

DR. BABASAHEB AMBEDKAR OPEN UNIVERSITY
SCHOOL OF COMMERCE & MANAGEMENT
B.B.A. (Bachelor of Business Administration)
(SEMESTER –4 Credit-2)
Stress Management

Sr. No.	Unit	Writers Name and Contact No.
1	Introduction of Stress	Dr. Khushbu Jadav
	<ul style="list-style-type: none"> • Introduction • What is Stress? – Meaning , Definition • Understanding of Stress • Symptoms of stress • Context of Stress • Summary • Exercise 	
2	Sources of Stress	Hardi Bhatt
	<ul style="list-style-type: none"> • Introduction • Family Responsibilities Stress • Work Stress • Societal Stress • Financial (Economical) Stress • Summary • Exercise 	
3	Types of Stress	Krunal Mistry
	<ul style="list-style-type: none"> • Introduction • Accrue Stress • Chronic Stress • Emotional Stress • Situational Stress • Summary • Exercise 	
4	Effect of Stress	Dr. Dhaval Pandya
	<ul style="list-style-type: none"> • Introduction • Effect of individual Stress • Effect on Mental health • Effect on Physical health • Effect on Immunity • Effect on Social Behaviour • Summary • Exercise 	
5	Stress Management	Dr. Dhaval Pandya
	<ul style="list-style-type: none"> • Introduction • Stress Management- Meaning, Definition • Need for Stress Management • Approaches of Stress Management • Benefits of Stress Management • Principles of Stress Management • Summary • Exercise 	

6	Level of Stress Management	Dr. Khushbu Jadav
	<ul style="list-style-type: none"> • Introduction • Levels of Stress Management • Alarm Stage • Resistance Stage • Exhaustion Stage • Summary • Exercise 	
7	Technics of Stress Management	Hardi Bhatt
	<ul style="list-style-type: none"> • Introduction • Techniques • Time Management • Meditation • Self-Care • Socializing – Book Reading • Summary • Exercise 	
8	Role of Yoga in Stress Management	Krunal Mistry
	<ul style="list-style-type: none"> • Introduction • What is Yoga? • Importance of Yoga in Stress Management • Contribution of Yoga for successful Stress Management • Summary • Exercise 	