

Value Added Course (2023 – 2024)

BROCHURE



DEPARTMENT OF LOGISTICS MANAGEMENT ALAGAPPA UNIVERSITY

(A State University Accredited with A+ Grade by NAAC (CGPA:3.64) in the Third Cycle,
Graded as Category-I and Granted Autonomy by MHRD - UGC)
Karaikudi - 630 004 Tamil Nadu, India

ABOUT THE DEPARTMENT

- This is a young, vibrant entity established during the academic year 2016-17 at Alagappa University.
- Logistics Management is getting professionalized of late, which is evident from the fact that this MBA (Logistics Management) programme is sanctioned to Alagappa University as an Innovative Programme with liberal funding by the University Grants Commission (UGC).
- The faculty members of the DoLM are well qualified, industry-academia enriched, Nationally and Internationally experienced professionals.
- Infrastructure at the command of the department is enviable: Video conferencing facility, Wi-Fi environment, Networked Computer Laboratory, well stocked Library; Conference halls are few notable features.
- The DoLM offers industry focused MBA (LSCM), M.Phil (LSCM) and Ph.D. in Management - Specializing in Logistics Management.



VALUE ADDED COURSE ON STRESS MANAGEMENT



COURSE CODE : :VACLM2301
DURATION: 20 hours(14th Sep 2023 - 10th Oct 2023)
TARGET PARTICIPANTS: ALL MBA STUDENTS

OBJECTIVES

- To Understand the basic concepts of stress management, its various types and classification of Stress.
- To understand the nature and consequences of stress.
- To understand the impact of stress on work.
- To recognize the stressors, Adaptive and Maladaptive behavior

OUTCOMES

- By the end of the course, students will be able to understand the cognitive variables of stress.
- After the completion of the course, students will learn to manage Work-Life Balance.
- The students will be able to prepare for better future by reducing the stress

SUMMARY OF THE CONTENTS

- Meaning and nature of stress
- Cognitive appraisal of stress
- Behavioral aspects of Stress
- Stress and work performance
- Strategies of stress management and preparing for future.

COURSE COORDINATOR
Dr.V.A.ANAND,
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HEAD OF THE DEPARTMENT
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SYLLABUS

STRESS MANAGEMENT

Code : VACLM2301

Weekly hours: 6

Total Hours: 20

Course Objectives:

1. To understand the nature and consequences of stress
2. To understand the impact of stress on work
3. To recognize the stressors, Adaptive and Maladaptive behavior

Course Outcomes:

1. Understand the cognitive variables of stress
2. Learn Managing Work-Life Balance
3. Preparing for better future by reducing the stress.

Course Content:

Unit – I Meaning and nature of stress:

Difference between eustress and distress; Frustration, conflict and pressure; Meaning of stressors; common stressors at work place: Stressors unique to age and gender. **(4 Hours)**

Unit – II Cognitive appraisal of stress:

General adaptation to stress; Consequences of stress; Physiological and psychological changes associated with the stress response. Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on performance.

(4 Hours)

Unit – III Behavioral aspects of Stress:

Adaptive and Maladaptive Behaviour. Individual and Cultural Differences: Sources of Stress-Across the Lifespan. College and Occupational Stress.

(4 Hours)

Unit – IV Stress and Work performance:

Role of communication in managing stress and work performance: Emotional regulation and coping; Emotional intelligence and conflict management: Emotional Basis and Stress; Stress and Conflict in Relationships.

(4 Hours)

Unit – V Strategies of Stress Management and Preparing for future

Care of the Self: Nutrition and Other Lifestyle Issues Stress reduction practices: Time management; Exercise; Relaxation techniques; yoga; meditation.

(4 Hours)

Suggested Readings:

1. Baron .L & Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
2. Barlow, Rapee, and Perini(2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
3. Clayton,M, (2011).Brilliant stress management How to manage stress in any situation's 1st edition, Greart Britain Pearson Education
4. Cooper,C,& Palmer,S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press