



Institute of Infrastructure, Technology, Research and Management. Ahmedabad.

Course Code:	HS-253001
Course Title:	Organizational Stress Management (Department Elective)
Credits:	L T P C 3 0 0 3
Prerequisites (if any):	NO
Potential Instructors:	Dr. Saurabh Sinha
Course Objective and Scope	The course equips B. Tech. students with skills to identify, manage, and mitigate stress in organizational settings, enhancing productivity and personal well-being through techniques like mindfulness, time management, and resilience-building for a balanced professional life.
Course content: -	<ul style="list-style-type: none"> • Stress: Concept and different perspective • Occupational stress framework • P-E Fit model of job stress • Causes of occupational stress • Effect of occupational stress • Strategies to cope with stress • Individual centred stress management techniques • Organizational centred stress management techniques.
Textbook:	<p>Matteson, M. T. & Ivancevich, J. M. (1987). Controlling work stress-Effective human resources and management strategies. San Francisco: Josey Bass.</p> <p>Pestonjee, D. M. (1992). Stress and coping. New Delhi: Sage Publications.</p> <p>Ross, R. R. & Altmair, E. M. (1994). Interventions in occupational stress. New Delhi: Sage Publications.</p> <p>Schafer, W. (2000). Stress management (4th Ed.). New Delhi: Cengage.</p> <p>Srivastava, A. K. (1999). Management of occupational stress: Theories and practice. New Delhi: Gyan Publishing House.</p>