

General Elective (GE) in Physical Education (Semester-4)

GE 00: FITNESS & EXERCISE MANAGEMENT

PART A: THEORY

Maximum Marks : 50

Duration: 2 Hrs

Unit-I : Physical Fitness

- 1.1. Concept and Significance of Physical Fitness
- 1.2. Components of Physical Fitness, Assessment of Health Related Physical Fitness Components - Cardio-respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance, Flexibility
- 1.3. Principles of Training, Development of Fitness

Unit-II : Suggested Exercises for Fitness

- 2.1. Exercises for developing Cardio-respiratory Endurance, Weight Management, Resistance Training, Flexibility
- 2.2. Exercises for Children, Youth, Adults, Women, Senior citizens
- 2.3. Exercises for Coronary Heart Disease, Obesity, Diabetes, Asthma and Pulmonary Disease

Unit-III : Exercise Programming and Management

- 3.1. Health Appraisal, Setting Fitness Goals, Measuring Energy Expenditure
- 3.2. Behaviour Modification, Fitness Module, Prevention of Injuries and First-Aid
- 3.3. Evaluation of the implemented programme of fitness and Report generating

Maximum Marks : 25

PART B : PRACTICAL

1. Assessment of Wellness and Fitness for Life : Lifestyle Assessment Inventory (Assessment Activity -1), Physical Activity Readiness Questionnaire (PAR-Q), Functional Fitness Test for Senior Citizens
2. Evaluation of Fitness : Cooper's 9/12 min. (Girls/Boys) Run/ Walk Test, Sit and Reach Test/Modified Sit & Reach Test, Modified Sit-ups (one minute), Pull-ups/ Flexed Arm Hang (one minute), Body Mass Index (BMI), Basal Metabolic Rate (BMR), Waist-Hip Ratio (WHR)

Assessment of Practical

Practical (Demonstration/ Performance) :	10 Marks
Viva :	10 Marks
Record Book on all topics of Practical :	05 Marks

Maximum Marks : 25

PART C : INTERNAL ASSESSMENT

1. Presentation/ Written Test :	10 Marks
2. Project / Assignment :	10 Marks
3. Attendance :	05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

Value Addition Course

Sports for Life - I

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/Practice		
Sports for Life - I	02	0	0	2	Pass in Class 12th	NIL

Course Objectives

- To imbibe the significance of sports to promote health, fitness and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting and decision making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3S: strength, speed and suppleness.

Learning Outcomes

- Acquire values of cooperation, team spirit, determination, and endurance.
- Acquire good health and psychological well-being through sports participation.
- Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelising energy through sports participation.

Syllabus of *Sports for Life - I*

Unit I: Rules and Techniques	Practical/Practice hours (30 x 2 =60 hours)
<p>Concept</p> <ul style="list-style-type: none"> • Rules of the Sport • Techniques / skills in the sport/ Aerobic Skills <p>Practical</p> <ul style="list-style-type: none"> • Marking of the court / field • Outdoor Adventure Activity • Skills learning in sports • Group Games / Relays • Participation in Intramural competitions 	16 hours

Unit II: Components of Fitness	
<p>Concepts</p> <ul style="list-style-type: none"> ● Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities. <p>Practical</p> <ul style="list-style-type: none"> ● Skills learning and Participation in sports ● Group Games / Relays / Minor games ● Participation in Intramural competitions 	16 hours
Unit III: Benefits of sports and physical activity	
<p>Concepts</p> <ul style="list-style-type: none"> ● Effect of exercise on the body ● Organizing of a sports competition ● Balanced Diet <p>Practical</p> <ul style="list-style-type: none"> ● Skills learning and participation in sports ● Group Games, / Relays /Step Aerobics ● Participation in Intramural competitions 	16 hours
Unit IV: Sports in Contemporary Times	
<p>Concepts</p> <ul style="list-style-type: none"> ● Honours and Awards associated with sports and sportspersons <p>Practical</p> <ul style="list-style-type: none"> ● Skills learning and Participation in sports ● Participation in Intramural competitions 	12 hours

Note

- **The concepts are to be dealt with during the practical/practice classes.**
- The list of suggestive sports: Aerobics and Physical Activity, Athletics, Archery, Badminton, Basketball, Boxing, Chess, Carrom, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Swimming, Shooting, Squash, Table-Tennis, Tennis, Taekwando, Volleyball, Wushu, Wrestling etc.

