



ENGINEERING STAFF COLLEGE OF INDIA



Autonomous Organ of The Institution of Engineers (India)
(IMS [ISO 9001:2015, ISO 14001:2015, ISO 50001:2018, ISO 45001:2018],
ISO/IEC 17025:2017 Certified, AICTE & CEA Recognized Institution)
Old Bombay Road, Gachibowli, Hyderabad – 500 032. Telangana, India

Management and Technology Division

Hybrid (Offline & Online) Continuing Professional Development Programme on

Stress Management and Work Life Balance

Dates: 03 – 05 August 2026

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:

- 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
- Strategies to Develop balanced life style to control stress in long-term
- Stress Coaching Concepts and Protocol based Stress Counseling
- Handling Causes of Stress - Life Events, Overload, Frustration & Deprivation
- Understanding Stress Safety Net Implementation for Organizations

- Self Esteem & Behavior Pattern for better work life integration.
- Untwisting Cognitive errors for positive thinking and wellbeing.
- Strategies to achieve work life integration
- Benefits of Work life integration

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.

TARGET PARTICIPANTS

Scientists, Technical Officers, Technicians, Engineers, Executives, Professionals from Governments, Private sector and Public Sector Undertakings, R&D units (from product, process and service sectors. Also this programme is helpful for HR Professionals, L&D Executives will get immensely beneficial.

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 DIRECTOR

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PROGRAMME COORDINATOR

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PROGRAMME DATES & TIMINGS

Dates: 03 – 05 August 2026

Timings : On the first day Registration will commence at **09:00 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 FEE: Rs.18,000/- (Rupees Eighteen Thousand only) per Participant + GST@18% Extra. 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.

Online: WebEx platform

Rs. 10,500/- (Rupees Ten Thousand and Five Hundred only) per participant + GST@18% Extra.

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.

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 favor 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/ NIFT / IFSC Code No: IBKL0000432.** While using EFT method of payment, please ensure to communicate us your company name, our Invoice reference and programme title.

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 free of cost.