



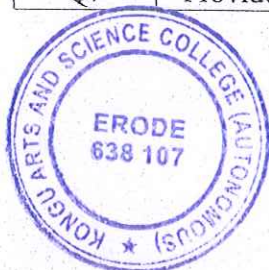
KONGU ARTS AND SCIENCE COLLEGE

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ERODE - 638 107

17VBASM- STRESS MANAGEMENT - REPORT

Name of the Value Added Course	STRESS MANAGEMENT
Course code	17VBASM
Course Coordinator	Ms.P.Nandhini Assistant Professor, Business Administration
Date	Starting Date: 10.07.2017 Ending Date: 25.09.2017
Duration of the Course	40 Hours
Total participants Enrolled	65
Successfully Completed	52
Type of Assessment	Theory Examination
Course Outcome	On Completion of this course the students will be able to 1. Understand positive stress. 2. Identify symptoms of burnout and overload. 3. Identify the sources of stress in your work life and Change Behaviors which add to stress. 4. Develop positive responses to situations that cannot be Changed.
Outcome Attainment	10 out of 52 Students scored above 60% of Marks
Feedback Question Analysis - Questions Asked	
Q. No.	Parameters
Q1	The Course content was in line with my expectations
Q2	General content of the Course
Q3	The Course provided additional knowledge and skill
Q4	Well-designed Practical sessions
Q5	Schedule of the classes and other relevant details have been informed promptly
Q6	Course materials provided were useful
Q7	Provides scope for self-employment and fulfills the industrial needs



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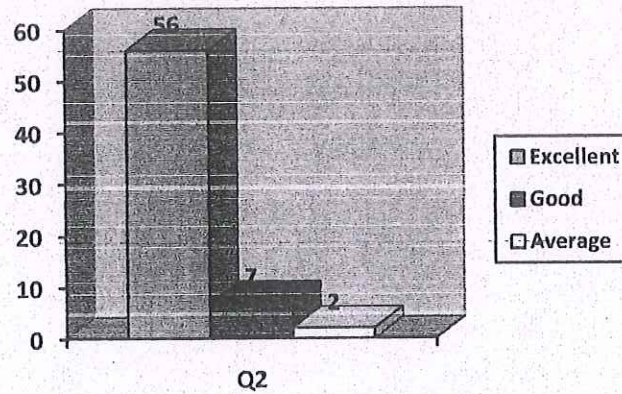
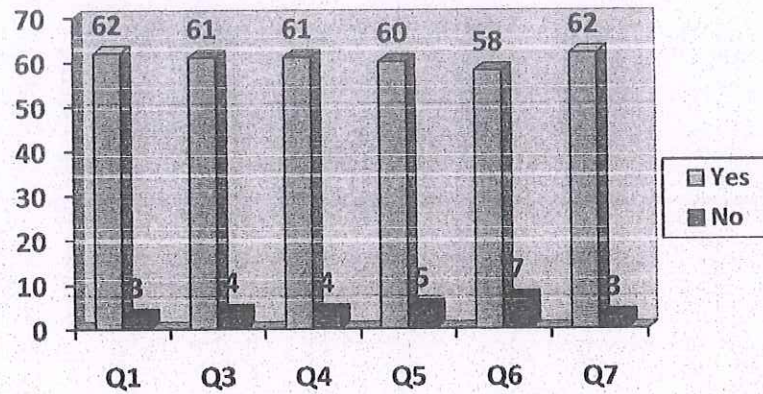


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17VBASM- STRESS MANAGEMENT - RATINGS



P. N. S. S.
Coordinator

L. P. S.
Head of the Department
HEAD OF THE DEPARTMENT
DEPARTMENT OF BUSINESS ADMINISTRATION
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Principal
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DEPARTMENT OF BUSINESS ADMINISTRATION VALUE ADDED COURSE (2017-2018) - PROPOSAL

Date: 21.02.2017

Submitted to the Principal

We are planning to conduct a Value Added Course titled "17VBASM- STRESS MANAGEMENT" will be conducted for all Department Students. The course will be benefitting the students for their career and placement activities. We kindly request you to grant permission for conducting the same.

COURSE DETAILS:

Name of the Course	17VBASM- STRESS MANAGEMENT	
Duration of the Course	40 Hours	
Conducting Department	Business Administration	
Course Coordinator(s)	Ms.P.Nandhini Assistant Professor, Department of Business Administration	
Assessment Type (Total : 100 Marks)	Section-A Answer All the Questions Objective Questions(25*1=25 Marks)	Section-B Answer All the Questions Either or Type(15*5=75 Marks)

OUTCOMES:

On Completion of this course the students will be able to

1. Understand positive stress.
2. Identify symptoms of burnout and overload.
3. Identify the sources of stress in your work life and Change behaviors which add to stress.
4. Develop positive responses to situations that cannot be changed

P. Nandhini
Course Coordinator

L.P.L.D.
Head of the Department
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**DEPARTMENT OF BUSINESS ADMINISTRATION
VALUE ADDED COURSE(2017-2018) - CIRCULAR**

Date: 12.06.2017

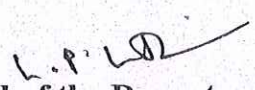
Ref. No.: KASC-AE/BBA/VAC/2017-2018/01


It is informed that Value Added Course on "17VBASM- STRESS MANAGEMENT" will be conducted from 10.07.2017 (Monday). **Registration will be on First-Come First-Serve basis.** Students are asked to enroll your names for the above mentioned course after the counseling sessions on the respective dates as follows:

III Year	II Year	I Year
Last date for Registration : 19.06.2017(FN)	Last date for Registration : 19.06.2017(AN)	Last date for Registration : 28.06.2017

HoDs and respective Department Staff Members are instructed to follow-up the same. Your whole hearted co-operation is needed to conduct the sessions in a gentle manner.


Total instruction Hours : 40 Hours
Course Coordinator : **Ms.P.Nandhini**
Assistant Professor
Department of Business Administration
Mail-id : bbakongu@gmail.com

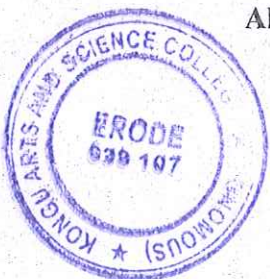

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NANJANAPURAM, ERODE-638107

KASC Academy of Excellence

Academic year 2017-2018

VALUE ADDED COURSE ON

STRESS MANAGEMENT



COURSE DURATION

THEORY -40 HOURS

FOR WHOM

All the UG Students

Organised by

DEPARTMENT OF
BUSINESS ADMINISTRATION

COURSE CONTENT

- Causes and effects of stress
- Stress management strategies
- Counselling Techniques
- Work life balance

COURSE OUTCOME

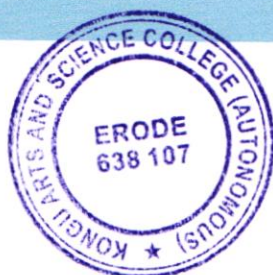
Student will be able to

- Prioritize the tasks to avoid stress
- Handle intra-personal and inter-personal issues effectively

COORDINATOR

Ms.P.Nandhini
Assistant Professor
Department of Business Administration

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Assuring the Best



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DEPARTMENT OF BUSINESS ADMINISTRATION VALUE ADDED COURSE(2017-2018) – SYLLABUS

17VBASM- STRESS MANAGEMENT

Course Objective(s):

- ❖ To inculcate the knowledge in the field of stress
- ❖ To help candidates in acquiring requisite skills and competence to face the real world.
- ❖ To develop the basic skills to manage stress.

