



school of management studies sms <bschool@brce2011@gmail.com>

Fwd: CII Workshop on Stress Management - 25 Jan 2018 - Vijayawada

1 message

Sat, Jan 20, 2018 at 11:46 AM

Adi Seshu Reddy Appidi <asrappidi@gmail.com>
To: school of management studies sms <bschool@brce2011@gmail.com>

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From: "Chandan Patnak" <chandan.patnak@ciivj>
Date: 08-Jan-2018 2:34 pm
Subject: CII Workshop on Stress Management - 25 Jan 2018 - Vijayawada
To: "CII Vijayawada" <cii.vijayawada@ciivj>
Cc:

Dear Member & Non Member:

Workshop on Stress Management

0900 Hrs - 25 January 2018 - Efftronics Systems Pvt Ltd - Vijayawada

I am happy to inform you that CII Vijayawada is conducting a 1 day workshop on Stress Management on 25th January 2018 at Vijayawada.

The objective of the workshop is to understand the different types of stress encountered at workplace and evaluate the ways and methods to deal with it.

Occupational stress is stress related to one's job. Most jobs involve some degree of stress, and this can affect people at all levels within an organisation, including frontline employees, managers and senior leaders. Some stress is reasonable, but it becomes an issue when it is excessive and ongoing. According to a study released by the World Economic Forum, the global cost of five non-communicable diseases will reach over **\$47 trillion over the next twenty years** - the diseases include CVD, diabetes, mental illness, chronic respiratory disease and cancer. **70% of output loss** from non-communicable diseases are due to mental illness and cardiovascular diseases. Work Stress is a significant risk factor for both physical (e.g. CVD) and psychological health (e.g. depression). Stress-related illnesses are forecast to be the **leading causes** of the global disease burden by 2020.

The workshop will cover the following topics:

- Introduction to stress
- Various stressors in day-to-day work life
- Effects of stress
- Ways to manage stress

Workshop on Stress Management, 29 Jan 2018 - Vijayawada

Importance of physical fitness
Diet & Weight Management

Physical activity, therapy

Benefits of attending the session :

- Improve time management & employee performance
- Build resilience
- Learn to cope with stressful situations
- Identify and deal with stress causing factors
- Learn to measure urgency and set priorities
- Maintain good health

The workshop would include presentations, role plays and case studies.

About the Faculty

Mr. Rajendra Kumar is a Certified & Associate Member of International Stress Management Association. He has more than 20 years of experience in Stress Management. He has conducted more than 100 sessions on stress management for corporate companies, govt organisations and institutions.

In this regard, I am writing to request you to kindly attend and / nominate your colleagues to the very important workshop by sending us the filled in "Registration Form".

We look forward to your confirmations pl.

Regards,
Chandan

From the desk of

Mr Chandan Patnaik

Executive Officer & Head
Vijayawada Zone

Confederation of Indian Industry
4th Floor, Lakshmi Villa, D.No:40-15-9/11,
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