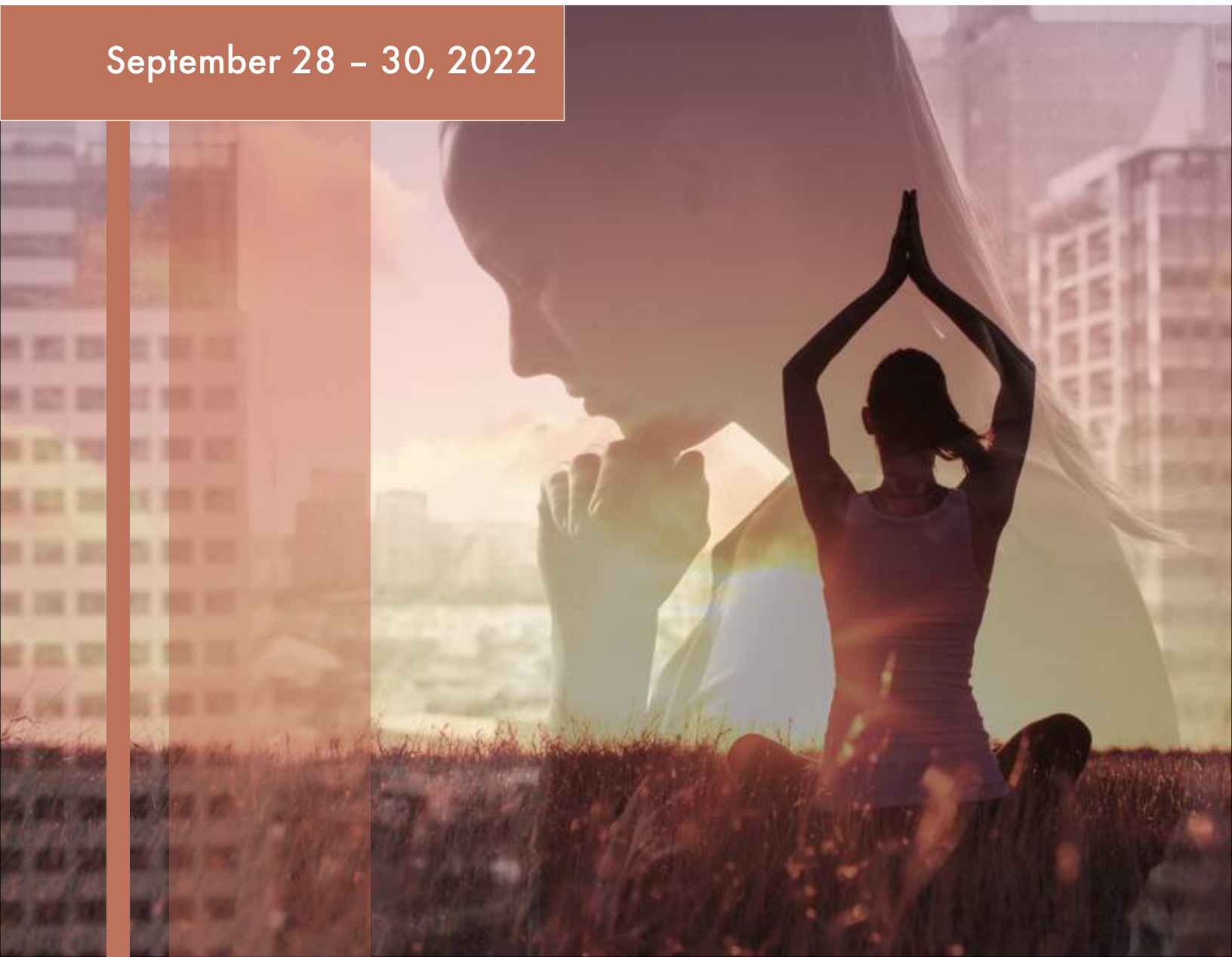


Management Development Programme  
on

# **Stress Management for Improving Individual and Organizational Effectiveness**

September 28 – 30, 2022



# About IIHMR University

The genesis of the IIHMR University dates to October 5, 1984, when the Indian Institute of Health Management Research (IIHMR) was established. The IIHMR University has been established and incorporated as a postgraduate research University by the Government of Rajasthan vide the IIHMR University, Jaipur Act, 2014 (Act No. 3, of 2014). IIHMR University is UGC recognized, NAAC accredited, and ranked 73rd NIRF 2021 (Management). IIHMR University is dedicated to the improvement in standards of health through better management of health care and related programmes. It seeks to accomplish this through management research, education, training, consultation, and

networking in a national and global perspective.

