



**MANAGEMENT  
DEVELOPMENT PROGRAMME ON**

**MANAGING STRESS  
AND WORK-LIFE BALANCE FOR  
WORKING PROFESSIONALS**



**BENGALURU**  
March  
12-13, 2020

## Background

“Stand for something or fall for anything”. Applicable to every field of work and affecting beyond workspace impacting personal life is how well we balance ourselves and life or let both fall apart. Strong individuals alone build strong institutions and sound minds alone make strong individuals.

Stress has become an integral part in our personal and professional lives. This has significantly influencing our performance at work as well as our quality of life at home. Work-life balance not only affects the individual, but also affects the organization. Therefore, today solving work-life balance conflict is the concern for all growing organizations and can be taken as part of organizational development.

The work-life balance results in reduced absenteeism, reduced turnover, reduced overtime cost, increased production and most of all satisfaction among the employees. In contemporary work environment, executives often complain of stress.

The individual consequences of work stress are extensive and range from psychological distress to physical ailments. On the organizational front it leads to absenteeism, turnover, loss of productivity, and well-being.

Managing stress is an essential competence that today's executives need to develop. IIHMR University welcomes you to explore some of the ways of building healthier work-life balance by adopting healthier life - style through its program on ‘Managing Stress and Work-Life Balance’.

## Objective of the Programme

The programme is to help participants recognize stress, understand its nature, and learn to manage it in an effective way to improve overall performance of individual and organizations.

## Programme Content

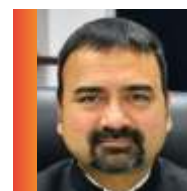
- Work-Life Balance Concepts
- Understanding and Determinants of Well-Being
- Understanding the Nature of Stress
- Managing the Body to Cope with Stress: Role of Posture, Breathing and Yoga
- Managing the Mind: Meditation and Mindfulness
- Managing Time
- Working Towards Work-Life Balance

## Resource Persons



**Gurudev Shri. Amritji  
(Yogi Amrit Desai)**

Founder, Amrit Yoga Institute, Florida, USA



**Dr. Pankaj Gupta**

President  
IIHMR University, Jaipur



**Soumitra Kumar Das**

Global HR Leader and CEO



**Dr. Pallab Bandyopadhyay**

Ex HR Director, Citrix



**Malika Rajan**

Yoga Nidra Trainer  
Amrit Yoga Institute, Florida USA



**Vijai Pandey**

Head of Assessments,  
The Psychometric World



**Dr. Usha Manjunath**

Director  
IIHMR Bangalore

## Pedagogy

Programme delivery is through a mix of lectures-cum-discussion, hands-on practice session on breathing, yoga, meditation and Yoga Nidra.

## Who Should Attend?

Everyone, Stress management is an essential skill for all employees. Anyone under pressure who feels the negative impact of stress, and who wants to learn how to handle stress more effectively both in their work environment and personal lives can attend this workshop.

- For employees to raise employee awareness of their personal stress levels and to help manage stress more effectively.
- For team leaders, supervisors and line managers who wish to reduce and manage work-related stress.

The programme would be beneficial to Industry Professionals, Health care Professionals, Decision makers and others.

## Programme Date and Location

Keeping in huge demand of the programme, we are organizing 2-day programme at Institute of Health Management Research, 319, Near Thimma Reddy Layout, Hulimangala Rd, Electronics City Phase 1, Bengaluru, Karnataka 560105



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 Bengaluru



## Programme Fee (Non-Residential)

- **Indian Participant:** The programme fee per participant is INR 10,000 plus GST 18%.
- **Foreign Participant:** The programme fee per participant is USD 200 plus GST 18%.

The fees include tuition, reading material, working lunch, tea/coffee during the programme. The programme fee does not include stay and dinner. With additional charges, stay arrangement would be made.

## Discounts on the Fee

- **Early Bird Discount:** Nominations received with payments on before 4-weeks prior to commencement of the programme will entitled to an early bird discount of 10 %
- **Group Discount:** Any organization sponsoring four or more participants to the programme will be entitled for a discount of 20 % on the total fee payable provided that at least four participants attend the programme.
- **Maximum Discount:** Organization can avail themselves of both the discount subject to maximum discount of 20 %

*To deposit programme fee, bank details would be provided on request.*

## How to Apply

*Please send filed in nomination form to:*

**Programme Officer-Training**

IIHMR University, 1, Prabhu Dayal Marg, Sanganer Airport  
 Jaipur 302 029, India, Email: [cwmetraining@iihmr.edu.in](mailto:cwmetraining@iihmr.edu.in)

# About IIHMR University

IIHMR University is dedicated to the improvement in standards of health through better management of health care and related programs. It seeks to accomplish this through management research, training, consultation and institutional networking in a national and global perspective. The Ministry of Health and Family Welfare, Government of India, identified IIHMR as Institute of Excellence for training and capacity building for health professionals.