Suggested Readings

- James R Morrow Jr., Dale P. Mood, James G. Disch, Minsoo Kang - Measurement and Evaluation in Human Performance-Human Kinetics Publishers (2015)

- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil.(2015). Physiology of Sports and Exercise, Second Edition. USA.Human Kinetics.
- Wener W.K. Hoeger, Sharon A. Hoeger - Fitness and Wellness-Cengage Learning (2014).
- Kansal DK (2012).A practical approach to Measurement Evaluation in Physical Education &Sports selection. Sports & Spiritual Science Publications, New Delhi.
- Websites of International Sports Federations, Ministry of Youth Affairs and Sports Govt. of India

Assessment Methods*

Internal Assessment: 25%

End Semester Theory Exam: 25%

Practical: 50%

*Subject to directions from the Examination Branch/University of Delhi from time to time

Value Addition Course

FIT INDIA

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/Practice		
Fit India	02	0	0	2	Pass in Class 12th	NIL

Course Objectives:

- Encourage physical activity through engaging the students in sports and yoga.
- Understand the importance of a balanced diet .
- Build skills for self-discipline, self-confidence, cooperation and teamwork.
- Promote fitness as a joyful activity.

Learning Outcomes:

- Adopting a healthy lifestyle.
- Knowledge of nutrition, diet and psycho-physiological aspects of fitness.
- Develop Self-esteem, Self-confidence, Self-discipline and team spirit as indicators of fitness.

Syllabus of <i>Fit India</i>	Practical/Practice hours (30 x 2 = 60 hours)
<p><u>Unit I: Participation in Physical Activity</u></p> <ul style="list-style-type: none"> ● Fit India Protocol ● Physical Activity, Health and Fitness ● Indicators of Fitness <p><u>Practical/Practice</u></p> <ul style="list-style-type: none"> ● Aerobic Work Out / Physical Activity (Walking) ● Yoga – Asanas (Lying, Sitting and Standing positions) and Pranayama ● Cardiovascular Testing by 12min/9 min Cooper Run/Walk test 	16 hours

<p><u>Unit II: Health Related Fitness and their Components</u></p> <ul style="list-style-type: none"> ● Muscular Strength and Endurance ● Body Composition and Flexibility <p><u>Practical/Practice</u></p> <ul style="list-style-type: none"> ● Flexibility Training: Back Saver Sit and Reach test ● Muscular Strength Training: Curl Ups / Standing Broad Jump/ Vertical Jump/ Plyometric ● Endurance Training: 1 Mile RockPort Test or 12 /9 minute Cooper run/walk test. ● Ideal Body Weight, Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height Ratio (Data of at least 10 persons to be collected) 	16 hours
<p><u>Unit III: Nutrition and Fitness</u></p> <ul style="list-style-type: none"> ● Healthy Eating Plate ● Balanced Diet ● Caloric Content of Food <p><u>Practical/Practice</u></p> <ul style="list-style-type: none"> ● Preparing Daily Diet and Calorie Chart ● Aerobic Work Out / Physical Activity (Walking) ● Assessment of Physical Activity with the Calorie intake. ● Asanas for : <ul style="list-style-type: none"> ● digestive system ● excretory system 	16 hours
<p><u>Unit IV: Psycho-physiological aspects of Fitness</u></p> <ul style="list-style-type: none"> ● Sports Physiology and Psychology ● Depression, Anxiety and Stress Scale (DASS) ● Rosenberg Self Esteem Scale <p><u>Practical/Practice</u></p> <ul style="list-style-type: none"> ● Skills learning and Participation in sports ● Group Games / Relays/ Minor Games ● Meditative Asanas and Pranayama ● Fitness component testing (as per Fit India Protocol and Norms) and Analysis of Results ● Data of at least 10 persons to be collected on DASS and 	12 hours

self-esteem scale	
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Note: Concepts are to be taken up during the practical/practice hours.

Essential Readings:

- Fit India Website: <https://fitindia.gov.in>
- Wener W.K. Hoeger, Sharon
- A. Hoeger - Fitness and Wellness-Cengage Learning (2014).

SUGGESTED READINGS:

- Charles B. Corbin, Gregory J Welk, William R Corbin, Karen A Welk - Concepts of Fitness And Wellness_ A Comprehensive Lifestyle Approach-McGraw-Hill (2015)
- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil(2015). Physiology of Sports and Exercise, Second Edition. USA. Human Kinetics.
- Websites of International Sports Federations
- Website of Ministry of Youth Affairs and Sports

Assessment Methods*

Internal Assessment: 25%

End Semester Theory Exam: 25%

Practical: 50%

*Subject to directions from the Examination Branch/University of Delhi from time to time

Common Pool of Generic Electives (GEs) offered by

Department of Physical Education

GE Paper: FITNESS & WELLNESS SEMESTER-I

GE : FITNESS & WELLNESS

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Fitness & Wellness	04	3	0	1	XII class pass	NIL

Learning Objectives:

1. To impart the knowledge and practices about the fitness components and health.
2. The learner will learn and practice about the subject and their health benefits for normal and challenged population.
3. To develop the practical knowledge of learners, with applications and analysis of various laboratory testing, physiological testing, stress management, survey project for fitness and wellness of the local community and nutritional diet analysis.

