



B. J. VANIJYA MAHAVIDYALAYA

(Autonomous)

(Grant-in-Aid)

(Affiliated to Sardar Patel University)

Vallabh Vidyanagar- 388 120, Dist. Anand, Gujarat, India

Accredited with CGPA of 2.78 on four-point scale at B++ Grade by NAAC

Syllabus as per the NEP 2020 with effect from June – 2026

Bachelor of Business Administration (B.B.A.) (General)

Semester – I

Course Code	UMB1SESMT01	Title of the Course	Stress Management
Total Credits of the Course	02	Hours per week	02

Course Learning Outcomes: Having completed this course, the students will be able to

CLO 1	Analyze the concept of stress by examining its meaning, nature, characteristics, types, and theoretical frameworks, including contemporary forms such as digital and academic stress, and evaluate their impact on individual performance and well-being.
CLO 2	Apply and evaluate appropriate stress management techniques by identifying causes of stress and selecting suitable coping strategies across individual, academic, organizational, and entrepreneurial contexts to enhance well-being and performance.

Course Content

Unit No.	Description	Weightage (%)	CLO(s)
1.	Understanding Stress and Its Dynamics • Meaning, nature, and Characteristics of stress • types of stress (Eustress & Distress) • Theories of Stress: Stimulus-based theory, Response-based theory • Stress-performance relationship (Yerkes-Dodson Law) • Emerging issues: Digital stress and academic stress • Case analysis on stress-performance relationship	25%	CLO 1
2.	Stress Management Techniques and Applications • Causes of stress management: Individual Stressors, Organizational Stressors, Group Stressors and Extra Organizational Stressors. • Stress Management: Individual Coping Strategies, Organizational Coping Strategies. • Application of stress management: Stress management in workplace, Student stress management, Stress management for entrepreneurs • Case Study Analysis: Given a situation (student under stress) - Suggest coping strategies	25%	CLO 2

Teaching-Learning Methodology	The course would be taught /learnt through ICT (e.g. Power Point Presentation, Audio-Visual Presentation), Lectures, Group Discussions, Quizzes, Assignments, Case Study and Browsing E- Resources.
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Internal and External Examination Evaluation

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

Notes:

- ❖ Multiple Choice Questions will be based on Bloom's Taxonomy Level 1 & 2.
- ❖ Class test and written examination questions will be based on various levels of Bloom's Taxonomy.

CLO-PLO Matrix (Course Learning Outcomes-Programme Learning Outcomes)

CLO	PLO										
	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	PLO 11
CLO 1	---	1	3	1	---	2	2	1	3	1	1
CLO 2	---	3	3	1	---	3	3	2	3	1	2

(Scale: 3: Strong, 2: Moderate, 1: Low, ---: No Correlation)

Suggested Learning Material Books:

Sr. No.	Title	Author(s)	Year / Edition	Publisher
1	Organizational Behaviour	Stephen P. Robbins & Timothy A. Judge	2017, 17th Edition	Pearson Education
2	Comprehensive Stress Management	Jerrold S. Greenberg	2016, 13th Edition	McGraw-Hill Education
3	Stress, Appraisal, and Coping	Richard S. Lazarus & Susan Folkman	1984, 1st Edition	Springer Publishing Company
4	Emotional Intelligence: Why It Can Matter More Than IQ	Daniel Goleman	1995, 1st Edition	Bantam Books
5	Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life	Jon Kabat-Zinn	2005, Revised Edition	Hyperion
6	Developmental Issues in Contemporary India	M. R. Biju	2010, 1st Edition	Concept Publishing Company, New Delhi
7	Principles and Practice of Stress Management	Paul M. Lehrer, Robert L. Woolfolk & Wesley E. Sime	2007, 3rd Edition	The Guilford Press, New York

Online Resources (Open Sources)

Sr. No.	Description of Resource	Web Link
1	SWAYAM / NPTEL – Online Courses on Stress Management, Emotional Well-being, Yoga, and Mental Health	https://swayam.gov.in / https://nptel.ac.in
2	World Health Organization (WHO) – Mental Health Resources, Guidelines, and Well-being Information	https://www.who.int/health-topics/mental-health
3	Harvard Health Publishing – Evidence-based Stress Management, Mindfulness, and Mental Health Guides	https://www.health.harvard.edu/topics/stress
4	Mindfulness and Guided Meditation Platforms (e.g., Headspace, Calm, Insight Timer) for Stress Reduction and Emotional Well-being	https://www.headspace.com / https://www.calm.com / https://insighttimer.com