

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - General - NOC:Stress Management

Subject Co-ordinator - Prof. Rajlakshmi Guha

Co-ordinating Institute - IIT - Kharagpur

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - What is Stress
- Lecture 2 - Sources of stress
- Lecture 3 - Types of Stress
- Lecture 4 - Personality Factors and Stress
- Lecture 5 - Stress and the College Student
- Lecture 6 - Stress and Nervous System
- Lecture 7 - Hypothalamic-Pituitary-Adrenal (HPA) Axis
- Lecture 8 - Effect of Stress on Immune System
- Lecture 9 - Health Risk Associated with Chronic Stress
- Lecture 10 - Stress and Major Psychiatric Disorders
- Lecture 11 - Understanding your stress level
- Lecture 12 - Role of Personality Pattern, Self Esteem, Locus of Control
- Lecture 13 - Role of Thoughts Beliefs and Emotions - I
- Lecture 14 - Role of Thoughts Beliefs and Emotions - II
- Lecture 15 - Life Situation Intrapersonal
- Lecture 16 - Developing Cognitive Coping Skills
- Lecture 17 - Autogenic Training, Imagery and Progressive Relaxation
- Lecture 18 - Other Relaxation Techniques
- Lecture 19 - Exercise and Health
- Lecture 20 - DIY Strategies Stress Management

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