Learning Outcomes:

1. The learners will be able to analyze and correlate the components of physical fitness, principles of physical fitness and benefits of fitness programmes.
2. The learners will be able to apply the knowledge regarding causes and prevention of obesity; and weight management guidelines to lead a better quality of life.
3. The learner will be able to analyze, correlate and evaluate in regard to fitness profile, development and maintenance of the player including types of motor components, principles of physical fitness, benefits of fitness program, causes and prevention of obesity and weight management.
4. The learner will be able to identify, apply and correlate different aspects of wellness including identifying dimensions of wellness, achieving and maintenance of wellness, identifying stressors and managing stress, relationship of wellness towards positive lifestyle and benefits of wellness.
5. The learner will be able to describe, apply, correlate and measure different aspects of behavior modification in regard to barriers to change, six stages of SMART, technique of change & smart goal setting with healthy lifestyle approach adaptation.
6. The learner will be able to describe, apply, correlate and measure different aspects of daily schedule of achieving quality of life and wellness in regard to daily schedule (based upon one's attitude, gender, age & occupation), basic module (time split for rest, sleep, diet, activity & recreation), principles to achieve quality of life including positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

THEORY SYLLABUS

UNIT – I	INTRODUCTION	(8 hrs lectures)
	1.1 Concept and meaning of fitness and wellness	
	1.2 Components of fitness and their description	
	1.3 Components of wellness and their description	
	1.4 Significance of fitness and wellness in present scenario.	
	1.5 Fitness and wellness for life	
UNIT – II	FITNESS PROFILE, DEVELOPMENT AND MAINTAINENCE OF FOLLOWING	(10 hrs lecture)
	2.1 Types :- physical (cardio respiratory, strength, speed agility, flexibility, power, muscular endurance) health related (cardio-respiratory, flexibility, body composition, muscular strength and endurance) motor skill related (speed, power, agility, coordination, endurance, balance)	
	2.2 Principals of physical fitness	
	2.3 Benefits of fitness programme	
	2.4 Obesity (causes and prevention)	
	2.5 Weight management (role of diet & exercise in maintenance of ideal weight)	
UNIT – III	WELLNESS	(12 hrs lectures)
	3.1 Identifying dimensions of wellness, achieving and maintenance of wellness	
	▪ Adopting healthy & positive lifestyle.	
	▪ Identifying stressors and managing stress	
	▪ Staying safe & preventing injuries	
	▪ Knowledge of Nutrition & its implication on healthy lifestyle	
	▪ Factors leading to eating disorders	
	▪ Hazards of substance abuse (smoking, alcohol & tobacco)	
	▪ Adoption of spirituality principals & their remedial measures	
	▪ Yogic practices for achieving health and fitness	
	▪ Worthwhile use of leisure time.	
	▪ Sexuality – preventive measures for sexual transmitted diseases.	
	▪ Emphasis on proper rest & sleep.	
	▪ Prevention of cancer, cardio-vascular disorders & other diseases.	
	3.2 Relationship of wellness towards positive lifestyle	
	3.3 Benefits of wellness	
UNIT – IV	BEHAVIOR MODIFICATION	(7 hrs lectures)
	4.1 Barriers to change	
	4.2 Process of change (6 stages) SMART	
	4.3 Technique of change & smart goal setting.	
	4.4 Healthy lifestyle approach. (Introduction, prevention, and treatment of inactivity diseases)	
UNIT – V	DAILY SCHEDULE OF ACHIEVING QUALITY OF LIFE & WELLNESS	(8 hrs lecture)
	5.1 Daily schedule based upon one's attitude, gender, age & occupation.	
	5.2 Basic – module: - Time split for rest, sleep, diet, activity & recreation.	
	5.3 Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.	

