skills for coping stress at the work place and, in turn, improve quality of life.
<b>Course Contents</b>	Concept and Sources of Stress; Strategies for coping stress: Yoga exercises; Interpersonal relations, Relation techniques, Anger Management ; Meditation; Self-motivation ; Conflict Management; Emotional Intelligence ; Time Management ; Stress and Dietary habits.
<b>Course Coordinators</b>	Er. Amandeep Kaur, Assistant Professor (amandeep@nitttrchd.ac.in), 0172-2759776