



Government General Degree College, Muragachha

(Affiliated to the University of Kalyani)

Vill+P.O.-Muragachha, PS-Nakashipara, Dist.-Nadia,
West Bengal, Pin-741154

A Certificate Course on

STRESS MANAGEMENT, MOTIVATION AND EMOTIONAL INTELLIGENCE

Certificate:

After Successful Completion of course
Certificate will be given. Attendance
is compulsory for all

Speaker:

All Faculty of Education Department

16th - 26th October, 2019

Target Group

All Students of
Education
Department

Course Co-Ordinator

Dr. Binayak Chanda

Organize By

Department of Education



Government of West Bengal

Government General Degree College, Muragachha

MURAGACHHA, NADIA, PIN- 741154

Phone No.: 03474-268008 web: www.muragachhagovtcollege.org e-mail: mgnadia2015@gmail.com

Ref. No.....

Dated: 12.09.2019

It is to notify all concerned that the Department of Education, **Government General Degree College, Muragachha** is going to organize a very relevant and significant course on "Stress Management, Motivation and Emotional Intelligence" in collaboration with the IQAC of this college for the students (3rd Year, 2nd Year and 2nd Semester) of Education Honours of this College from 16.10.2019 to 26.10.2019. Certificate will be provided to the participating students after successful competition of the said course. Students of the Education department of this college are requested to meet the Head of the Dept of Education and enrol their name before 20.09.2019.

Officer In-Charge
Government General Degree
College, Muragachha

IQAC
Government General Degree
College, Muragachha

Head, Dept. of Education
Government General Degree
College, Muragachha

Officer-in-Charge
Govt. General Degree College Muragacha
Muragacha, Nakashipara, Nadia





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Ref. No.....

Dated: 27.09.2019

It is to notify for the students of Education Honours, Department of Education, **Government General Degree College, Muragachha** that the course on "Stress Management, Motivation and Emotional Intelligence" will start from 16.10.2019. So the students of the Education department of this college are requested to be present on that day sharply at 10.30 am at seminar Hall-2. For any other information regarding this, contact to the Head, Dept. of Education, Muragachha Govt. College.

Course Coordinator
Government General Degree
College, Muragachha

Head, Dept. of Education
Government General Degree
College, Muragachha





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Ref. No.....

Dated: 20.05.2019

A relevant course on : “Stress Management, Motivation and Emotional Intelligence”

❖ Objective of Course:

- ✓ To sensitize students about Stress and Stress Management.
- ✓ To build proper concept on Motivation and Emotional Intelligence.
- ✓ To build needed skills on Motivation and Emotional Intelligence.

❖ Course Description

- ✓ The course will cover different theoretical perspective of stress and it's management, motivation and emotional intelligence.
- ✓ The course is designed in such a way so that participants can have a clear idea and proper concept on the different components according to theme.
- ✓ The participants will be able to know different issues and techniques of stress management motivation and emotional intelligence.
- ✓ In this course participants will have the opportunity to go through different simulated training sessions.

❖ Target group:

All UG students of this Govt. College

COURSE CONTENT

MODULE I: Meaning and nature of stress and Cognitive appraisal of stress (08 HOURS)

- ✓ 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.
- ✓ 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.

MODULE II: Behavioural aspects of Stress and Stress and Work performance (06 Hours)



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- ✓ **Behavioural aspects of Stress:** Adaptive and Maladaptive Behaviour; Individual and Cultural Differences: Sources of Stress- Across the Lifespan; College and Occupational Stress.
- ✓ **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.

MODULE III: Stress Intervention and Strategies of Stress Management (05 Hours)

- ✓ **Stress Intervention: Performance and Stress Intervention-** The relationship between stress and performance; Stress intervention – interpersonal, Management Standards and Management Competencies.
- ✓ **Strategies of Stress Management:** Prevention of stress Challenging Stressful Thinking; Problem Solving; Emotional and cognitive coping styles: Strategies of Synthesis and Prevention: Resilience and Stress; Optimal functioning; Making changes last; Small changes and large rewards.

MODULE IV: Components of Motivation and Emotional Intelligence (08 HOURS)

- ✓ Concepts and Components of Motivation: Approaches to the study of motivation and emotion- Physiological, Ethological, Cognitive, Socio-cultural, Developmental, Mechanism of motivation- Hunger, thirst, sleep, and sex, Classical Theories-Murray and Atkinson. Intrinsic and extrinsic motivation
- ✓ Development of emotions and emotional maturity, Emotional Intelligence: concept, history, measurement of EI - Bar-On Emotional Quotient Inventory, emotional competency inventory,



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Emotional and social competency inventory, Mayer-Salovey-Caruso Emotional Intelligence Test, self-rated emotional intelligence scale.

Module V: Preparing for the Future (03 HOURS)

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

❖ **Course Outcomes**

After successful completion of the course the participants will be able to-

- ✓ Understand the concept of stress and its management, motivation, emotional intelligence.
- ✓ They will be able to cope up with emotion and motivation.
- ✓ They will also be able to manage their stress.
- ✓ They will be able to use emotional intelligence judiciously.

❖ **Table of Gradation**

Score	Grade
90 to 100	A++ Outstanding
80 to 89	A+ Excellent
70 to 79	A Very Good
60 to 69	B Good
50 to 59	C Fair
Below 50	F Failed

❖ **Attendance Percentage**

Score	Grade
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≥ 90%	5
80%-89%	4
70%-79%	3
60%-69%	2
50%-59%	1
Below 50%	Not Eligible for Certificate

Reference Books and studies:

- Barlow, Rapee, and Perini(2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
- Baron .L & Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
- Borod, J. (ed) (2000). The neuropsychology of emotions. Oxford: Oxford University Press
- Buck, R. (1988). Human Motivation and Emotion. New York: Wiley.
- Carlson, N. R. (2007). Foundations of physiological psychology. N.D.: Pearson Edu.
- Clayton,M, (2011).Brilliant stressmanagement How to manage stress in any situation's 1st edition, Great Britain Pearson Education
- Cooper,C,& Palmer,S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press
- Dutta, P,K, (2010) Stress management Himalaya, Himalaya Publishing House
- Franken, R. E. (2007). Human motivation. USA: Thomson Higher Education.
- Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4 th Edn. Wiley: India.
- Kalat, J. W. (2000). Biological psychology. Wadsworth, Inc.
- Lee, K. (2014). Reset: Make the Most of Your Stress: Your 24-7 Plan for Well-being. Universe Publishing.
- Ogden.J (2000) Health Psychology 2nd edition Philadelphia, Open university press
- Olpin, M. & Hesson, M. (2015). Stress Management for Life: A Research-Based Experiential Approach. 4th edition. Wadsworth Publishing.
- Roy,S (2012) Managing stress, Sterling Publication 11. Taylor S.E (1998) Health Psychology 3rd edition, New York. Mc GrawHill.
- Ryckman, R.M. (1978). Theories of Personality. D.Van Nostrand Company: New York.
- Salovey, P. & Sluyter, D. (eds) (1997). Emotional development and emotional intelligence: Implications for educators. NY: Basic Books.



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Schultz, D.P & Schultz, E.S. (2005). Theories of personality. Delhi: Thomson Wadsworth.