



Management Development Programme (MDP) on **STRESS MANAGEMENT**

13th March 2021



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Organised by

SAI RAM INSTITUTE OF MANAGEMENT STUDIES

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SAI RAM ENGINEERING COLLEGE

*An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution*

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Department of Management Studies

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Sai Leo Nagar, West Tambaram, Chennai - 600 044

www.sairamgroup.in



ABOUT US

SIMS was established with the motto of "Prosperity through Innovative Management" by the Founder Chairman Shri. MJF Ln. Leo Muthu. The offers the post graduate programme leading to the award of MBA degree by the Anna University, approved by AICTE and the government of Tamilnadu. The department is well equipped with modern facilities such as syndicate room, seminar hall, computer center, department library, audio and video facilities and a central library with latest books, national and international journals. The highlights of the institute are that, it was rated with prestigious AAA status by Career 360 during 2017, and also categorized as A+ Grade Institution by Business India, A3 rated B school by AIMA, Platinum category for past 4 years by AICTE-CII survey, Business Today India's Best B-School survey rated among Top 150 B-Schools, and Business Standard rated our institution with A4 category. We engage our students in various societal development activities to provide them the overall exposure to world of business and management by regularly organizing National level seminars, International conferences, and Conduct Workshops and International Student Exchange programs. We also arrange Faculty Development Programs and Workshops sponsored by AICTE and leading well known management associations.

ABOUT MDP

A Management Development Program (MDP) on Stress Management equips leaders and professionals with strategies to effectively handle stress in the workplace. The program covers techniques such as mindfulness, time management, and resilience building to help participants maintain mental well-being and enhance productivity. Through interactive workshops, case studies, and expert guidance, attendees learn to identify stressors, implement coping mechanisms, and foster a supportive work environment. By the end of the program, participants are better prepared to manage their own stress and support their teams, leading to a healthier, more efficient organizational culture.

Participants also explore the link between stress management and overall performance, understanding how reducing stress can positively impact decision-making and team dynamics.

OBJECTIVES

- ◆ Equip participants with practical stress management techniques.
- ◆ Provide strategies to identify and mitigate stressors.
- ◆ Foster resilience and emotional intelligence to cope with challenging situations.
- ◆ Enhance productivity and decision-making by reducing stress levels.
- ◆ Cultivate a supportive work environment that prioritizes employee well-being.

PROGRAMME SCHEDULE

13.03.2020 - I - Session

FN - Stress Management Techniques

FN - Strategies to mitigate Stress

PROGRAMME SCHEDULE

13.03.2020 -II - Session

AN - Strategies to cope with Challenging situations

AN - Strategies to prioritize employee well-being

WHO WHOM ?

Middle Level & Operational Level employees of all functional areas.

REGISTRATION FEE: Rs.7,000/- per participant. (The DD/Cheque to be drawn in favor of "SAIRAM ASSOCIATION" payable at CHENNAI)

Convenor

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