

**COURSE EXIT SURVEY: ANALYSIS REPORT**  
**Academic Session: 2023-24**

**Department:** Physical Education  
**Course Title:** Stress Management (GE)  
**Semester:** II

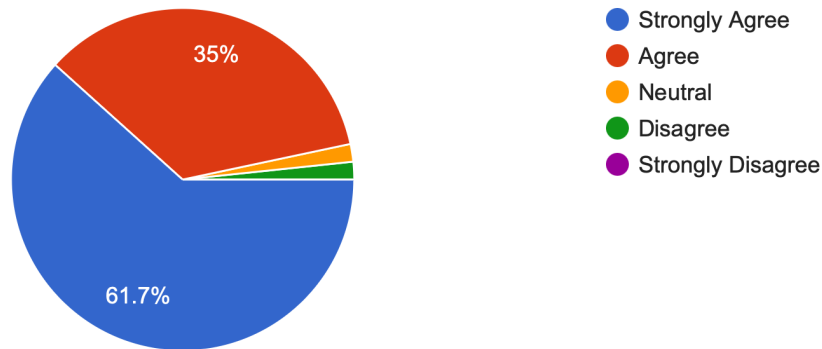
**Program:** B.A./ B.Com./ B.Sc. (Hons.)  
**Course Code:** 2554001202

**Total Students: 60**

**Total Responses: 60**

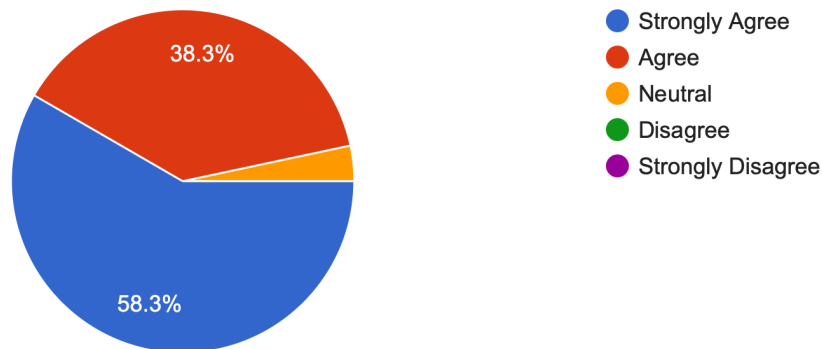
1. This course enabled me to understand the concept of Stress & Anger, their causes and effects in life, and what are the daily life stressors.

60 responses



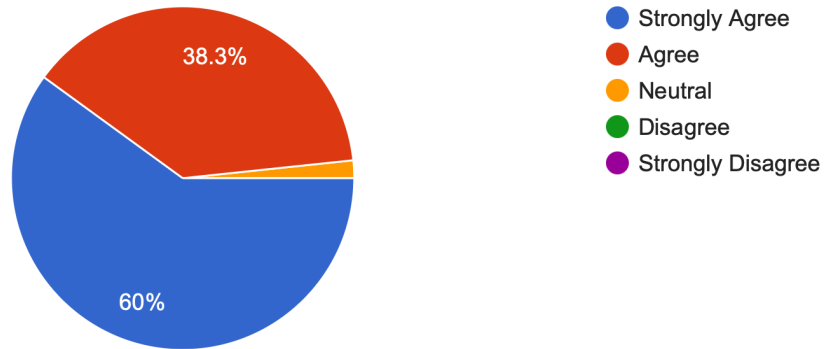
2. This course helped me to understand various types of stress and different stress related disorders.

60 responses



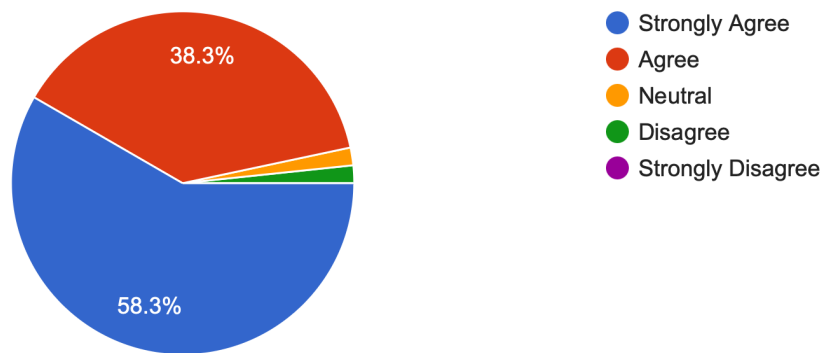
3. This course helped me to understand the concept of self awareness and stress management through physical activity and recreation.

