

National Institute of Technical Teachers' Training and Research, Bhopal

PROGRAMME BRIEF

- **Title of the Programme: Effective Stress Management for Maximizing Human Productivity**
- **Programme code: P D P - 4**
- **Programme duration: 12-16 June 2023**
- **Venue: NITTTR Bhopal**
- **Rationale:** The economy of our nation is driving fast, with many simultaneous changes in economy, technology, polity, and society. These rampant changes have been visible in the education sector also. For keeping pace with these overburdening transitions, one has to take a lot of effort into unlearning, up-skilling, and capacity development. Stress is a usual outcome of this situation. If one is not able to cope with this stress many unfavourable conditions develop for individuals and organisations. This program will enable participants to cope with these situations and maximize for human productivity.
- **Programme Outcomes:**
 - (i) Identify the state of a stressful situation.
 - (ii) Analyse the causes of stress.
 - (iii) Develop a strategy to cope with these stresses for human productivity.
- **Programme Content:**

Stress and its types, Symptoms of stress, Causes of Stress, and Techniques of coping with stress, Time Management, Work life Integration.
- **Instructional Strategy:** Interactive Sessions, Tasks, Roleplay, input, etc.
- **Target Group:** Faculty of AICTE approved Institutions
- **Coordinator & Faculty details:**

Coordinator

 - **Name and Designation:** Dr. Nishith Dubey, Prof. & Head DT&VE&R, NITTTR Bhopal
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Faculty

 - Name and Designation: Dr. Roli Pradhan, Associate Prof., DME, NITTTR Bhopal.
 - E-mail ID: rpradhan@nitttrbpl.ac.in

1. Tentative Programme Schedule:

Day	Session 1	Session 2	Lunch	Session 3	Session 4
	10.00 AM- 11.30 AM	11.45 AM - 13.15 PM	13.30 PM - 2.00 PM	2.15 PM - 3.45 PM	4.00 PM -5.30 PM
Day-1 Monday	Inauguration/ Expectations sharing	Stress and its types	-	Stress management by Mental activities Practice session	
Day-2 Tuesday	Stress management by Mental activities		-	Stress Management by Contentment	
Day-3 Wednesday	Time Management			Stress management by Mental activities Practice session	
Day-4 Thursdar	Stress management through Lifestyle Modification			Stress management by Spiritual activities Practice session	
Day-3 Wednesday	Work-Life Balance	Life Style Modification	-	Action Plan	Feedback & Valedictory.

The sessions shall be interactive with role plays and hands-on practices.