



Understanding and managing stress in personal and professional situations

June 22 - 27, 2020

Dear Friends, Greetings.

In the struggle for life, more often we find ourselves over stressed to the point of breaking down. Stress has almost become synonymous with development. Instances such as break up of marital relationship, career anxiety and occupational burn out are alarmingly on the rise. In order to offer an optimized solution to stress in life, Gandhi Research Foundation organizes a six day (session) online course on “Stress Management.”

June 22 – 27, 2020; six interactive sessions of 75 minutes each at 11.00am to 12.15pm

The course offers, through a series of exercises, a holistic understanding of stress, its causes, and what can we do to bring it under control. Conducted by eminent facilitators, course introduces well tested methods of handling stress occurrences effectively, both in personal and professional situations. We invite you to join the course and equip yourself to overcome stress situations.

Course Summary and facilitators:

- June 22, 2020 (session 1):** **Understanding Stress:** definition - literal, physical, mechanical, mental, emotional, psychological connotations; Types of stress - negative stress, positive stress...
- June 23, 2020 (Session 2):** **Dynamics of Stress:** Tension, Anxiety and Frustration; Frustration-Aggression Hypothesis; Analyzing 'Burn out'; physiology of stress; Psycho analysis of stress.
- June 24, 2020 (Session 3):** **Symptoms; Early signs:** Stressors – Internal and external stressors;
- June 25, 2020 (Session 4):** Causes (personal) perceptual, attitudinal, behavioral; Causes (extraneous) physical, social, systemic, structural; Coping Strategies.
- June 26, 2020 (Session 5):** **De-stress exercise – 1:** Somatic - breathing control, homeostasis, diet regulations; physical exercises; 2: cognitive exercises: behavioral reorientation, perceptual change.
- June 27, 2020 (Session 6):** **De-stress exercise – 3:** Institutional (family / society / organizational) fabric analysis; Concentric Goal setting; System reform, structural resetting, evaluation and valediction.

- Facilitators:**
1. **Dr. D John Chelladurai**, Dean, Academics, GRF, Jalgaon, (Specialist in dealing with conflict).
 2. **Dr. Subramaniam**, Sr. Scientist, JISL, Jalgaon.
 3. **Dr. Kalyani Nagulkar**, Neuroscience physiotherapist, Anubhuti Clinic, Jalgaon.

Coordinator: **Ashwin Zala**, Editor, Khoj Gandhiji Ki, Bilingual Magazine, Gandhi Research Foundation, Jalgaon.

Reading materials with notes of the sessions will be provided to the participants. An e-certificate will be issued to all those complete the course successfully.

Registration Fee: Rs. 700.00

Registration Form Link: <https://forms.gle/Lfofu4ps59qUtp4x7>

For details:

Ashwin Zala, Course Coordinator.

Contact: 940 49 55 272 or 94 22 77 69 36; **write to us:** academics@gandhifoundation.net



Gandhi Research Foundation

Gandhi Teerth, Jain Hills, Jalgaon, (Maharashtra) India
Ph. +91 257 -2264803, +91 9422776936;
Email: academics@gandhifoundation.net