PRACTICAL SYLLABUS

30 hrs

1. FITNESS LABS: Various labs testing related to cardio-vascular endurance, flexibility, muscular strength and body composition.
2. PHYSIOLOGICAL TESTING: - Blood pressure, VO₂ max, vital capacity, pulse rate.
3. STRESS MANAGEMENT :- Yogic practices (asanas, pranayam and meditation)
4. SURVEY PROJECT: - Fitness & wellness assessment of local community.
5. NUTRITIONAL DIET ANALYSIS :- Given diet

Suggested Readings:

1. Anderson, B., Stretch Yourself for Health & Fitness, Delhi : UBSPD, 2002.
2. Austin and Noble, Swimming For Fitness, Madras: All India Pub., 1997.
3. Bean, Anita, Food For Fitness, London : A & C Black, 1999.
4. Callno Flood, D.K., Practical Math For Health Fitness, New Delhi, 1996.
5. Cox, Corbin, C.B & Indsey, R., Concepts of Physical Fitness, WC Brown, 1994.
6. Difiore, Judy, Complete Guide to Postnatal Fitness, London : A & C Black, 1998.
7. Giam, C.K & The, K.C., Sport Medicine Exercise and Fitness, Singapore : P.G. Medical Book, 1994.
8. Gossellior, C., The Ultimate Guide to Fitness, London: Vermilion, 1995.
9. Harrison, J.C., Hooked on Fitness, NY: Parker Pub. Com., 1993.
10. Hoeger, W.K. and S.A., Principles and Labs for Physical Fitness, Englewood Morton, 1999.
11. Kirtani, Reema, Physical Fitness, Delhi : Khel Sahitya, 1998.
12. Maud, J.R. and Foster, C., Physiology Assessment of Human Fitness, New Delhi, 1995.
13. Mcglynn, G., Dynamics of Fitness, Madison : W.C.B Brown, 1993.
14. Muller, J. P., Health, Exercise and Fitness Delhi : Sports, 2000.
15. Muller, J.P., Health Exercise and Fitness, Delhi: Sports, 2003.
16. Saggar, S.K., Physical Fitness, New Delhi : Rupa Co., 1994.
17. Sharkey, B.J., Physiology of Fitness, Human Kinetics Book, 1990.
18. Thani, Lokesh, Rules of Games and Games and Fitness, Delhi: Sports, 2003.

YOGA IN PRACTICE

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Yoga in Practice	2	0	0	2	Class XII Pass	NIL

Total Credits: 02

Learning Objectives:

Students will be able to discern real significance of yogic operations from original sources and will be prone to practicing in their day to day life.

Learning Outcomes:

- (i) Student will form an understanding of the concept of yoga.
- (ii) Students will learn various aspects of the science of yoga.
- (iii) Theoretical and practical knowledge of Aasanas and pranayams to lead a balanced life.

SYLLABUS OF YOGA IN PRACTICE

Practical

Unit: I

30 hours

- (i) Definition and types of yoga:

Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga,

Kundalini yoga. (योग एवं 4०Iv – अ०Iय -१)

- (ii) Ashtanga Yoga:

Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah.

Niyam- Sauch, Santosha, Tapa, Swadhyaya, Ishwarpranidhana

Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.

- (iii) Shat Chakra,s:

Mooladhara, Swadhishthana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra). (योग एवं 4०Iv - अ०Iय – २-३)

Unit: II**30 hours**

Asana,s and their advanteges:-

(i) Asana in standing position:

Surya Namaskara, Tadasana, Padahastana, Garudasana, Natarajasana, Cakrasana.

(ii) Asana in sitting position:

Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana.

(iii) Asana in stomach side position:

Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.

(iv) Asana in backbone side position:

Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc.

(v) Practice of pranayama- Purak, Rechak and Kumbhaka. (योग एवं 4०Iv - अ०ाय - ३-४,६)

Essential Readings:

1. योग दर्शन - महर्षिप्रतंजलि, टीकाकार-हरकृष्णस गोयला, गीता प्रेस, गोरखपुर, उत्तर प्रदेश,

४० वां पुनर्मुद्रण।

2. योग एवं 4०Iv - डॉ० विजय कुमार, चौखोला वि०भारती, वाराणसी, उत्तर प्रदेश, प्र० सं०रण - २०२१।

3. प्राणायाम रहस्य - (वैयानिक तंत्रों के साथ) - 4०मी रामदेव, वि० प्रकाशन, वि० योग मठप्रतंजिल योगपीठ,

कनखल, हर०।

4. योग साधना एवं योग चिकित्सा रहस्य - 4०मी रामदेव, वि० प्रकाशन, वि० योग मठप्रतंजिल योगपीठ,

