



भारतीय प्रबंध संस्थान शिलाँग
Indian Institute of Management Shillong



Residential MDP on Stress Management in Modern Organizations

18 - 20 September, 2024



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(Program Director)

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(Program Director)

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INTRODUCTION

In the post Covid era, we are living in a time that is passing through turbulence and turmoil where old orders and concepts are being increasingly challenged for creating a more humane environment. The world of business is no exception. Stress has become an integral part in our personal and professional lives. This has direct bearing on our performance as well as our quality of life at home and at work. The present programme has been designed with the objective of enhancing our effectiveness in our life, work and relationships by exposing the participants to management concepts and practices related to managing stress, both ancient and modern, Eastern and Western. Sharing of internalization processes as advocated by the thinkers and seers, past and present, will constitute an important part of the programme.

TARGET GROUP

Business Leaders, Corporate Executives, HR Heads, NGO personnel, Government officials, Academics, Consultants, Young Managers and Entrepreneurs

PROGRAMME FEE

Rs. 15000 per day*3 Days =Rs. 45000

GST @18% =8100 | Total =Rs. 53100



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PROGRAMME CONTENT

The Programme will weave around Concepts as well as Methods or Processes for Understanding Stress Inducing Factors and Overcoming the psycho-physical Challenges of Stress at the individual and the organizational levels with insights and real-life experiences drawn from Modern Management and Ancient Wisdom from the East as well as the West.

PROGRAMME OBJECTIVES

Identify the dominant characteristics of the present age especially in relation to management and business.

1. Understand the Causes of Stress in the global business scenario
2. Explore the psycho-philosophical foundations of Stress and its Management
3. Give exposure to relevant psychological processes for effective Stress Management
4. Develop a Blueprint for Creating less Stress-prone Organizational Culture in Future

TRAINING METHDOLOGY

Lectures, Case-studies, Dialogues and Discussions, Video presentations, Group Work, Experiential Processes

DURATION 3 DAYS

LAST DATE FOR NOMINATION

16th September 2024

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