Paper-I- BASICS OF STRESS

UNIT I	Introduction	4 Hours
Introduction –meaning and definition of stress. Modes and classification of stress-potential source-measuring of stress.		
UNIT II	Effect of Stress	4 Hours
Effect of stress-types of stress		
UNIT III	Importance of Stress	4 Hours
Importance of stress-relationship between stress and achievement.		
UNIT IV	Problems of Stress	4 Hours
Problems faced by the managers regarding peoples affected by stress		
UNIT V	Causes of Stress	4 Hours
Identifying causes and effect of stress-Techniques of reduce stress.		
Total Hours		20 Hours



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Paper-II- STRATEGIC STRESS MANAGEMENT

UNIT I	Introduction	4 Hours
Stress in work place-effects of jobs stress towards the organization-program at work place to reduce stress		
UNIT II	Stress management Strategy	4 Hours
Stress management strategy-dealing with stressful situation-changing the Situation and reaction.		
UNIT III	Stress at work place	4 Hours
Program at work place to reduce stress. Stress prevention and resilience.		
UNIT IV	Managing Stress	4 Hours
Managing stress-individual approaches-organizational approaches.		
UNIT V	Stress reduction Techniques	4 Hours
Stress reduction techniques - counseling, motivation-adoption- entertainment.		
Total Hours		20 Hours

Reference Books:

Stress Management –Haripriya

Comprehensive stress management- Green berg

Course Outcome:

On Completion of this course the students will be able to

1. Understand positive stress.
2. Identify symptoms of burnout and overload.
3. Identify the sources of stress in your work life and Change behaviors which add to stress.
4. Develop positive responses to situations that cannot be changed.



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DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2017-2018

17VBASM- STRESS MANAGEMENT - FINAL ENROLMENT LIST

S.No.	REG. NO.	NAME OF THE STUDENT	CLASS
1	15UCDR009	DIVYA.K	III B.SC(CDF)
2	15UCDR012	KANMANI.K	III B.SC(CDF)
3	15UCDR014	KARTHIKADEVI.M	III B.SC(CDF)
4	15UCDR017	MATHAN.K	III B.SC(CDF)
5	15UCDR018	MEENA.P.R	III B.SC(CDF)
6	15UCDR019	POOVIZHI.A.P	III B.SC(CDF)
7	15UCDR024	SANTHIYA.J	III B.SC(CDF)
8	15UCDR033	VIGNESHWARI.R	III B.SC(CDF)
9	15UBBA054	SARATHMANO.M.S	III BBA
10	15UBBA018	GUNASEKAR.K	III BBA
11	15UBBA038	NAVIN KUMAR.T	III BBA
12	15UBBA024	KAVIN KUMAR.M	III BBA
13	15UBBA056	SIVAVISWANATHAN.R	III BBA
14	15UBBA011	GAYATHRI.V.P	III BBA
15	15UBBA014	GOKUL KUMAR.T	III BBA
16	15UBBA032	MOHAMMED SHAAGUL HAMEED.M	III BBA
17	15UBBA001	ABISHEK RAJ	III BBA
18	15UBBA026	KISHORE .P	III BBA
19	15UBBA037	NAVEEN BALAJI K. T	III BBA
20	15UBBA060	SUDHAKAR .R	III BBA
21	16UENG007	BHAIRAVI.M	II BA(ENG)
22	16UENG019	HARIPRIYA.A	II BA(ENG)
23	16UENG002	AARTHI.R	II BA(ENG)
24	16UENG034	KOKILAVANI.M	II BA(ENG)
25	16UENG063	SWATHI.S	II BA(ENG)



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DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2017-2018

17VBASM- STRESS MANAGEMENT - FINAL ENROLMENT LIST

S.No.	REG. NO.	NAME OF THE STUDENT	CLASS
26	16UENG001	AARTHI.M	II BA(ENG)
27	16UENG015	DURGA.M	II BA(ENG)
28	16UENG024	JEBA KARUNYA.A	II BA(ENG)
29	16UCSC057	SUBASH CHANDRU.V	II B.COM (CSCA)
30	16UCSC030	MAHESH KUMAR.P	II B.COM (CSCA)
31	16UCSC043	PRATHAP.T	II B.COM (CSCA)
32	16UCSC058	SURENDRAN.V	II B.COM (CSCA)
33	16UCSC042	PAVITHRAN.D	II B.COM (CSCA)
34	16UCSC064	VISWANATHAN.M	II B.COM (CSCA)
35	16UCSC027	KATHIRESAN.V	II B.COM ((CSCA)
36	16UBBA052	SADAM HUSSAIN .A	II BBA
37	16UBBA057	SHANKAR.K.S	II BBA
38	16UCSC034	MOHAMMED YASIN	II B.COM (CSCA)
39	17UCCA063	THARANITHARAN.N.M	I B.COM (CA)-A
40	17UCOM108	RAJALINGAM.K	I B.COM -B
41	17UCOM051	SATHISH.R	I B.COM
42	17UBBA002	ARUNKUMAR C	I BBA
43	17UBBA003	ATCHAYA M R	I BBA
44	17UBBA008	BHARATH S	I BBA
45	15UCCA013	DHIVAKAR S	III B.COM (CA)
46	17UBBA015	GOWRI SANKAR S	I BBA
47	17UBBA016	GOWTHAM BALAJI S P	I BBA
48	17UBBA017	GUGAN PRANESH M	I BBA
49	17UBBA018	GUGANESH R	I BBA
50	17UBBA022	JAGAN L	I BBA



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DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2017-2018

17VBASM- STRESS MANAGEMENT - FINAL ENROLMENT LIST

S.No.	REG. NO.	NAME OF THE STUDENT	CLASS
51	17UBBA026	KAVIN RAJ S	I BBA
52	17UBBA030	KOUSIKA S	I BBA
53	17UBBA037	MOWNIKA S	I BBA
54	17UBBA039	NANDHINI S	I BBA
55	17UBBA042	NITHEESH C	I BBA
56	17UBBA054	SOWMYA S	I BBA
57	17UBBA056	SRIRAM S	I BBA
58	17UBBA059	TAMILVANAN S	I BBA
59	15UBBA057	SREECHITHARANJAN	III BBA
60	15UBBA040	PAVITHRA.N	III BBA
61	15UBBA028	KOWSALYA.E	III BBA
62	16UBBA036	NITHYA.R	II BBA
63	16UBBA045	RADHIKA.P	II BBA
64	16UBBA064	VIDHYA.R	II BBA
65	17UBBA047	RAM ASWIN	I BBA

P. N. S.
Course Coordinator

L. P. S.
Head of the Department
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DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2017-2018

SCHEDULE FOR THE VALUE ADDED COURSE

17VBASM- STRESS MANAGEMENT

S. No.	Date	Time	Topics Covered	Theory Hours	Lab Hours
1	10.07.2017	3.20 pm to 4.20 pm	Stress -Introduction-Meaning, Definition	1	-
2	11.07.2017	3.20 pm to 4.20 pm	Stress as Physical	1	-
3	12.07.2017	3.20 pm to 4.20 pm	Stress as psychological	1	-
4	13.07.2017	3.20 pm to 4.20 pm	Stressors	1	-
5	14.07.2017	3.20 pm to 4.20 pm	Levels of stress	1	-
6	17.07.2017	3.20 pm to 4.20 pm	Sources of stress :Individual sources	1	-
7	18.07.20217	3.20 pm to 4.20 pm	Group stressors	1	-
8	19.07.20217	3.20 pm to 4.20 pm	Organizational stressors	1	-
9	20.07.20217	3.20 pm to 4.20 pm	Types of stress	1	-
10	21.07.20217	3.20 pm to 4.20 pm	Extra organizational stress	1	-
11	31.07.20217	3.20 pm to 4.20 pm	Effects of stress	1	-
12	01.08.20217	3.20 pm to 4.20 pm	The stress cycle	1	-
13	02.08.20217	3.20 pm to 4.20 pm	Triggers of stress	1	-
14	04.08.20217	3.20 pm to 4.20 pm	Managing stress	1	-
15	07.08.20217	3.20 pm to 4.20 pm	Major life changes that can be stressful	1	-
16	08.08.20217	3.20 pm to 4.20 pm	Environmental events that can be stressful	1	-
17	09.08.20217	3.20 pm to 4.20 pm	Techniques to reduce stress	1	-
18	10.08.20217	3.20 pm to 4.20 pm	Importance of stress management	1	-
19	16.08.20217	3.20 pm to 4.20 pm	Strategic stress management: Introduction	1	-
20	17.08.20217	3.20 pm to 4.20 pm	Stress in workplace	1	-
21	18.08.20217	3.20 pm to 4.20 pm	Stress management programs	1	-
22	21.08.20217	3.20 pm to 4.20 pm	Employee assistance program	1	-
23	22.08.20217	3.20 pm to 4.20 pm	Stress at work	1	-
24	23.08.20217	3.20 pm to 4.20 pm	Steps to reduce stress levels	1	-
25	24.08.20217	3.20 pm to 4.20 pm	Emotional intelligence in the workplace	1	-



