



Online
Faculty Development Program
on
STRESS MANAGEMENT
(02.11.2020 to 06.11.2020)
AICTE Training and Learning (ATAL) Academy



Director

Dr Mohamad Yousuf Khan

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&

Coordinator

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Assistant Professor, Dept of Management and Commerce, MANUU, Hyderabad

PROGRAM SCHEDULE

| Date | 10:00 AM - 11:30 AM | 11:30AM-12:00 PM | 12:00 PM – 1:30 PM | 1:30PM-2:30PM | 2:30 PM – 4:00 PM |
|------------|--|------------------|--|---------------|--|
| 02-11-2020 | Stress: The World Epidemic of the 21 st Century | Break | Understanding the Biology of the Stress | Break | Your Personal Stress Profile : How Mind sabotages peace and sense of Wellbeing |
| 03.11.2020 | Stress : Impact on Physical and Mental Health | Break | Stress Management through Meditation | Break | Subconscious Mind : The Power of Thoughts |
| 04.11.2020 | EI : Harnessing the Power of Emotions | Break | Resilience :Dealing with Stress Situations | Break | Transform Yourself |
| 05.11.2020 | Transactional Analysis | Break | Self-Leadership | Break | Spirituality and Stress Management |
| 06.11.2020 | The Benefits of Nutrition and Relaxation, Yoga and Exercises | Break | Biofeedback Techniques | Break | Science of Happiness |

ABOUT THE UNIVERSITY

Maulana Azad National Urdu University (MANUU) is a Central University established at National Level in 1998 by an act of Parliament to promote and develop the Urdu language and to impart vocational and technical Education in Urdu medium through conventional and distance modes. The Headquarters of the University is at an outstanding central location-Gachibowli, Hyderabad, sprawled over 200 acres.

The objectives of the University are as follows:

1. To promote and develop the Urdu language
2. To impart education and training in vocational and technical subjects through the medium of Urdu
3. To provide wider access to people desirous of pursuing programmes of higher education and training in Urdu medium through Campus and Distance modes
4. To provide focus on women education.

ABOUT THE FDP THEME

Life is a continuous process of facing and solving problems and challenges, as we are living in the world of uncertainty, and sometimes it is overwhelming. Our bodies and minds get stressed. Not all stress is bad – eustress is positive stress, and distress is harmful stress – but prolonged, uncontrollable distress can negatively affect our immunological, neurological, physiological, and psychological responses. The stress response was designed to help us survive. Today we live in chronic low-grade stress situations in urban environments, high-pressured jobs, pollution, etc., leading to wear and tear on the body. Heart disease, digestive problems, sleep, mental worry, negative thinking, loss of confidence and depression are all attributed to stress. Our inability to deal with situations well and solve problems leads to accumulated effects of stress. Though life provides various demands that may prove troublesome to handle, stress management provides variety of how to manage anxiety and maintain overall well-being.

The participants will learn to assess their personal levels of stress and to determine the root causes of their stress. Participants will be equipped with practical tips and techniques for reducing & relieving stress, new ways of dealing with stressful situations, people and attitudes can be developed

COURSE CONTENT

- Stress: The World Epidemic of the 21st Century
- Understanding the Biology of Stress
- Your Personal Stress Profile : How Mind sabotages peace and sense of Wellbeing
- Impact of Stress on Physical and Mental Health
- Subconscious Mind: The Power of Thoughts
- Harnessing the Power of Emotions
- Resilience
- Working Effectively Under time pressure
- Science of Meditation
- Self Leadership
- Spirituality and Stress Management
- Biofeedback Techniques
- Transactional Analysis

Who Can Participate:

Faculty, Research Scholars , Post Graduate Students of AICTE approved Institutions and Personnel from Government& Industry pertaining to the relevant discipline.

Important Information for Participants :

- o Faculty Development Program will be conducted **online**. Participants should possess Computer system/ Mobile Phone with adequate Internet facility.
- o There is no Registration fee for selected participants.
- o Maximum 200 participants may be allowed to attend online FDP on a first come first serve basis however AICTE officials may be allowed to attend over and above 200 number.
- o All participants should appear for an online exam at the end of the FDP. Participants who have attended the program with minimum 80% attendance, minimum 60% marks in online test and submitted feedback form.
- o Participation certificate will be issued by AICTE Training and Learning (ATAL) Academy.

Registration link:

<https://www.aicte-india.org/atal> OR
<https://atalacademy.aicte-india.org/signup>

After registration in the above link submit the scanned copy of the registration form to khamuru.sk@gmail.com by 25-10-2020.

ADDRESS FOR COMMUNICATION

Coordinator

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