



**Engineering Staff College of India**  
Autonomous Organ of The Institution of Engineers (India)  
Old Bombay Road, GachiBowli, Hyderabad – 500 032.TS INDIA



**Management & Technology Division**

*Professional Certification Workshop*

## **STRESS MANAGEMENT**

(Leads to International Certification accredited by International Council of Stress Management Professionals, Sydney, Australia)

**28-30 November 2017**



(An ISO 9001:2015 Certified, AICTE & CEA Recognized Institution)

**Centre for Promotion of Professional Excellence**

## INTRODUCTION:

Nobody in today's World is immune to stress, and those individuals who are able to manage their stress alone are able to excel in their personal and professional life with greater ease. Unmanaged stress is the root cause for all problems as it directly impacts the Physical, behavioral and emotional performances of individuals. Unfortunately many people are ignorant of this fact. Rather many are not even aware that they have stress or are prone to stress and or moving towards the zone of adverse stress

Many organizations are combating two vital issues performance and Employee engagement. Very few have realized that the root cause of the problem is unmanageable pressures/stresses. In today's competitive world one cannot shy away from stress, and many are unable to differentiate between good stress and adverse stress, many individuals and organizations are looking for a holistic and scientific approach to tackle this major Epidemic.

## OBJECTIVES:

The objectives of the programme are:

- To create awareness regarding different types of distress and its management
- To learn different techniques for managing different types of stress..
- To develop skills to audit, coach and counsel individuals ailing from stress.
- Build greater confidence and acquire required abilities of handling stress issues

## COURSE COVERAGE:

The issues to be deliberated during the programme are:

- Stress Basics
- Personal Stress Audit
- Stress Endurance and Role of Diet in Handling stress and Weight management
- Active Relaxation for Neuronal Empowerment
- Emotional balance for better stress management
- Self Esteem & Behavior Pattern for better work life balance.
- Untwisting Cognitive errors for positive thinking and wellbeing.
- Stress Coaching Concepts and Protocol based Stress Counseling
- Handling Causes of Stress - Life Events, Overload, Frustration & Deprivation
- Role Stress and Management Standards for managing organizational stress
- Role of IPR, Negotiations & Conflict Resolutions in Managing stress at work
- Understanding Stress Safety Net Implementation for Organizations

## METHODOLOGY

Methodology of the programme includes class room Sessions with Lecture/discussion with audio visual aid, benched marked video shows, Chalk & Talk sessions, group discussions, case studies, debates, sharing of experiences, etc. All the sessions will be interactive demanding active participation from all the members. CMI will be the main method of instruction.

## PROGRAMME ADVISOR & FACULTY



**Dr. B. Udaya Kumar Reddy,**  
President, International  
Stress Management  
Association



**M. Rajender Singh**  
Director,  
Stress Management  
Lab



**Ian Shakespeare**  
Chief Executive  
Officer  
SMG Health,  
Australia

Besides the Faculty of ESCI, experts from industry and academia will be involved. Following experts are likely to participate

## TARGET PARTICIPANTS

Engineers, Executives, Professionals from Governments, Private sector and Public Sector Undertakings (from product, process and service sectors), Scientists working in Research Laboratories and Professors, Associated Professors, Assistant Professors, Administrative. Officers / Executives of various engineering colleges & Universities, HR professionals and Corporate trainers will find the programme useful.

## BENEFIT TO THE PARTICIPANTS.

- Greater confidence and acquire required abilities of handling stress issues

- Access to a patented tool i.e. STRESSTUNE™ to support your professional services (viz. online stress audit, stress coaching, stress counseling etc.)
- Network with the experienced and talented professional in similar fields

## PROGRAMME VENUE, DATES & TIMINGS

**VENUE:** Engineering Staff College of India (ESCI) Campus, Old Bombay Road, Gachibowli, Hyderabad. 500032. TS, India.

### DATES

28-30 November 2017

### TIMINGS

On the first day Registration will commence at 0900 h, on all other days the programme timings will be from 0945-1715 h with breaks in between for tea and lunch.



**Gp Capt (Retd) BS Phillora** BE (ETC), AE (L), MMS (DS), M Phil, FIE, Certified lead auditor ISO 9001-2015  
**Dean of Studies ESCI & Sr. Faculty, Head, Management & Technology Division, & Design & Prototyping Centre, ESCI**

### COURSE FEE

**Rs. 15,000/- (Residential Fee)** per participant. Fee includes, course material, course kit, twin-sharing/single AC accommodation as per availability, breakfast, lunch, dinner, tea / coffee and snacks during the actual days of training programme.

### DISCOUNTS

- **Non-Residential Fee-** 10% discount on course fee is allowed for non-residential participants.
- **Group Discount:** Additional 10% discount for three or more participants, if sponsored by the same organization.

**(All discounts are applicable only if fee is received at ESCI before the commencement of the programme.)**

**Goods and Service Tax @ 18%** is to be paid extra over and above the training fee. PAN Card No AAATT3439Q; **GST No. 36AAATT3439Q1ZV.** (Under commercial training or coaching services).

Programme fee is to be paid in favour of **"IE (I)-Engineering Staff College of India"** in the form of demand draft payable at Hyderabad at par cheques payable at any Bank Branches.

Alternatively, the payment may be made by Electronic Fund Transfer (EFT) to ESCI - SB A/c No.0432104000039631 with The IDBI Bank Ltd. Plot No.2-53/2, JNIBF, IIIT Junction, Gachibowli, Hyderabad -500 032, by RTG's/ NIFT / IFSC Code No: IBKL0000432. ESCI PAN No. is AAATT3439Q.

**While using EFT/ Draft method of payment, kindly forward a covering letter giving details on the names of the participants, Title and the programme schedule or our invoice reference proper accounting**

### REGISTRATION

Online registration shall be available on ESCI website.(URL:www.escihyd.Org) Online registration shall be available on ESCI website. **(Please visit our Web portal: www.escihyd.org)** To Visit our Web page please Click: link <http://www.escihyd.org/index.php/mt-upcoming-trainings>

for online registration

To register, manually please send your nominations giving details of name, designation, contact address, email address, mobiles no, telephone and fax number of the participant along with the details of mode of payment of fee, addressed to:

#### Head, Management & Technology Division

Engineering Staff College of India  
 Old Bombay Road, Gachibowli, Hyderabad 500 032, TS, India  
 Phone: Direct 040 6630 4111, 6630 4112 & 4105  
 Fax : 040-23000336 & 040 6630 4103.  
 Email: mt@escihyd.org,

Contact for registration:  
 Mr. LV Rao,  
 Programme Manager,  
 Land line 040 66304105  
 Mob: 0 9949145865

### Certification

**A certificate of participation will be awarded to each participant on conclusion of the programme.**

### General Information

- ESCI encourages participants to present case studies from their respective organizations.
- For the convenience of outstation participants, ESCI will facilitate pick-up and drop from Airport / Railway Stations / Bus Stations, if travel plans are received at least 3 days in advance along with mobile number by fax or email. The charges shall be paid by the participant directly to the Cab.
- ESCI provides complimentary accommodation and boarding to the participants one day before commencement (Check-in 1200 h) and one day after conclusion (Check-out 1200 h) of the programme duration. Overstay charges will be applicable as per ESCI rules (subject to availability of accommodation).
- Well developed Information Centre and Internet facilities are available to the participants.

**Nominating authorities are requested to kindly send the contact details of the participants while sending their nomination letter. This will help us in making necessary administrative arrangement for**