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DEPARTMENT OF BUSINESS ADMINISTRATION

ACADEMIC YEAR : 2017-2018

SCHEDULE FOR THE VALUE ADDED COURSE

17VBASM- STRESS MANAGEMENT

S. No.	Date	Time	Topics Covered	Theory Hours	Lab Hours
26	05.09.2017	3.20 pm to 4.20 pm	Techniques to reduce stress at workplace	1	-
27	07.09.2017	3.20 pm to 4.20 pm	Stress management strategy	1	-
28	08.09.2017	3.20 pm to 4.20 pm	Healthy way to relax and recharge	1	-
29	11.09.2017	3.20 pm to 4.20 pm	Program at workplace to reduce stress	1	-
30	12.09.2017	3.20 pm to 4.20 pm	Emotional stress	1	-
31	13.09.2017	3.20 pm to 4.20 pm	Physical stress	1	-
32	14.09.2017	3.20 pm to 4.20 pm	Behavioral stress	1	-
33	15.09.2017	3.20 pm to 4.20 pm	Stress prevention	1	-
34	18.09.2017	3.20 pm to 4.20 pm	Stress resilience	1	-
35	19.09.2017	3.20 pm to 4.20 pm	Preventing and managing stress	1	-
36	20.09.2017	3.20 pm to 4.20 pm	Coping strategies for stress	1	-
37	21.09.2017	3.20 pm to 4.20 pm	Individual coping strategies	1	-
38	22.09.2017	3.20 pm to 4.20 pm	Organizational coping strategies	1	-
39	23.09.2017	3.20 pm to 4.20 pm	Managing a case of stress	1	-
40	25.09.2017	3.20 pm to 4.20 pm	Stress reduction techniques	1	-
Total				40	
Total Hours (Theory)				40	
Assessment Date & Time		: Paper I - 11.10.2017-1.15 pm TO 4.15 pm Paper II - 12.10.2017-1.15 pm TO 4.15 pm			
Type of Assessment		: Objective and Descriptive Questions			

P. N. ...
Course Coordinator

...
Head of the Department

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DEPARTMENT OF BUSINESS ADMINISTRATION 17VBASM- STRESS MANAGEMENT- ATTENDANCE

S. No.	REG. NO.	NAME	10.07.2017	11.07.2017	12.07.2017	13.07.2017	14.07.2017	17.07.2017	18.07.2017	19.07.2017	20.7.2017	21.07.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
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2	15UCDR012	KANMANI.K										
3	15UCDR014	KARTHIKADEVI.M										
4	15UCDR017	MATHAN.K										
5	15UCDR018	MEENA.P.R										
6	15UCDR019	POOVIZHI.A.P										
7	15UCDR024	SANTHIYA.J								a		
8	15UCDR033	VIGNESHWARI.R										
9	15UBBA054	SARATHMANO.M.S			a		a				a	
10	15UBBA018	GUNASEKAR.K					a		a		a	a
11	15UBBA038	NAVIN KUMAR.T										
12	15UBBA024	KAVIN KUMAR.M										
13	15UBBA056	SIVAVISWANATHAN.R			a		a					
14	15UBBA011	GAYATHRI.V.P										
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19	15UBBA037	NAVEEN BALAJI K. T					a					
20	15UBBA060	SUDHAKAR .R										
21	16UENG007	BHAIRAVI.M										
22	16UENG019	HARIPRIYA.A									a	
23	16UENG002	AARTHI.R										
24	16UENG034	KOKILAVANI.M	a									
25	16UENG063	SWATHI.S										



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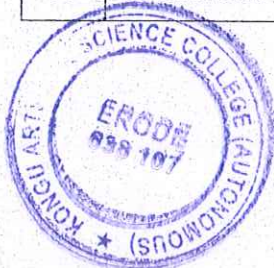
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S. No.	REG. NO.	NAME	10.07.2017	11.07.2017	12.07.2017	13.07.2017	14.07.2017	17.07.2017	18.07.2017	19.07.2017	20.7.2017	21.07.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
26	16UENG001	AARTHI.M										
27	16UENG015	DURGA.M										
28	16UENG024	JEBA KARUNYA.A										
29	16UCSC057	SUBASH CHANDRU.V	a				a		a		a	a
30	16UCSC030	MAHESH KUMAR.P										a
31	16UCSC043	PRATHAP.T					a		a	a	a	a
32	16UCSC058	SURENDRAN.V										
33	16UCSC042	PAVITHRAN.D					a		a	a	a	a
34	16UCSC064	VISWANATHAN.M			a		a	a		a	a	a
35	16UCSC027	KATHIRESAN.V						a		a		a
36	16UBBA052	SADAM HUSSAIN .A					a	a				
37	16UBBA057	SHANKAR.K.S					a	a				a
38	16UCSC034	MOHAMMED YASIN										
39	17UCCA063	THARANITHARAN.N.M		a		a			a	a		a
40	17UCOM108	RAJALINGAM.K		a					a			
41	17UCOM051	SATHISH.R	a									a
42	17UBBA002	ARUNKUMAR C			a			a				
43	17UBBA003	ATCHAYA M R										
44	17UBBA008	BHARATH S										
45	15UCCA013	DHIVAKAR S		a					a	a	a	
46	17UBBA015	GOWRI SANKAR S							a			
47	17UBBA016	GOWTHAM BALAJI S P										a
48	17UBBA017	GUGAN PRANESH M						a				
49	17UBBA018	GUGANESH R										
50	17UBBA022	JAGAN L										



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DEPARTMENT OF BUSINESS ADMINISTRATION 17VBASM- STRESS MANAGEMENT- ATTENDANCE

S. No.	REG. NO.	NAME	10.07.2017	11.07.2017	12.07.2017	13.07.2017	14.07.2017	17.07.2017	18.07.2017	19.07.2017	20.7.2017	21.07.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
51	17UBBA026	KAVIN RAJ S										
52	17UBBA030	KOUSIKA S										
53	17UBBA037	MOWNIKA S										
54	17UBBA039	NANDHINI S										
55	17UBBA042	NITHEESH C										
56	17UBBA054	SOWMYA S										
57	17UBBA056	SRIRAM S										
58	17UBBA059	TAMILVANAN S										
59	15UBBA057	SREECHITHARANJAN	a				a					
60	15UBBA040	PAVITHRA.N										
61	15UBBA028	KOWSALYA E										
62	16UBBA036	NITHYA R										
63	16UBBA045	RADHIKA P										
64	16UBBA064	VIDHYA R										
65	17UBBA047	RAMASWIN M	a	a					a			
Signature of the Faculty			<i>SD</i>	<i>SD</i>	<i>VP</i>	<i>MT</i>	<i>MK</i>	<i>PN</i>	<i>PN</i>	<i>SD</i>	<i>SD</i>	<i>MK</i>
Staff Initial			SD	SD	VP	MT	MK	PN	PN	SD	SD	MK
PN-P.Nandhini,MT-M.Thangam,SD-S.Deepa,MK-M.Kavitha,VP-V.Prakash												