IIHMR University offers MBA (Hospital and Health Management), MBA (Pharmaceutical Management), MBA (Development Management), Master of Public Health (in collaboration with Johns Hopkins University, USA), Master of public Health (Implementation Science), Executive Education, and PhD programmes. We have collaborations with international and prestigious universities including Johns Hopkins university, USA, Manchester University, UK, Curtin University, Australia for student exchange, faculty exchange, joint research and capacity building programmes.



## Introduction

Stress is a natural response to a perceived challenge or a threat. Stress is generally indicated as a deviation from normal functioning of body and mind. It can affect performance of an individual in his personal and professional life. Stress to some extent is good for an individual as well as the organization. It helps in achieving personal and organizational goals. But stress beyond certain limit can cause harmful effects on body and mind of an individual and affect the growth of an organization. Moreover, in today's era, where lives of people have been highly affected by pandemic Covid-19 and are passing through the phase of turmoil, stress has become an inexorable part of personal and professional life. Each individual brings a peculiar pattern of responding to inevitable demands of personal and professional life. Some are able to manage stress whereas others experience psychological stress. Individuals and organizations can implement practices to reverse unhealthy stress (distress) and promote eustress, which stimulates growth and vitality. The success of an individual and organization depends on how stress is managed. Therefore, this programme intends to develop in the participants, the ability to cope up with stress and create work-life balance, thereby increasing effectiveness in personal and professional life.

## Objectives

In the context of above backdrop, the programme on stress management is modulated with the following objectives:

- To identify stressors and stressful situations.
- To understand the consequences of exorbitant stress.
- To indoctrinate techniques of stress management.
- To create self-awareness and maintain work-life balance.

## Content

- Introduction to stress management
- Causes of stress
- Signs of stress
- Effects of stress
- Techniques of stress management
- Time management and anger management
- Introspection for self-awareness
- Understanding stress inducing factors and overcoming the psychological challenges of stress at individual and organizational level
- Individual and organizational approaches to manage stress
- Managing work-life balance

## Pedagogy

The programme will be a blend of interactive lectures, dialogues & discussions and will be supplemented by video presentations, group work, experiential processes, hands on sessions, quiz, activities, and exercises, etc.

## Learning Outcomes

- Develop ability to recognize stressors.
- Acquire skills to cope with personal and professional stress.
- Comprehend the importance of Stress Management Techniques.
- Learn to manage time and create work-life Balance.

## Who Should Attend

The programme has been designed and targeted towards executives from Public and Private Sector Organizations, Business Leaders, HR Heads, NGO Personnel, Academic and Administrative Officers, Consultants, Managers and Entrepreneurs, Government Officials, Employees of Hospital and Health Organizations, Banks and Financial Institutions, Government Departments, Autonomous Bodies etc. with substantial managerial responsibilities, interests, and motivation to learn and develop ability to manage stress and enhance personal and organizational effectiveness.

## Resource Person



**Dr. Gunjan Solanki**  
Associate Professor  
Psychiatry Department  
SMS Medical College Jaipur



**Mr. Vikramjeet Singh**  
Managing Director and CEO  
INAS Social



**Dr. Tripti Bisawa**  
(Programme Coordinator)  
Professor and  
IQAC Coordinator  
IIHMR University



## Programme Fee

For Indian participants INR 24,750+18% GST and for international participants USD 462+18 % GST. The programme fee includes tuition, background reading material, lodging and boarding.

**Early Bird Discount:** Nominations received with payments on before 4-weeks will be entitled to an early bird discount of 10%.

**Group Discount:** Any organization sponsoring four or more participants to the programme will be entitled for a discount of 20% on the total fee payable provided that at least four participants attend the programme.

Maximum Discount: Organization can avail themselves of both the discounts subject to maximum discount of 20%.

## Certification

A certificate of participation on completion of the programme will be issued by IIHMR University, Jaipur.

## Venue

The programme will be held at IIHMR University, Jaipur. IIHMR University is located near Jaipur International airport, Sanganer, Jaipur. The University campus provides a learning environment to the participants. The participants are welcome to use the library and recreational facilities at the campus.

## How To Apply

All the communication regarding the training should be made with the Training Department at the following address. Please fill the registration form on below link or scan QR code to register.

### Programme Officer (Training)

IIHMR University

1, Prabhu Dayal Marg, Sanganer Airport, Jaipur -302029,  
Rajasthan, India

**Mobile:** +91 9358790012

**Phone:** 0141-3924700 (30 Lines)

**Email:** training@iihmr.edu.in, tripti@iihmr.edu.in

**Apply Now:** <https://applications.iihmr.edu.in/mdp>

