

ANNUAL CONFERENCE ON STRESS MANAGEMENT

15th – 16th April 2017

Tentative Programme Schedule

Programme Coordinator: Dr. Amit Mehrotra and Mr. Shivaraj S. Huchhanavar, Faculty, NJA, Bhopal.

| | | | | | | | |
|---|---|--|---|--|--|--|---|
| DAY-1 15 th April 2017 Saturday | <p>SESSION-1 (09:00 AM-10:00 AM)</p> <p>Understanding 'Stress'</p> <p>Speaker <i>Prof. Pawan Kumar</i></p> <p>Panel <i>Justice U. C. Dhyani</i> <i>Justice R. C. Chavan</i></p> <p>Chair <i>Justice Kurian Joseph</i></p> | T E A B R E A K | <p>SESSION-2 (10:30 AM -11:30 AM)</p> <p>Consequences of Occupational Stress</p> <p>Speaker <i>Prof. Pawan Kumar</i></p> <p>Panel <i>Justice U. C. Dhyani</i> <i>Justice R. C. Chavan</i></p> <p>Chair <i>Justice Kurian Joseph</i></p> | T E A B R E A K | <p>SESSION-3 (12:00 Noon-1:00 PM)</p> <p>Personal and Professional triggers for Stress in Judicial Officers</p> <p>Speakers <i>Justice U. C. Dhyani</i> <i>Justice R. C. Chavan</i></p> <p>Chair <i>Justice Kurian Joseph</i></p> | L U N C H B R E A K | <p>SESSION-4 (2:00 PM-4:00 PM)</p> <p>Stress Management: Relaxation Techniques</p> <p>Speaker <i>Mr. Sampath Iyengar</i></p> <p>Panel <i>Justice U. C. Dhyani</i> <i>Justice R. C. Chavan</i></p> <p>Chair <i>Justice Kurian Joseph</i></p> |
| | <p>SESSION-5 (09:00 AM-10:30 AM)</p> <p>Stress Management through enhancing Emotional Intelligence</p> <p>Speaker <i>Prof. Radha R. Sharma</i></p> <p>Chair <i>Justice R. C. Chavan</i></p> | | <p>SESSION-6 (10:45 AM -11:45 AM)</p> <p>Managing Judicial Stress: Methods and Techniques</p> <p>Speaker <i>Justice R. C. Chavan</i></p> | | <p>SESSION-7 (12:00 Noon-1:00 PM)</p> <p>Institutional strategies to prevent/alleviate occupational stress</p> <p>Speaker <i>Prof. Radha R. Sharma</i></p> <p>Chair <i>Justice R. C. Chavan</i></p> | | |