P. Nandhini
Course Coordinator

L.P. Lakshmi
Head of the Department

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S. No	REG. NO.	NAME	31.07.2017	01.08.2017	02.08.2017	4.08.2017	07.08.2017	08.08.2017	09.08.2017	10.08.2017	16.08.2017	17.08.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
1	15UCDR009	DIVYA.K									a	a
2	15UCDR012	KANMANI.K									a	a
3	15UCDR014	KARTHIKADEVI.M										a
4	15UCDR017	MATHAN.K										a
5	15UCDR018	MEENA.P.R									a	a
6	15UCDR019	POOVIZHI.A.P										a
7	15UCDR024	SANTHIYA.J										a
8	15UCDR033	VIGNESHWARI.R						a	a	a		a
9	15UBBA054	SARATHMANO.M.S										a
10	15UBBA018	GUNASEKAR.K						a	a	a		a
11	15UBBA038	NAVIN KUMAR.T				a						
12	15UBBA024	KAVIN KUMAR.M	 						a	a		
13	15UBBA056	SIVAVISWANATHAN.R	a				a	a		a		a
14	15UBBA011	GAYATHRI.V.P	a									
15	15UBBA014	GOKUL KUMAR.T	 	a	a	a				a		
16	15UBBA032	MOHAMMED SHAAGUL HAMEED. M			a			a	a	a		
17	15UBBA001	ABISHEK RAJ							a	a		
18	15UBBA026	KISHORE .P	a				a					
19	15UBBA037	NAVEEN BALAJI K. T			a		a			a		
20	15UBBA060	SUDHAKAR .R			a							
21	16UENG007	BHAIRAVI.M			a							
22	16UENG019	HARIPRIYA.A										
23	16UENG002	AARTHI.R										
24	16UENG034	KOKILAVANI.M										
25	16UENG063	SWATHI.S										



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S. No.	REG. NO.	NAME	31.07.2017	01.08.2017	02.08.2017	4.08.2017	07.08.2017	08.08.2017	09.08.2017	10.08.2017	16.08.2017	17.08.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
26	16UENG001	AARTHI.M	l	l	l	l	l	l	l	l	l	l
27	16UENG015	DURGA.M	l	l	l	l	l	l	l	l	l	l
28	16UENG024	JEBA KARUNYA.A	l	l	l	l	l	l	l	l	l	l
29	16UCSC057	SUBASH CHANDRU.V	a	a	a	a	a	a	a	a	a	a
30	16UCSC030	MAHESH KUMAR.P	l	l	l	l	a	a	a	a	l	l
31	16UCSC043	PRATHAP.T	l	a	l	a	l	a	a	a	l	l
32	16UCSC058	SURENDRAN.V	l	l	l	l	a	l	l	l	a	a
33	16UCSC042	PAVITHRAN.D	l	a	l	a	l	a	a	a	l	l
34	16UCSC064	VISWANATHAN.M	a	a	a	a	a	a	a	a	a	a
35	16UCSC027	KATHIRESAN.V	l	l	l	a	l	l	a	l	l	l
36	16UBBA052	SADAM HUSSAIN .A	l	l	a	l	l	l	a	l	l	l
37	16UBBA057	SHANKAR.K.S	l	l	a	l	l	l	a	l	l	l
38	16UCSC034	MOHAMMED YASIN	a	l	l	l	l	l	l	l	a	
39	17UCCA063	THARANITHARAN.N.M	l	l	a	a	a	a	a	l	l	l
40	17UCOM108	RAJALINGAM.K	l	l	a	l	l	l	a	a	l	l
41	17UCOM051	SATHISH.R	l	l	a	l	l	l	a	a		
42	17UBBA002	ARUNKUMAR C	l	l	a	a	a	a	a	l	l	a
43	17UBBA003	ATCHAYA M R	l	l	l	l	l	l	l	l	l	l
44	17UBBA008	BHARATH S	l	l	l	l	l	l	l	a	l	l
45	15UCCA013	DHIVAKAR S	l	l	l	l	l	l	l	l	l	l
46	17UBBA015	GOWRI SANKAR S	l	l	l	a	l	l	l	l	l	l
47	17UBBA016	GOWTHAM BALAJI S P	l	l	l	l	l	l	a	l	l	l
48	17UBBA017	GUGAN PRANESH M	l	l	l	l	l	l	l	a	l	l
49	17UBBA018	GUGANESH R	a	a	a	l	l	l	l	a	l	l
50	17UBBA022	JAGAN L	a	a	l	l	l	a	l	l	l	l



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S. No.	REG. NO.	NAME	31.07.2017	01.08.2017	02.08.2017	4.08.2017	07.08.2017	08.08.2017	09.08.2017	10.08.2017	16.08.2017	17.08.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
51	17UBBA026	KAVIN RAJ S	l	l	l	a	a	l	a	l	l	l
52	17UBBA030	KOUSIKA S	l	l	a	l	l	l	l	a	l	l
53	17UBBA037	MOWNIKA S	l	l	l	a	l	l	l	l	l	l
54	17UBBA039	NANDHINI S	l	l	l	l	l	l	l	l	l	l
55	17UBBA042	NITHEESH C	l	l	l	l	l	l	l	l	l	l
56	17UBBA054	SOWMYA S	l	l	a	a	a	a	a	l	l	a
57	17UBBA056	SRIRAM S	l	l	l	a	a	a	a	l	l	l
58	17UBBA059	TAMILVANAN S	a	a	a	a	l	l	a	a	a	l
59	15UBBA057	SREECHITHARANJAN	a	l	l	l	l	l	l	a	l	l
60	15UBBA040	PAVITHRA.N	a	l	l	l	l	l	l	a	l	l
61	15UBBA028	KOWSALYA E	l	l	l	l	l	l	l	a	l	l
62	16UBBA036	NITHYA R	l	l	l	l	l	l	l	a	l	l
63	16UBBA045	RADHIKA P	l	l	l	l	l	l	l	a	l	l
64	16UBBA064	VIDHYA R	l	l	l	l	l	l	l	a	l	l
65	17UBBA047	RAMASWIN M	l	l	l	l	l	l	l	a	l	l
Signature of the Faculty			<i>SD</i>	<i>SD</i>	<i>SD</i>	<i>SD</i>	<i>MC</i>	<i>MC</i>	<i>SD</i>	<i>PN</i>	<i>PN</i>	<i>PN</i>
Staff Initial			SD	SD	SD	SD	MC	MC	SD	PN	PN	PN
PN-P.Nandhini,MT-M.Thangam,SD-S.Deepa,MK-M.Kavitha,VP-V.Prakash												

P. Nandhini
Course Coordinator

L.S. SD
Head of the Department
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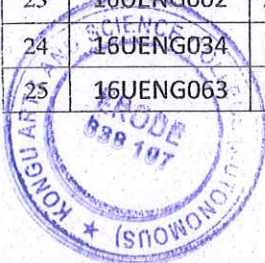
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DEPARTMENT OF BUSINESS ADMINISTRATION 17VBASM- STRESS MANAGEMENT- ATTENDANCE