60 responses



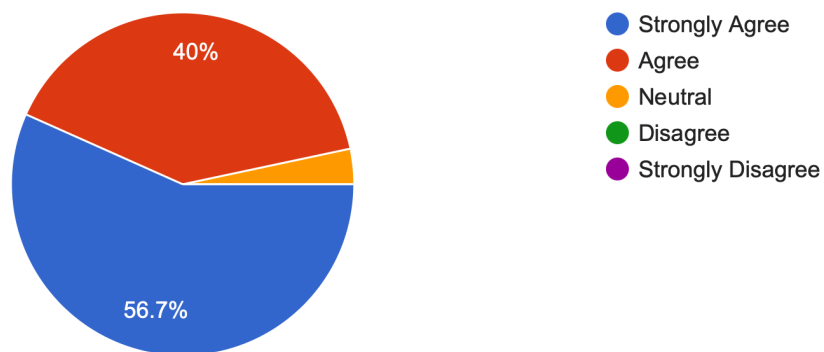
4. This course enabled me to various methods & coping strategies & various Interventions for Anger and Stress Management

60 responses



5. This course taught me different relaxation techniques which helped in living a stress free life.

60 responses



**OBSERVATIONS:**

From the given responses, it is observed that 61.70% of the students strongly agreed, 35% of the students agreed that this course had enabled them to understand the concept of Stress & Anger, their causes and effects in life, and what are their daily life stressors. 58.30% of the students strongly agreed, 38.30% of the students agreed that this course had helped them to understand various types of stress and different stress related disorders. 60.00% of the students strongly agreed, 38.30% of the students agreed that this course had helped them to understand the concept of self-awareness and stress management through physical activity and recreation. 58.30% of the students strongly agreed, 38.30% of the students agreed that this course had enabled them to understand various methods & coping strategies & various Interventions for Anger and Stress Management. 56.70% of the students strongly agreed, 40.00% of the students agreed that this course taught them different relaxation techniques which helped them in living a stress free life.

**ACTION TO BE TAKEN REPORT:**

The stress management practical classes will be covered in the remedial classes for better learning and understanding the concepts of stress management. The classes will be made more interesting and engaging by the help of different stress management experts.

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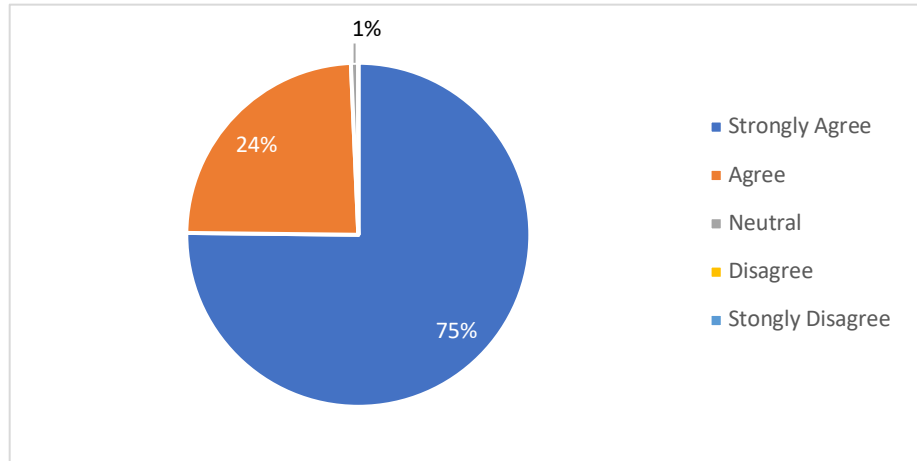
**Department:** Physical Education  
**Course Title:** Sports for Life-I (VAC)  
**Semester:** II & IV

