

DECLARATION

The information furnished above is true to the best of my knowledge. I agree to abide by the rules and regulations governing the course. If selected, I shall attend the course for the entire duration. I also undertake the responsibility to inform the coordinator sufficiently in advance, in case I am unable to attend the course.

Place:

Date: Signature of the Applicant

SPONSORSHIP CERTIFICATE

Certified that
is an employee of our institution and is hereby sponsored for the STTP on “Stress management” during the period 13th-17th February 2017. Our institution is approved by AICTE. He/She will be permitted to attend the course, if selected

Place:

Date: Signature of the Authority

STRESS MANAGEMENT

COURSE CONTENT

- Analysing stress & Exploring negative stress
- Developing a personal Strategy
- Introducing Wellness- Food, Health & Stress
- Mindfulness based stress relaxation techniques
- Therapeutic & rapid relaxation techniques in stress management
- Stress free teaching & Learning

ELIGIBILITY

The course is open to the faculty members of AICTE approved institutions.

FEE STRUCTURE

No fee will be charged for participants from Government institutions. The number of participants is limited to 20.

ADDRESS FOR CORRESPONDENCE

Ar. BINDU. CA
Assistant Professor in Architecture (Coordinator HRD centre)
Govt. Engineering College, Thrissur
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Email: binduhari06@yahoo.co.in



STRESS MANAGEMENT

FACULTY AND STAFF DEVELOPMENT
TRAINING CENTRE
GOVERNMENT ENGINEERING COLLEGE,
THRISSUR

13
to
17
FEBRUARY '17



ORGANISED BY
HRD CENTRE
(HUMAN RESOURCE DEVELOPMENT CENTRE)
GOVT. ENGINEERING COLLEGE THRISSUR

SPONSORED BY
DIRECTORATE OF TECHNICAL EDUCATION

VENUE
LAURIE BAKER SEMINAR HALL,
SCHOOL OF ARCHITECTURE

COURSE CO-ORDINATOR
Ar. BINDU. CA
Asst. Prof. School of Architecture

RELEVANCE OF THE COURSE

Stress is the reaction people have to excessive pressures or other types of demand placed upon them. It is the “wear and tear” our minds and bodies experience as we attempt to cope with our continually changing environment. Stress occurs when the pressure is greater than the resource. Stress produces numerous symptoms which vary according to persons, situations, and severity. This can include physical health decline as well as depression. Stress is a disadvantage because it can potentially raise your heart rate and weaken your immune system. Also, it can be a factor in poor decision making because under stress we may not think logically or consider the consequences of the choices we make. Stress can be a motivator too. While we all experience stress frequently in our daily lives, not everyone handles it in positive ways. The key for us all is to learn what strategies and behaviors help us to cope with stress in a positive manner.

COURSE OBJECTIVE

- To understand the psychophysiology of stress
- To recognize negative stress & its symptoms
- To identify the main physical, psychological and behavioural symptoms of stress in self and others and deal with it positively.
- To familiarize with various life style management & relaxation techniques
- To develop a Personal Action Plan for managing stress

ABOUT THE COLLEGE

Government Engineering College, Thrissur is a centre of Technical excellence and is one of the oldest, prestigious technical educational institutions in Kerala. The college is offering undergraduate courses in eight branches of engineering as well as postgraduate and doctoral programme in many disciplines

ABOUT HUMAN RESOURCE DEVELOPMENT CENTRE

Human Resource Development Centre is a support service, volunteered by the faculty of the college to help the students in their personal, social, emotional, educational and career development. The centre intends to equip the students with the necessary skills to resolve problems pertaining to educational accomplishments and provide exposure to a variety of issues and activities that will facilitate learning and improve academic achievement, improve inter & intra personal relationships, & help students in managing their emotions, both personal and social. The centre proposes to conduct classes and activities on various topics mainly on values and ethics, creativity,, communication & team work, life skills, Physical activities, sports etc. The various facilities initiated by dedicated teachers of the college like Counseling & Guidance cell (constituted in the year 2005, Pain & Palliative care unit named Oasis (constituted in 2010) and the women’s cell of the college has been brought under the HRD Centre. The Centre also constitutes 30-40 student volunteers from various departments.



For the Short term Training Programme (STTP) on
“STRESS MANAGEMENT”

13th-17th February 2017

Name (in block letters) :

Designation :

Department :

Name of the institution :

Address for Communication:

Email id :

Phone (Offical) :

Mobile No. :

Academic Qualification :

Area of Interest :

Teaching Experience :

No.of STTP attended :

Payment Details Amount :

Food Preference : Veg/ Non veg

Date

Place

Signature of the applicant