S. No	REG. NO.	NAME	18.08.2017	21.08.2017	22.08.2017	23.08.2017	24.08.2017	05.09.2017	07.09.2017	08.09.2017	11.09.2017	12.09.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
1	15UCDR009	DIVYA.K					a	a				
2	15UCDR012	KANMANI.K				a	a	a				
3	15UCDR014	KARTHIKADEVI.M			a	a						
4	15UCDR017	MATHAN.K				a	a	a			a	
5	15UCDR018	MEENA.P.R					a	a			a	
6	15UCDR019	POOVIZHI.A.P					a	a				
7	15UCDR024	SANTHIYA.J					a	a	a			
8	15UCDR033	VIGNESHWARI.R					a	a				
9	15UBBA054	SARATHMANO.M.S					a	a				
10	15UBBA018	GUNASEKAR.K						a				
11	15UBBA038	NAVIN KUMAR.T						a				
12	15UBBA024	KAVIN KUMAR.M			a			a				
13	15UBBA056	SIVAVISWANATHAN.R		a	a			a				
14	15UBBA011	GAYATHRI.V.P		a				a				
15	15UBBA014	GOKUL KUMAR.T						a				
16	15UBBA032	MOHAMMED SHAAGUL HAMEED. M		a	a			a				
17	15UBBA001	ABISHEK RAJ						a				
18	15UBBA026	KISHORE .P						a	a			
19	15UBBA037	NAVEEN BALAJI K. T						a		a		
20	15UBBA060	SUDHAKAR .R						a				
21	16UENG007	BHAIRAVI.M						a	a	a	a	a
22	16UENG019	HARIPRIYA.A								a		a
23	16UENG002	AARTHI.R										
24	16UENG034	KOKILAVANI.M										
25	16UENG063	SWATHI.S										



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S. No.	REG. NO.	NAME	18.08.2017	21.08.2017	22.08.2017	23.08.2017	24.08.2017	05.09.2017	07.09.2017	08.09.2017	11.09.2017	12.09.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
26	16UENG001	AARTHI.M										
27	16UENG015	DURGA.M										
28	16UENG024	JEBA KARUNYA.A										
29	16UCSC057	SUBASH CHANDRU.V	a	a	a	a	a	a	a	a	a	a
30	16UCSC030	MAHESH KUMAR.P				a	a					
31	16UCSC043	PRATHAP.T	a	a		a	a	a	a	a	a	
32	16UCSC058	SURENDRAN.V				a	a					
33	16UCSC042	PAVITHRAN.D	a	a	a		a	a	a	a	a	
34	16UCSC064	VISWANATHAN.M	a	a	a	a	a	a	a	a	a	a
35	16UCSC027	KATHIRESAN.V		a	a			a	a	a		
36	16UBBA052	SADAM HUSSAIN .A	a			a	a	a	a	a		
37	16UBBA057	SHANKAR.K.S	a			a	a				a	
38	16UCSC034	MOHAMMED YASIN	a	a		a	a				a	
39	17UCCA063	THARANITHARAN.N.M			a	a	a					
40	17UCOM108	RAJALINGAM.K				a	a	a				
41	17UCOM051	SATHISH.R				a	a	a		a		
42	17UBBA002	ARUNKUMAR C	a	a		a	a	a				
43	17UBBA003	ATCHAYA M R										
44	17UBBA008	BHARATH S		a								
45	15UCCA013	DHIVAKAR S						a				
46	17UBBA015	GOWRI SANKAR S										
47	17UBBA016	GOWTHAM BALAJI S P										
48	17UBBA017	GUGAN PRANESH M										
49	17UBBA018	GUGANESH R		a	a	a			a			
50	17UBBA022	JAGAN L										



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S. No.	REG. NO.	NAME	18.08.2017	21.08.2017	22.08.2017	23.08.2017	24.08.2017	05.09.2017	07.09.2017	08.09.2017	11.09.2017	12.09.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
51	17UBBA026	KAVIN RAJ S	l	l	l	l	l	l	l	l	l	l
52	17UBBA030	KOUSIKA S	l	l	l	l	l	l	l	l	l	l
53	17UBBA037	MOWNIKA S	l	l	l	l	l	l	l	l	l	l
54	17UBBA039	NANDHINI S	l	l	l	l	l	l	l	l	l	l
55	17UBBA042	NITHEESH C	l	l	l	l	a	l	l	l	l	l
56	17UBBA054	SOWMYA S	l	l	l	l	l	l	l	l	l	l
57	17UBBA056	SRIRAM S	a	a	l	a	a	a	l	l	l	l
58	17UBBA059	TAMILVANAN S	l	l	l	a	l	l	l	a	a	l
59	15UBBA057	SREECHITHARANJAN	l	l	l	a	a	l	l	l	l	l
60	15UBBA040	PAVITHRA.N	l	l	l	l	a	a	l	l	l	l
61	15UBBA028	KOWSALYA E	l	a	l	l	a	l	l	l	l	l
62	16UBBA036	NITHYA R	l	l	l	l	a	l	l	l	l	l
63	16UBBA045	RADHIKA P	l	l	l	l	a	l	l	l	l	l
64	16UBBA064	VIDHYA R	l	l	l	l	a	l	l	l	l	l
65	17UBBA047	RAMASWIN M	l	l	l	l	a	l	l	l	l	l
Signature of the Faculty			MB	P.N	P.N	MB	MB	MB	MB	P.N	P.N	P.N
Staff Initial			MC	PN	PN	MC	MC	MC	MC	PN	PN	PN
PN-P.Nandhini, MT-M. Thangam, SD-S. Deepa, MK-M. Kavitha, VP-V. Prakash												

P. N. Thangam
Course Coordinator

L. P. W.
Head of the Department

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J.
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J.
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S. No	REG. NO.	NAME	13.09.2017	14.09.2017	15.09.2017	18.09.2017	19.09.2017	20.09.2017	21.09.2017	22.09.2017	23.09.2017	25.09.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
1	15UCDR009	DIVYA.K	l	l a	l	l	l	l a	a	l	l	l
2	15UCDR012	KANMANI.K	l	l	l a	l	l	l	l	l	l	l
3	15UCDR014	KARTHIKADEVI.M	l	l a	a a	a a	a a	a a	a a	a a	a a	a a
4	15UCDR017	MATHAN.K	l	l	l	l a	a a	a a	l a	l	l	l
5	15UCDR018	MEENA.P.R	l	l	l	l	l	l	l	l	l	l
6	15UCDR019	POOVIZHI.A.P	l	l	l	l	l	l	l	l	l	l
7	15UCDR024	SANTHIYA.J	l	l	l	l	l	l	l	l	l	l
8	15UCDR033	VIGNESHWARI.R	l	l	l	l	l	l	l	l	l	l
9	15UBBA054	SARATHMANO.M.S	l	l	l	l	l	l	l	l	l	a
10	15UBBA018	GUNASEKAR.K	a	a	l a	l	l	l	l	l a	l	l
11	15UBBA038	NAVIN KUMAR.T	l	l	l a	l	l	l	l	l	l a	l
12	15UBBA024	KAVIN KUMAR.M	a	l a	l	l a	l	l	l	l a	l	l
13	15UBBA056	SIVAVISWANATHAN.R	a	l a	l	l	l	l	l	l a	l a	l
14	15UBBA011	GAYATHRI.V.P	l	l	l	l	l	l	l	l a	l	l
15	15UBBA014	GOKUL KUMAR.T	a	l	l	l	l	l	l a	l	l	l
16	15UBBA032	MOHAMMED SHAAGUL HAMEED. M	a	l a	l	l	l	l a	l a	l	l	l
17	15UBBA001	ABISHEK RAJ	l	l a	l	l	l	l	l a	l	l	l
18	15UBBA026	KISHORE .P	a	l a	a	l	a	l	l	l	l	l
19	15UBBA037	NAVEEN BALAJI K. T	l	l	l	l	l	l	l	l a	l	l
20	15UBBA060	SUDHAKAR .R	a	l	l a	l	l	l	l	l a	l	l
21	16UENG007	BHAIRAVI.M	l	l	l	l	l	l	l	l	l	l
22	16UENG019	HARIPRIYA.A	l	l	l	l	l	l	l	l a	l	l
23	16UENG002	AARTHI.R	l	l	l	l	l	l	l	l	l	l
24	16UENG034	KOKILAVANI.M	l	l a	l	l	l	l	l	l	l	l
25	16UENG063	SWATHI.S	l	l	l	l	l	l	l	l	l	l




