



**NITTTR
BHOPAL**

SS-3/2024-2025

Stress Management and Work Life Balance

12-08-2024 to 14-08-2024

NITTTR Bhopal



<https://erp.nitttrbpl.ac.in/poc2024/?id=regSS-3>

Scan QR to Register

Rationale

In today's dynamic and competitive business landscape, having the challenge of managing work-life is crucial for achieving personal and organizational success. Stress is becoming an inevitable part of our lives, but how we handle it significantly impacts our performance, health, and overall satisfaction. As professionals, we often face demanding deadlines, high expectations, and competing priorities. Learning effective stress management techniques empowers us to navigate these challenges with resilience and grace. This program is designed to equip you with the tools, techniques, and insights needed to cultivate the right approach toward stress management and balance your work-life to elevate your performance. This training program aims to build awareness and capacity among technical teachers in identifying and developing relevant approaches and strategies for stress management and work-life balance toward professional excellence. This program will adopt innovative approaches through blended learning, group tasks, mentorship, and practical experiences, we'll equip the teachers to empower you with handling stress and managing the work-life balance.

Programme Outcomes

- Expound the trends in the world of work and its impact on stress and work-life balance;
- Identify the challenges and issues involved in managing stress and work-life balance;
- Develop innovative approaches for stress management and work-life balance;
- Foster teachers' ability to manage stress and work-life balance; and
- Create and implement classroom activities, techniques, and methods that foster an effective approach to managing stress and work-life balance.

Programme Content

- Understanding Stress: Delve into the physiological, behavioral, and psychological aspects of stress.
- Sources of Stress: Identify common stressors in the workplace and explore strategies to mitigate them.
- Self-Care Techniques: Learn practical methods for self-care, relaxation, and rejuvenation.
- Time Management: Discover effective time management practices to optimize productivity.
- Work-Life Integration: Explore ways to integrate work and personal life seamlessly.
- Building Resilience: Strengthen your mental and emotional resilience to bounce back from setbacks.
- Creating Supportive Environments: Understand how institutional culture and leadership impact stress

Target Group

Supporting Staff

Coordinator & Co-Faculty

Dr. R.P. Khambayat

Professor

Department of Technical and Vocational Education & Research
rpkhambayat@nitttrbpl.ac.in

Dr.

Professor



e Prashikshan
An Online Training Portal of NITTTR Bhopal
www.eprashikshan.com

National Institute of Technical Teachers' Training and Research (NITTTR)
(Deemed to be university under distinct category), Ministry of Education, Government of India,
Shamla Hills, Shanti Marg, Bhopal-462002 (M.P.)

[/nitttrbpl](https://twitter.com/nitttrbpl) [/nitttrbhopalofficial](https://facebook.com/nitttrbhopalofficial) [/nitttrbhopal](https://instagram.com/nitttrbhopal) www.nitttrbpl.ac.in