



Course Title: Life Stressors and Diseases
Course Code: BIOT333
Credit Units: 02

L	T	P/ S	SW/F W	TOTAL CREDI T UNITS
2	0	0	0	2

Course Objectives: Identification of individual stressors and clinical manifestations induced by stressors on human system.
Pre-requisites: General

Student Learning Outcomes:

Define and identify the physiological effect of stressors

Comprehend to identify the physiological systems that are affected by stressors and describe the long-term effects and illnesses that can result from stressors.

Course Contents/Syllabus- Theory:

	Weightage (%)
Module I	25
Stress and types of stress, stressors and their physiological role Procedure, Good Laboratory Practices. Different Levels of Biosafety, BIAS management, Interpretation of results.	
Module II	25
Effect of stress on Cardiovascular and gastro intestinal systems, growth and appetite. Effect of stress on cognitive functions, memory, aging and mental health.	
Module III	25
Post traumatic disorders (Fears, phobia , anxiety and depression), life style related disorders, Modulation of stress response by Psychological variables.	
Module IV	25

(Drop down		record			record			
Weightage (%)								

Text & References:

- Kumar et al (eds): Robbins and Cotran Pathologic Basis of Disease, Elsevier Saunders, 9th edition, ISBN- 978-1-4377-1781-5
- Romas, A. J., & Sharma, M. (2007). Practical stress management: A comprehensive workbook for management , ISBN-10: 0321596404