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DEPARTMENT OF BUSINESS ADMINISTRATION 17VBASM- STRESS MANAGEMENT- ATTENDANCE

S. No.	REG. NO.	NAME	13.09.2017	14.09.2017	15.09.2017	18.09.2017	19.09.2017	20.09.2017	21.09.2017	22.09.2017	23.09.2017	25.09.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
26	16UENG001	AARTHI.M	l	l	a	l	l	l	l	l	l	l
27	16UENG015	DURGA.M	l	l	l	l	l	l	l	l	l	l
28	16UENG024	JEBA KARUNYA.A	l	l	l	l	l	l	l	l	l	l
29	16UCSC057	SUBASH CHANDRU.V	l	l	l	a	l	a	l	l	l	a
30	16UCSC030	MAHESH KUMAR.P	l	a	l	a	l	a	l	l	l	l
31	16UCSC043	PRATHAP.T	l	l	l	l	l	l	l	a	l	l
32	16UCSC058	SURENDRAN.V	l	l	l	a	l	a	l	l	l	a
33	16UCSC042	PAVITHRAN.D	l	l	l	l	l	l	l	l	l	l
34	16UCSC064	VISWANATHAN.M	l	a	l	a	l	a	l	l	a	a
35	16UCSC027	KATHIRESAN.V	a	a	a	a	a	a	a	a	a	l
36	16UBBA052	SADAM HUSSAIN .A	l	l	l	l	a	l	l	l	l	a
37	16UBBA057	SHANKAR.K.S	l	l	l	l	l	a	l	l	a	a
38	16UCSC034	MOHAMMED YASIN	l	l	l	l	l	a	l	l	a	l
39	17UCCA063	THARANITHARAN.N.M	a	a	a	a	a	a	a	a	a	a
40	17UCOM108	RAJALINGAM.K	l	l	a	a	l	l	l	a	a	l
41	17UCOM051	SATHISH.R	a	l	l	a	l	l	l	a	a	l
42	17UBBA002	ARUNKUMAR C	a	l	l	a	l	l	l	a	l	l
43	17UBBA003	ATCHAYA M R	l	l	l	l	l	l	l	l	l	l
44	17UBBA008	BHARATH S	l	l	l	a	a	l	l	l	a	l
45	15UCCA013	DHIVAKAR S	l	l	a	l	l	l	l	l	l	a
46	17UBBA015	GOWRI SANKAR S	l	l	l	l	l	l	l	l	l	a
47	17UBBA016	GOWTHAM BALAJI S P	l	l	a	l	a	l	l	l	l	l
48	17UBBA017	GUGAN PRANESH M	l	l	l	l	l	l	l	l	a	a
49	17UBBA018	GUGANESH R	l	l	l	l	a	l	l	l	l	a
50	17UBBA022	JAGAN L	l	l	l	l	l	l	l	a	l	l



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S. No.	REG. NO.	NAME	13.09.2017	14.09.2017	15.09.2017	18.09.2017	19.09.2017	20.09.2017	21.09.2017	22.09.2017	23.09.2017	25.09.2017
			3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm	3.20 pm to 4.20 pm
51	17UBBA026	KAVIN RAJ S										
52	17UBBA030	KOUSIKA S										
53	17UBBA037	MOWNIKA S										
54	17UBBA039	NANDHINI S										
55	17UBBA042	NITHEESH C								a		
56	17UBBA054	SOWMYA S										
57	17UBBA056	SRIRAM S	a			a				a		
58	17UBBA059	TAMILVANAN S										
59	15UBBA057	SREECHITHARANJAN		a	a	a						
60	15UBBA040	PAVITHRA.N										
61	15UBBA028	KOWSALYA E										
62	16UBBA036	NITHYA R										
63	16UBBA045	RADHIKA P										
64	16UBBA064	VIDHYA R										
65	17UBBA047	RAMASWIN M	a		a		a			a		a
Signature of the Faculty			<i>SD</i>	<i>SD</i>	<i>MK</i>	<i>MT</i>	<i>PN</i>	<i>MK</i>	<i>SD</i>	<i>PN</i>	<i>PN</i>	<i>SD</i>
Staff Initial			SD	SD	MK	MT	PN	MK	SD	PN	PN	SD
PN-P.Nandhini,MT-M.Thangam,SD-S.Deepa,MK-M.Kavitha,VP-V.Prakash												

P. Nandhini
Course Coordinator

L. S. V. S.
Head of the Department
HEAD OF THE DEPARTMENT
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DEPARTMENT OF BUSINESS ADMINISTRATION 17VBASM- STRESS MANAGEMENT- QUESTION PAPER PAPER 1 : BASICS OF STRESS

Time: 03:00 Hours

Maximum Marks: 100

I. CHOOSE THE BEST ANSWER

1. As a _____ influence stress compels us to do the action, resulting in a new awareness and an exciting new perspective.
a) Negative b) Positive c) Neutral d) Natural
2. _____ is experienced when one perceives a threat and the fight and flight response are called for.
a) Happiness b) Fear c) Anxiety d) Stress
3. There are _____ basic levels of stress symptoms.
a) Three b) Four c) Five d) Two
4. _____ is the condition when there is a sense of helplessness in being able to achieve.
a) Eustress b) Distress c) Stress d) Anxiety.
5. _____ can definitely reduce or lower stress and with that people can have better control on their blood pressure.
a) Deep breathing b) Exercise c) Sleep d) Healthy food
6. Normal initial response symptom of stress is characterized by _____.
a) Increased heart beat rates b) Restlessness c) Headache d) Stroke
7. _____ is one of the group stressors.
a) Task demand b) Organizational structure c) Lack of social support
d) Political factors
8. _____ disappears when need is fulfilled.
a) Eustress b) Distress c) Fear d) Desire
9. _____ is not one of the individual stressors.
a) Life and career changes b) Personality type c) Conflict d) Role characteristics.
10. Stress is not caused by _____ factor.
a) External b) Team c) Fear d) Monotony

II. FILL IN THE BLANKS

11. _____ refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress.
12. _____ is the condition in which there is drive and effect to fulfill needs.
13. The fourth level of stress would be characterized by _____.
14. _____ Stress perceives a threat and fight response.
15. Stress is the interaction of the individual with the _____.

III. SAY TRUE OR FALSE:

16. Stress is not caused by an external factor.
17. Group interaction affects human behaviour
18. Stress can be avoided.
19. Stress symptoms include physical health decline as well as depression.
20. Regular Exercise doesn't reduce the level of Stress.



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IV. MATCH THE FOLLOWING:

- | | | |
|------------------------------|---|-----------------------|
| 21. Stress Cycle | - | Eustress |
| 22. Lack of Social Support | - | Task demand |
| 23. Individual Stressors | - | Brain/ Nervous System |
| 24. Organizational Stressors | - | Group Stressors |
| 25. Positive stress | - | Environmental factors |

SECTION B

(5*15=75 Marks)

- 26.(a) Define Stress. Mention the three important sources of stress and discuss them in detail.
(Or)
(b) Explain the effects of stress.
27. (a) Explain in detail about the Stress Cycle.
(Or)
(b) List out the stressors at work and explain in detail.
28. (a) List out the importance of stress management.
(Or)
(b) Explain the relationship between stress and achievement.
- 29.(a) List out the types of Stressors and explain in detail.
(Or)
(b) What are the problems faced by the managers regarding employees under stress?
30. (a) What are the effects of stress? Explain with suitable example.
(Or)
(b) What are the techniques of reducing stress?



