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STC for TEQIP Participants on Stress Management & Coping

(August 12-16, 2016)

Course Overview:

Post-globalization our organizations and workplaces have almost changed in shapes/sizes compared to those of last century; but one thing remains unchanged such as human beings still need organizations to earn their livelihood and satisfy social needs. In today's world people may work in virtual organization, chat online, use cloud sources of information but still connected to real organizations as employers, researchers, partners, learners or entrepreneurs. All of us want /need organizations to survive and gratify our needs. Rather the survival need is a major force behind the struggle of human beings to search for right kind of jobs and workplaces. This is equally important for an unskilled uneducated worker as well as highly educated and tech-savvy professional. Thus, our world of work is full of diversities, chaos, inconsistencies and stresses. Moreover, in a developing country like India we are facing the challenges like overcrowded cities, pollution, commuting daily to distant workplaces etc., thus create havoc in our personal life and wellbeing. Our continuous struggle for survival/sustenance has forced the sociologists, economists, psychologists and other social scientists to study the phenomenon of stress in context of work. Thus, the concept "stress" has become all pervasive and prompted the modern researchers, academicians and trainers to focus on the etiology and management of stress, in all dimensions of life. This course is also a small attempt in this direction.

Course Objectives:

The participants would be able to-

1. Understand the neuropsychological base of stress;
2. Think and analyze their role stress in respective workplaces;
3. Reflect upon and evaluate their own work-life imbalances;
4. Develop self-awareness in understanding and interpreting their own, as well as others' emotions in workplaces;
5. Learn some techniques and coping strategies to deal with stress and maintain work-life balance.

Course Content:

1. Genesis of Stress: Neuro- psychological Approach
2. Organizational/Institutional Role Stress - A Reflection
3. Academic Stress & Anxiety: The Present Scenario
4. Work-life Imbalance & Stress: A Multilevel Perspectives
5. Managing Emotions in the Workplace: Psycho-spiritual Approach
6. Coping with Stress: Life Skills & Strategies
7. Cognitive Dissonance & Stress: Same Therapeutic Techniques
8. Stress Audit & HR Interventions in 21st Century Organizations.

Method:

1. Lecture Delivery & Discussion through,
2. Video- Conferencing
3. Face-to-face Interaction
4. Hands- on experience

Target Participants: Academicians, Researchers, Administrators, Executives, R & D Professionals.

Maximum No. of TEQIP college teachers= 30

Sponsored Participants=20, Total seat= 50

Minimum Qualification: Graduation/ Post- graduation

Course Fee: Rs. 10,000 /-for sponsored candidates

Nil- for TEQIP college teachers

Accommodation: Accommodation will be arranged at one of the IIT Kharagpur Guest House/s.

Sponsored participants will have to bear their own expenses.

Certificate: The participants will be provided certificates on successful completion of the programme.

How to Apply?

Interested participants can fill –up the application form available on IIT Kharagpur Website, apply and send the hard copy along with the **Demand Draft** in favour of the “**CEP IIT Kharagpur**” payable at **Kharagpur**, to the coordinator by Speed post.

Important Dates:

Last date for receiving Application (along with the DD): **10/08/2016**

Intimation to Participants latest by: **10/08/2016**

Arrival of Participants at IIT Kharagpur: **11/08/2016**

Completion of the Course: **16/08/2016**

About IIT Kharagpur

Situated about 120 km west of Calcutta, Kharagpur can be reached in about 2.5 hrs from the Howrah railway station of Calcutta. Kharagpur is also connected by direct train services to most major cities of the country. The Institute is about 10 minutes drive (5 km) from the Kharagpur railway station. Private taxi, auto- rickshaw or cycle rickshaw can be hired to reach the Institute. The Centre for Educational Technology is located in the Takshashila building of the Institute.

Address for Correspondence

Dr. Atasi Mohanty, Coordinator

Center for Educational Technology
Indian Institute of Technology, Kharagpur
Kharagpur – 721302, WB, India

Tel: 03222-282259 (Off), Mob: 09434077032

E-mail: stccet2015@gmail.com

Application Form for STC on
Stress Management & Coping
(August 12-16, 2016)

1. Name :	
2. Gender : Male/ Female :	
3. Highest academic qualification :	
4. Designation :	
5. Name of the Institute / Organization:	
6. Address :	
7. Phone No. :	
8. Mobile :	
9. E-mail :	
10. DD No. :	
11. Date of Issue :	
12. Issuing Bank :	
13. Accommodation required (Y/N):	
Travel Details :	

14. Date of Arrival :	
15. Arrival Time:	
16. Date of Departure :	
17. Departure Time :	

I agree to the Terms & Conditions which is given here and I declare that the above information is correct to the best of my knowledge and belief.

Date:

Signature of Applicant