

Protocols, Dress codes, staging, staffing, Leadership, Traits and characteristics, Process of marketing, Marketing mix, Sponsorship, Event Evaluation, Risk Management for Event

**Reference:**

1. *Successful Event Management by Anton Shone & Bryn Parry*
2. *Udai Pareek, Understanding Organisational /Behaviour, Oxford*
3. *Mirza Saiyadain: Organizational Behaviour, TH*
4. *Helga Drummond : Organizational Behaviour, Oxford*
5. *Harriss & Martman: Organizational Behaviour, Jaico.*

**Course title: Stress Management**

**Course code: VAC044**

**Credit:2**

**Contact Hours:30.**

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
Stress management	VAC044	02	30	30	30	10	30	

**Course Objectives:**

1. To understand nature of stress management.
2. To understand positive and negative stress and how to use various techniques and determine the most appropriate method to aid in managing student's reaction to stress.
3. To understand meditation a means of stress management and gain a sense of wholeness inner peace by using these skills.

**Learning Outcomes:** At the end of the course the students will be able to:

1. Ability to tap personal strengths for preventing and achieving meaning goal, and the students will be able to access and analyze the symptoms.
2. Causes and effects of personal and academic stressors in order to implement appropriate stress management technique.
3. Demonstrate various ways of managing stress.

**Module –I: 6 hours**

Introduction to Stress

Meaning and definition, (stress, distress), Types of stress. Acute and chronic stress, sign and symptoms, sources of stress.

**Module-II: 8 hours**

Physiological and emotional Management

Asanas, Pranayamas ,Yama-( Ahimsa, Satya ,Asteya, Brahmachariya and Aparigraha) Niyama(Saucha,Santosha,Tapas ,Svadhyaya,and Ishvara Pranidhana),Nutrition therapy, Behavioral therapy & counseling, Laughter and art therapy .

**Module –III :8 hours**

Intellectual Management

Relaxation Technique: Yoga and Meditation, Goal setting, problem management, Time management, practice of meditation, music therapy.

**Module IV: 8 hours**

Social and spiritual Management

Conflict resolution, interpersonal communication; forgiveness and gratitude, application of Yama and Niyama (part of Asthanga yoga).

**References:**

About, F.E (1998) Health Psychology in global perspectives, Thousand Oaks C.A: Sage.

Bishop, G.D (1998), Health psychology; integrating mind and body, Boston; Allyn & Bacon.

Greenberg, J. S(2013). Comprehensive Stress Management, 13<sup>th</sup> edition.

Kottler, J.A.& D.D (2011). Stress management and prevention to daily life (2<sup>nd</sup> Ed). London and New York: Rutledge.

Singh, N.N (2014), Psychology of Meditation, New York: Nova Science Publishers.

Swami Sivananda, (1994), practice of Yoga, divine life society, Publication.

**Course title: Web Designing**

**Course code: VAC 045**

**Credit:02**

**Contact hours:30.**

Course title	Course code	Total credits	Contact hours	Assessment weightage(%)				
				Written	Practical/ Demonstration	Laboratory/ Presentation	Field work/ Project work	Assignment
<b>Web designing</b>	VAC045	02	30	30	20	20	30	

**Course Objectives:** In this course, you will gain a foundational knowledge of website creation and be able to apply it to the planning, design and development of your own portfolio website.

**Outcomes:** By the end of this course you will be comfortable creating, coding and posting basic HTML and CSS files to the Internet. Equipped with a historical understanding of the web's evolution and key industry-standard design guidelines to ensure strong online presentation, you will have a foundational knowledge of website creation and apply it to the planning, design and development of your own web page.

**Module -I: 6 hours**

Introduction to Web Technologies o Careers in Web Technologies and Job Roles. How does the Website work? Client and Server Scripting Languages. Domains and Hosting, Responsive Web Designing. Types of Websites (Static and Dynamic Websites). Web Standards and W3C recommendations

**Module – II: 8 hours**