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DEPARTMENT OF BUSINESS ADMINISTRATION 17VBASM- STRESS MANAGEMENT- QUESTION PAPER

PAPER II: STRATEGIC STRESS MANAGEMENT

Time:3 Hrs

Max.Marks:100

SECTION A

(25*1=25)

ANSWER ALL THE QUESTIONS

I. CHOOSE THE BEST ANSWER:-

- Salary can be an important concern of employees and this can lead to _____
a) Chronic Stress b) Eustress c) Distress d) Stress
- _____ teaches an individual Stress Control and inoculation techniques.
a) ICO b) EAP c) OAP. d) ISRO
- Which of the following is not a individual coping strategy?
a) Physical exercise b) Relaxation c) Work-home transition d) Job Enrichment.
- Which one of the following is not one of the workplace stress (Emotional)?
a) Anxiety b) Panic c) Anger d) Aggression.
- _____ is /are behavioral stress which an individual is confronted with in his work place.
a) Reduced performance b) Aggression c) Inter-personal conflicts d) All of these
- There are _____ skills that help to manage an Emotional Intelligence.
a) Five b) Six c) Four d) Two
- Whenever one feels tensed, _____ gives relaxation.
a) Breathe in and out b) Anger c) Tension d) Thoughts
- Intervention is broken down in _____ steps
a) One b) Two c) Three d) Four
- _____ is one of the ways to dispel stress
a) Talk it over with someone b) take time away
c) Connect with others d) All the above
- Which of the following is not one of the task management tips for reducing job stress?
a) Prioritize tasks b) Delegate responsibility
c) Break project into small steps d) Social awareness.

II. FILL IN THE BLANKS:

- _____ therapy leads to an Individual coping Strategies.
- Fatigue, Headache, Apathy and Irritability are the _____ of the working place Stress.
- Expand BREADS _____ (As psychological technique)
- Reduced Performance, Aggression and Inter-Personal Conflicts are the result of _____ Stress.
- If an individual is not able to avoid the stress, next he can try to _____ the situation.



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III. SAY TRUE OR FALSE:

16. One of the ways of reducing stress at work is by simply changing the workload for an employee.
17. Levels of stress can be measured.
18. Stress management has physiological and immune benefits.
19. Primary intervention deals with eliminating stressors all together.
20. Fear of being laid off is one of the causes of excessive workplace stress.

IV. MATCH THE FOLLOWING:

21. Individual coping strategies- Job enrichment
22. Organizational coping strategies –Exercise
23. Stress reduction techniques- Cognitive therapy.
24. Stress Management programs- Reframe problems
25. Adapting to the stress- EAP's.

SECTION-B

(5*15=75)

26. (a) Explain the Jobs stress towards the organization.
(Or)
(b) Discuss the programs required to reduce stress in workplace.
27. (a) Mention the coping strategies of stress. Explain in detail.
(Or)
(b) How can you change the stressful situation? Explain the reactions from employee.
28. (a) What are the relaxation methods you will undergo in order to overcome your personal stress?
(Or)
(b) Explain the steps to prevent employee stress.
29. (a) Discuss the individual approaches in managing stress.
(Or)
(b) State the organizational approaches related to employee stress.
30. (a) Enumerate the stress reduction techniques.
(Or)
(b) Write the effect of counseling and motivation methods to reduce stress.



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DEPARTMENT OF BUSINESS ADMINISTRATION

17VBASM- STRESS MANAGEMENT - MARK STATEMENT

S. NO.	REG.NO.	PAPER - I	PAPER -II	AVERAGE	RESULT	GRADE
1	15UCDR009	66	65	66	PASS	B+
2	15UCDR012	74	63	69	PASS	B+
3	15UCDR014	42	55	49	PASS	C
4	15UCDR017	40	25	33	FAIL	FAIL
5	15UCDR018	AB	AB	AB	AB	AB
6	15UCDR019	77	58	68	PASS	B+
7	15UCDR024	58	43	51	PASS	B
8	15UCDR033	30	21	26	FAIL	FAIL
9	15UBBA054	61	70	66	PASS	B+
10	15UBBA018	65	50	58	PASS	B
11	15UBBA038	50	53	52	PASS	B
12	15UBBA024	63	60	62	PASS	B+
13	15UBBA056	31	30	31	FAIL	FAIL
14	15UBBA011	57	48	53	PASS	B
15	15UBBA014	40	AB	AB	FAIL	FAIL
16	15UBBA032	40	42	41	PASS	C
17	15UBBA001	29	24	27	FAIL	FAIL
18	15UBBA026	78	52	65	PASS	B+
19	15UBBA037	4	41	23	FAIL	FAIL
20	15UBBA060	75	64	70	PASS	A
21	16UENG007	63	57	60	PASS	B+
22	16UENG019	70	51	61	PASS	B+
23	16UENG002	AB	AB	AB	AB	AB
24	16UENG034	61	51	56	PASS	B
25	16UENG063	45	14	30	FAIL	FAIL
26	16UENG001	46	40	43	PASS	C
27	16UENG015	61	40	51	PASS	B
28	16UENG024	56	41	49	PASS	C
29	16UCSC057	56	47	52	PASS	B
	16UCSC030	AB	AB	AB	AB	AB



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17VBASM- STRESS MANAGEMENT - MARK STATEMENT

S. NO.	REG.NO.	PAPER - I	PAPER - II	AVERAGE	RESULT	GRADE
31	16UCSC043	12	6	9	FAIL	FAIL
32	16UCSC058	58	46	52	PASS	B
33	16UCSC042	53	49	51	PASS	B
34	16UCSC064	28	AB	AB	FAIL	FAIL
35	16UCSC027	50	45	48	PASS	C
36	16UBBA052	41	24	33	FAIL	FAIL
37	16UBBA057	69	54	62	PASS	B+
38	16UCSC034	52	40	46	PASS	C
39	17UCCA063	49	40	45	PASS	C
40	17UCOM108	AB	AB	AB	AB	AB
41	17UCOM051	AB	AB	AB	AB	AB
42	17UBBA002	AB	AB	AB	AB	AB
43	17UBBA003	40	18	29	FAIL	FAIL
44	17UBBA008	AB	AB	AB	AB	AB
45	15UCCA013	62	56	59	PASS	B
46	17UBBA015	62	46	54	PASS	B
47	17UBBA016	20	15	18	FAIL	FAIL
48	17UBBA017	40	40	40	PASS	C
49	17UBBA018	65	52	59	PASS	B
50	17UBBA022	40	40	40	PASS	C
51	17UBBA026	43	25	34	FAIL	FAIL
52	17UBBA030	42	40	41	PASS	C
53	17UBBA037	53	40	47	PASS	C
54	17UBBA039	62	40	51	PASS	B
55	17UBBA042	63	59	61	PASS	B+



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17VBASM- STRESS MANAGEMENT - MARK STATEMENT

S. NO.	REG.NO.	PAPER - I	PAPER - II	AVERAGE	RESULT	GRADE
56	17UBBA054	6	9	8	FAIL	FAIL
57	17UBBA056	AB	AB	AB	AB	AB
58	17UBBA059	57	53	55	PASS	B
59	15UBBA057	AB	AB	AB	AB	AB
60	15UBBA040	46	40	43	PASS	C
61	15UBBA028	21	13	17	FAIL	FAIL
62	16UBBA036	14	AB	AB	FAIL	FAIL
63	16UBBA045	AB	AB	AB	AB	AB
64	16UBBA064	56	49	53	PASS	B
65	17UBBA047	AB	AB	AB	AB	AB

90-100	A++-Outstanding		60-69	B+-Good
80-89	A+ -Excellent		50-59	B-Average
70-79	A -VeryGood		40-49	C-Satisfactory
SUBJECT DETAILS				
SUBJECT			MAX.MARKS	
Paper I - Basics of Stress			100	
Paper II - Strategic Stress Management			100	

