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BLOCK – 1 Understanding Stress

Unit - 1 : Concept of Stress, Crises and Burnout

Unit - 2 : Life Events and Stress

Unit - 3 : Stressors

Unit - 4 : Manifestations of Stress

BLOCK – 2 Understanding Organizational Conflict

Unit - 1 : Conflict: Concept and Sources

Unit - 2 : Dimensions and Manifestations of Conflict

Unit - 3 : Functional and Dysfunctional Conflict

Unit - 4 : Levels of Conflict: Individual, Inter and Intra Group

BLOCK – 3 Coping with Stress and Conflict

Unit - 1 : Concept and Mechanisms of Coping Individual and Organizational Stress

Unit - 2 : Coping and Managing Stress

Unit - 3 : Conflict Prevention and Management

Unit - 4 : Negotiation and Mediation for Conflict Resolution

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