कनखल, हर०।

5. शतयुव पुत्र - 4०मी रामदेव सरावती, आ० प्रकाशन, कुं डेवालय, वि०-सं० २०६२। (इंदि क पु०कालय, मु०ई)

Suggestive Readings:

1. योग चिन्ता - 4०मी अ० तानु सरावती, गु०कुल वृ०वन वा०तक शोध सं०ान, आसफ अली रोड, नई वि० - २००६।

2. प्राणायाम का महत्त्व - 4०मी ओमानु सरावती, हरयाणा सा०िहवा सं०ान, गु०कुल झर, हरयाणा - २००६।

3. आयुर्वेदीय प०कम चिकित्सा - आचार्य वि०ाधर शु०, भारतीय के०ीय चिकित्सा प०षद्, नई वि०।

4. रोग और योग - 4०मी कमल सरावती, योग प० शन, मुं०ेर, बि०हार, सं० - २०१३।

5. स०ा योग वि०ा - राजीव जैन त्रिलोक, मंजुल प० शिं० हाउस, भोपाल, म०देश, सं० - २००५।

Examination scheme and mode:

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.

Semester II
GE-Paper: STRESS MANAGEMENT

GE : STRESS MANAGEMENT

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
		Lecture	Tutorial	Practical/Practice		
Stress Management	04	3	1	0	XII class pass	NIL

Learning Objectives:

1. To acquaint the learner with the knowledge, practices and understanding of anger, stress and its management and other related aspects important to sports persons.
2. The learners will be introduced with the basic concepts of stress and anger, causes and effects of stress and anger, main emotions of stress-fear and anger, daily life stressors, process of stress, anger and psycho physiology of stress.
3. The learner will gain knowledge and concept of self-awareness and stress management, muscular tension reduction, emotional tension reduction, stress free living, stress free examination, stress management through physical activity and stress management through recreation activities.
4. The learner will gain knowledge of anger management- Redford William's 12 steps of anger management, stress management- behavior modification, time management, coping strategy & intervention skills. It also helps to learn relaxation technique- diaphragmatic breathing, meditation, progressive muscle relaxation, Yoga, mental imagery, music therapy, and massage therapy.

Learning Outcomes:

1. The learner will be able to apply the knowledge, learning and understanding to the concept of anger, stress and how to manage it.
2. The learner will be able to correlate the concepts and practices of the stress and anger.
3. The learner will be able to understand and adapt to stress - reframing of habitual stress resistance, types of stress, personal and social stress, occupational stress, peer stress / learners stress, family stress, stress & elderly and Stress & drug abuse. It helps to know about the stress related diseases- sleep disorder, eating disorder, sexual and emotional disorder, other stress related diseases, stress & spirituality.
4. The learner will be able to correlate the concepts and practices for best management of stress.

THEORY SYLLABUS:

Unit-I

(15 hrs Lectures)

Definition of stress and anger, Causes and effects of stress and anger, two main emotions of stress-fear and anger, Daily life stressors, Process of stress and anger- Psycho Physiology of stress.

Unit-II

(15 hrs Lectures)

Adaptation to stress-Reframing of habitual stress resistance, types of stress-personal and social stress Occupational stress, Peer stress / Students stress, Family stress, Stress & elderly and Stress & drug abuse.

Stress related diseases- i) Sleep disorder, ii) Eating disorder, iii) Sexual and emotional disorder, iv) Other stress related diseases, v) Stress & Spirituality.

Unit-III

(15 hrs Lectures)

Self-awareness and stress management, Muscular tension reduction, Emotional tension reduction, Stress free living, Stress free examination, Stress management through physical activity, Stress management through recreation.

Unit-IV

(15 hrs Lectures)

Anger management- Redford William's 12 steps of anger management

Stress management- behavior modification, time management, coping strategy & intervention skills.

Relaxation technique- i) Diaphragmatic breathing, ii) Meditation, iii) Progressive muscle relaxation, iv) Yoga, v) Mental imagery, vi) Music therapy, vii) Massage therapy

SUGGESTED READINGS

1. Adrain F & Herrick E. and Sharp P (1998). Anger Management. Routledge Publishing. Florence. Kentucky. U.S.A.
2. Allen E (2008). Stress Management for Dummies. For Dummies Publishers. U.S.A.
3. Davis M. et al (2008). The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
4. Greenberg J.S. (2008). Comprehensive stress management. McGraw Hill, USA
5. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
6. Mac W. (2007). Anger and Stress Management. God's Way. Calvary Press, USA.
7. Petee F (2006). Anger Management. Pentagon. Press. New York. U.S.A.
8. Swate Y B (2009). Anger Management. Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.