P. N. S. S.
Coordinator

H. B. L. D.
Head of the Department
HEAD OF THE DEPARTMENT
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L.
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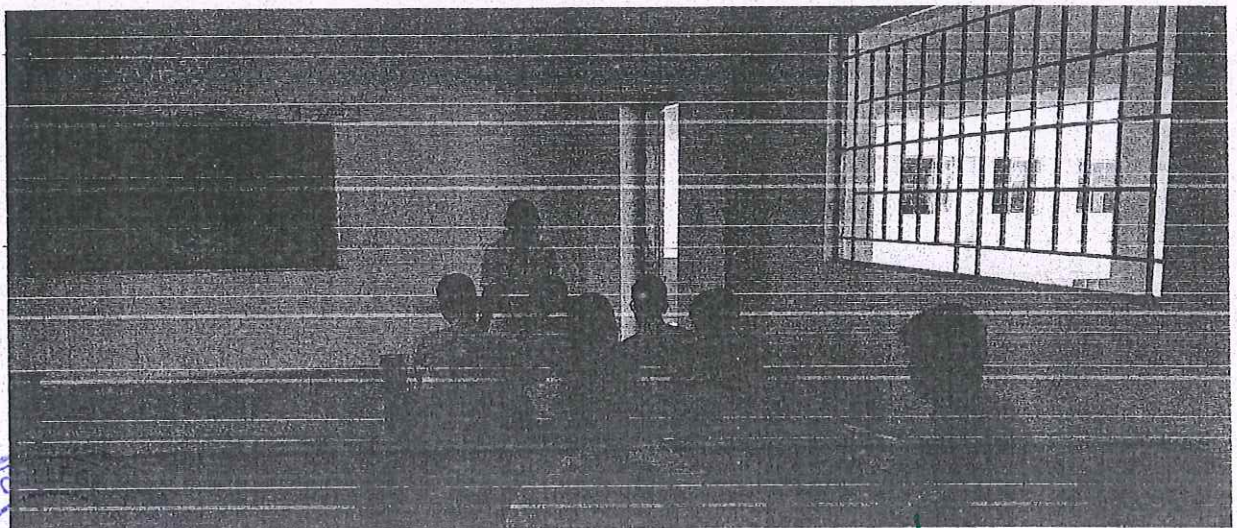
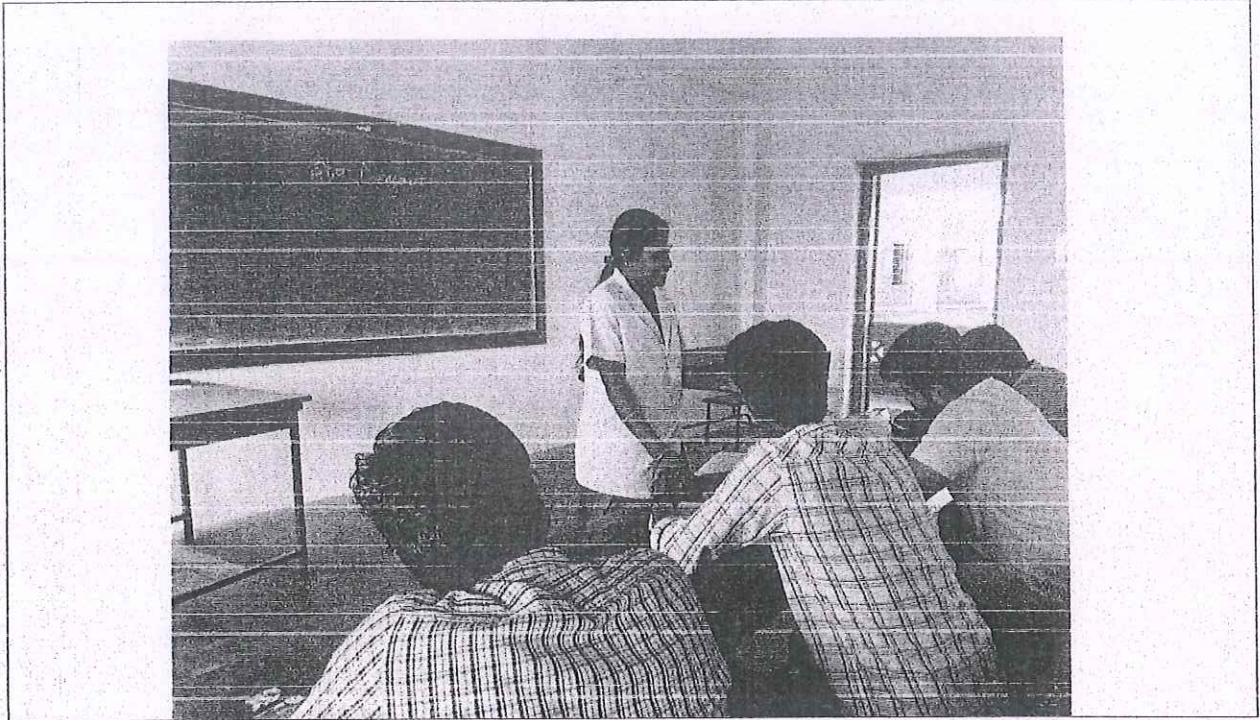


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17VBASM- STRESS MANAGEMENT - PHOTOGRAPH



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17VBASM- STRESS MANAGEMENT – STUDENTS FEEDBACK

Name of the Student	
Register Number	
Department	
Year	

Parameters	Strongly Agree	Agree	Disagree
The Course content was in line with my expectations	Yes	No	
General content of the Course	Excellent	Good	Average
The Course provided additional knowledge and skill	Yes	No	
Well-designed Practical sessions	Yes	No	
Schedule of the classes and other relevant details have been informed promptly	Yes	No	
Course materials provided were useful	Yes	No	
Provides scope for self-employment and fulfills the industrial needs	Yes	No	

Student Signature




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17VBASM- STRESS MANAGEMENT - STUDENTS FEEDBACK

Name of the Student	NAYEEN BALAJI K.T
Register Number	150BBA037
Department	BUSINESS ADMINISTRATION
Year	111-BBA

Parameters	Strongly Agree	Agree	Disagree
The Course content was in line with my expectations	Yes	No	
General content of the Course	Excellent	Good	Average
The Course provided additional knowledge and skill	Yes	No	
Well-designed Practical sessions	Yes	No	
Schedule of the classes and other relevant details have been informed promptly	Yes	No	
Course materials provided were useful	Yes	No	
Provides scope for self-employment and fulfills the industrial needs	Yes	No	

Nayeen Balaji K.T
Student Signature



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17VBASM- STRESS MANAGEMENT – STUDENTS FEEDBACK

Name of the Student	SHANKAR K S
Register Number	16UBBA057
Department	BBA
Year	II

Parameters	Strongly Agree	Agree	Disagree
The Course content was in line with my expectations	Yes	No	
General content of the Course	Excellent	Good	Average
The Course provided additional knowledge and skill	Yes	No	
Well-designed Practical sessions	Yes	No	
Schedule of the classes and other relevant details have been informed promptly	Yes	No	
Course materials provided were useful	Yes	No	
Provides scope for self-employment and fulfills the industrial needs	Yes	No	


Student Signature




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for the successful completion of the Certificate Course in
STRESS MANAGEMENT


with B+ Grade conducted by the
Department of Business Administration
during the Academic Year 2017 - 2018




Course Coordinator


Convenor
Academy of Excellence


Principal



Correspondent

90 - 100, A++ - Outstanding
80 - 89, A+ - Excellent

70 - 79, A - Very Good
60 - 69, B+ - Good

50 - 59, B - Average
40 - 49, C - Satisfactory




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