**Program:** B.A./ B.Com./ B.Sc.  
**Course Code:** 6967000017

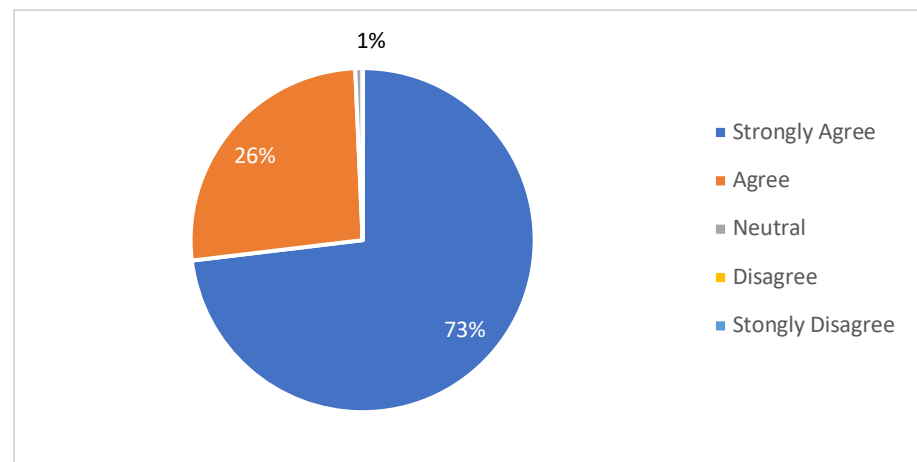
**Total Students: 152**

**Total Responses: 145**

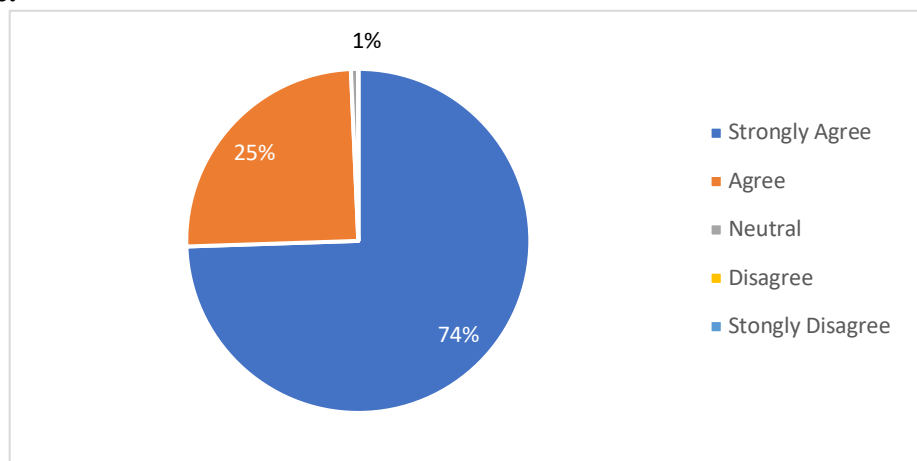
1. **This course helped me to acquire the values of cooperation, team spirit, determination and endurance.**



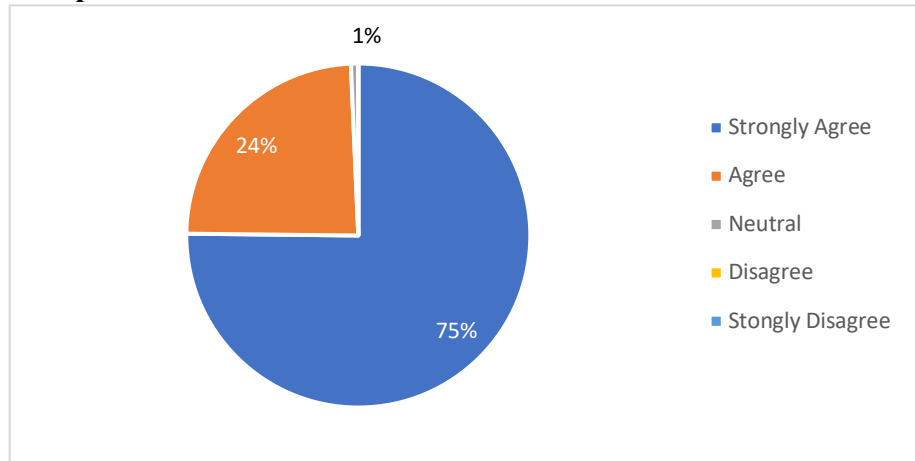
2. **This course helped me to acquire good health and psychological wellbeing through participation in sports.**



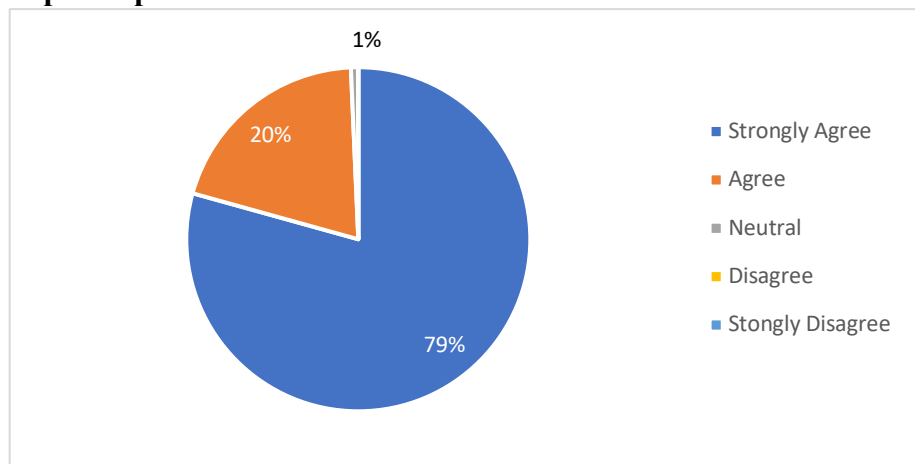
3. **This course helped me to improve my decision making ability and goal setting skills in everyday life.**



4. **This course helped me to acquire skills for engaging in moderate or vigorous physical activity and sports participation.**



5. **This course helped me to reduce screen time on electronic gadgets and channelizing energy through sports participation.**



**OBSERVATIONS:**

From the given responses, it is observed that 99% of the students strongly agreed or agreed that this course helped them to acquire the values of cooperation, team spirit, determination and endurance. The survey showed that 99% of the students had strongly agreed or agreed that they had acquired good health and psychological wellbeing through participation in sports. 99% of the students had strongly agreed or agreed that this course helped them to improve their decision making ability and goal setting skills in everyday life. 99% of the students strongly agreed or agreed that they had acquired skills for engaging in moderate or vigorous physical activity and sports participation. It is also observed that 99% of the students had strongly agreed or agreed that this course helped them to reduce screen time on electronic gadgets and channelizing energy through sports participation.

**ACTION TO BE TAKEN REPORT:**

Measures will be taken to make the subject more engaging and appealing to the students in order to ensure higher attendance on their part.