



ENGINEERING STAFF COLLEGE OF INDIA

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

Autonomous Organ of The Institution of Engineers (India)

Old Bombay Road, Gachibowli, Hyderabad – 500 032. Telangana, India



Management and Technology Division

Classroom Continuing Professional Development Programme on **Stress Management and Work Life balance for Scientists, Engineers and Executives**

16 – 18 October 2023
at ESCI Campus, Hyderabad

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 key areas to be deliberated in the programme are:

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

METHODOLOGY

Methodology of the programme includes class room Sessions with Lecture/discussion with audio visual aid, benched marked practices if any, 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. Case Method of Instructions will be the main method of knowledge facilitation. Technical Field and Social visits are integral part of the training methodology.

Centre for Promotion of Professional Excellence

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.

BENEFITS TO THE PARTICIPANTS

- Greater confidence and acquire required abilities of handling stress issues
- Access to a patented tool i.e. STRESSTUNETM 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 DATES & TIMINGS

Dates: 16 – 18 October 2023

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

Timings: On the first day Registration will commence at 09.30 Hrs. On all other days the programme timings will be from 09.45-17.15 Hrs with breaks in between for tea and lunch.

COURSE DIRECTOR

Dr. P.V.S.S. SRIDHAR, M.E., Ph.D. (IIT-G)

Sr. Faculty & Head

Management & Technology Division

Engineering Staff College of India

Old Bombay Road, Gachibowli, Hyderabad - 500032

Ph: 7896172182 / 040-66304111/4112/4105

Email: mtmkt@escihyd.org/mt@escihyd.org

COURSE FEE

Rs.15,000/- (Rupees Fifteen Thousand only) per Participant + GST@18%. 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: **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 commencement of the programme). **Goods and Service Tax @ 18%** is to be paid extra over and above the training. **PAN Card No AAATT3439Q; GST No. 36AAATT3439Q1ZV. H.S. No. 999293** (Under commercial training or coaching services – clause 65(105) (ZZC) of Finance act – 1994).

Programme fee is to be paid in in favour of **“THE INSTITUTION OF ENGINEERS (INDIA) – ENGINEERING STAFF COLLEGE OF INDIA”** in the form of demand draft payable at Hyderabad. Alternatively, the payment may be made by Electronic Fund Transfer (EFT) to ESCI - **SB A/c No.0432104000039631 with The IDBI Bank Ltd., Gachibowli Branch, Plot No. 2-53/2, JNIBF, IIIT Junction, Gachibowli, Hyderabad-500032 by RTG's/ NEFT / IFSC Code No: IBKL0000432.** While using EFT method of payment, please ensure to communicate us your company name, our Invoice reference and programme title.

REGISTRATION

Online registration shall be available on ESCI web portal <http://www.escihyd.org/index.php/mt-upcoming-training>. To register manually please send your nominations giving details of name, designation, contact address, email address, mobile no, telephone and fax number of the participant along with the details of mode of payment of fee, addressed to: mt@escihyd.org, mtmkt@escihyd.org

CERTIFICATION

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

GENERAL INSTRUCTIONS:

- ESCI encourages participants to present case studies from their respective organizations.
- 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 participant while sending their nomination letter. This will help us in making necessary administrative arrangement for them