

USHAC320 - SKILL BASED ELECTIVE III: WELLNESS MANAGEMENT

Year: II Sem: III	Course Code: USHAC320	Title of the Course: Wellness Management	Course Type: Theory	Course Category: Skill Based Elective III	H/W 2	Credits 2	Marks 60
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Objectives

1. To develop skills to improve personality and emotional intelligence.
2. To improve skills in stress management.
3. To enhance skills in time management.
4. To develop skills to manage conflict, crisis and events.
5. To inculcate the habit of healthy eating and art of living.

COURSE OUTCOMES (CO)

1. Enhance personality management and emotional intelligence with SWOT analysis.
2. Develop skills to identify stressors to manage stress.
3. Develop skills to give priority to urgent and important work to save time.
4. **Improve skills to manage conflict, crisis, events and responsible use of technology.**
5. Cultivate the habit of taking nutritious diet and exercise for physical fitness.

CO	PO					
	1	2	3	4	5	6
CO1	M	L	H	L	M	H
CO2	M	H	H	L	M	H
CO3	H	M	M	M	H	H
CO4	H	L	H	L	L	M
CO5	M	H	M	M	H	M

CO	PSO					
	1	2	3	4	5	6
CO1	H	H	M	H	L	M
CO2	H	H	M	H	L	L
CO3	H	H	M	H	L	M

CO4	H	H	M	H	L	M
CO5	M	L	M	L	L	M

(Low - L, Medium - M, High - H)

Syllabus

Unit I: Self-Management

Self-awareness (K1, K2, K3)
Dimensions of Personality Development
(K1, K2, K3) Interpersonal Relations (K1, K2, K3)
Types of complexes (K1, K2, K3) Emotional
Intelligence (K1, K2, K3)
SWOT analysis (K1, K2, K3)

Unit II: Stress Management

Meaning, definition and sources of stress
(K1, K2, K3) Lifestyle stressors (K1, K2, K3)
Symptoms of stress (K1, K2, K3) Guidelines to reduce stress
(K1, K2, K3)
Workplace humor (K1, K2, K3) Anger
Management (K1, K2, K3)

Unit III: Time Management

Tips for Time Management (K1, K2, K3) Advantages of Time Management
(K1, K2, K3)
Common mistakes student make in time management
(K1, K2, K3) Goals of Time Management (K1, K2, K3)
Procrastination (K1, K2, K3)
Techniques of conquering procrastination (K1, K2, K3)

Unit IV: Situations

Management Conflict
Management (K1, K2, K3)
Crisis Management (K1,

K2, K3) Event
Management (K1, K2, K3)

Responsible use of technology (K1,
K2, K3) Responsible use of social
media (K1, K2, K3) Change
management (K1, K2, and K3)

Unit V: Health and Nutrition

Management Need for a
healthy diet (K1, K2, and K3)
Balanced diet (K1, K2, K3)

Meditation (K1, K2, K3)
Simple exercises for a healthy living (K1, K2,
K3) Lifestyle and disease (K1, K2, K3)
Health and hygiene (K1, K2, K3)

Textbooks

1. Richard Regis, Stress Management, National HRD Network
Publication, 1st Edition.
2. Swati Y. Bhawe, Anger Management, SAGE Publication, 3rd Edition, 2010.

Reference Books

1. Carol A. Beatty, Building Smart Teams, SAGE Publication, 1st Edition, 2004.
2. <https://www.healthline.com/health/balanceddiet#importance>
3. [https://www.gaiam.com/blogs/discover/meditation101techniquesbenefits
andabeginnershowto](https://www.gaiam.com/blogs/discover/meditation101techniquesbenefitsandabeginnershowto)