

ANNUAL CONFERENCE ON STRESS MANAGEMENT15th – 16th April 2017

Tentative Programme Schedule

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

<p>DAY-1 15th April 2017 Saturday</p>	<p>SESSION-1 (09:30 AM-10:30 AM)</p> <p>Understanding 'Stress'</p>	T E A	<p>SESSION-2 (11:00 AM -12:00 Noon)</p> <p>Personal and Professional triggers for Stress in Judicial Officers</p>	T E A	<p>SESSION-3 (12:30 PM-1:30 PM)</p> <p>Consequences of Occupational Stress</p>	L U N C H	<p>SESSION-4 (2:30 PM-3:30 PM)</p> <p>Stress Management: Relaxation Techniques</p>
<p>DAY-2 16th April 2017 Sunday</p>	<p>SESSION-5 (09:30 AM-10:30 AM)</p> <p>Stress Management through enhancing Emotional Intelligence</p>	B R E A K	<p>SESSION-6 (11:00 AM -12:00 Noon)</p> <p>Managing Judicial Stress: Methods and Techniques</p>	B R E A K	<p>SESSION-7 (12:30 PM-1:15 PM)</p> <p>Institutional strategies to prevent/alleviate occupational stress</p>	B R E A K	