

INTERNSHIP PROGRAMME FOR UG DEGREE (SEMESTER-V)

(For the students admitted under New Curriculum and Credit Framework from the academic session 2023-24)



Course Title: Philosophical Approach Towards Mental Stress	
Internship Providing Organization (IPO):	Department of Philosophy Bankura Sammilani College
Category of Course:	For UG DEGREE (SEM-V)
Duration:	60 Hours
Course Coordinator and Contact Details:	Mrs. Sangeeta Chattopadhyay Mob: 9830584824
Mentors:	Miss. Ritwika Ghosh
Intake Capacity:	40 Students
Course Fees:	Rs. 100/- (Students from Host Institution) Rs. 400/- (Students from Other Institution)

SYLLABUS

Course Title: Philosophical Approach Towards Mental Stress [50 Marks/2 Credits/60 Hours]

Learning Outcomes (LO)

- Increased knowledge of stress management techniques.
- Improved ability to identify and challenge negative thoughts.
- Reduced symptoms of anxiety and depression.
- Improved time management and prioritization skills.

[Theory]

Unit 1: The definition and nature of stress, causes of stress, types of stress, difference between stress and anxiety, consequences of stress. **[10 hrs.]**

Unit 2: Techniques of managing stress. **[10 hrs.]**

Unit 3: The definition and essence of *Yoga*, concept of *Yama*, *Niyama*, *Āsana* and *Prāṇāyama* **[20 hrs.]**

[Practical]

Psychological Counselling. **[10 hrs.]**

Practicing *Āsana* and Meditation. **[10 hrs.]**

References :-

- Selhub, Eva. *The Stress Management Handbook: A Practical Guide to Staying Calm, Keeping Cool, and Avoiding Blow-Ups*. Simon and Schuster, 2019.
- Lazarus, Richard S. *Stress and emotion: A new synthesis*. Springer publishing company, 2006.
- Yoo, Juliana H. *A pilot psycho-educational program for Asian immigrant families with adolescents addressing acculturation gap, communication, and conflict resolution*. Massachusetts School of Professional Psychology, 2011.
- Morgan, Conwy Lloyd. *An introduction to comparative psychology*. Vol. 27. W. Scott, 1903.
- Aranyaka, Swami Hariharananda. "Yoga Philosophy of Patanjali (rendered into English by PN Mukherjee)." (1981).
- Iyengar, Bellur Krishnamukar Sundara. "Light on yoga." (1965).
- Datta, Dhirendramohan, and Satischandra Chatterjee. *An introduction to Indian philosophy*. University of Calcutta (1960), 2016.
- R P, Kumar AP, Dhamodhini K S, Venugopal V, Silambanan S, K M, Shah P. Role of yoga in stress management and implications in major depression disorder. *J Ayurveda Integr Med*. 2023 Sep-Oct;14(5):100767. doi: 10.101