

STRESS MANAGEMENT WORKSHOP (P-974)

27th and 28th Feb. 2016, *Version Dated: 22/2/2015*

Tentative Programme Schedule

Programme Co-ordinator: Shivaraj S. Huchhanavar, Research Fellow, National Judicial Academy, Bhopal

DAY-1 FEB. 27, 2016 SATURDAY	SESSION-1 (09:00 AM-10:00 AM) <i>Understanding ‘Stress’</i> <i>Speaker: Dr. A.K. Srivasatava</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph and Dr. Aruna Broota</i>	T E A B R E A K	SESSION-2 (10:30 AM -11:30 AM) <i>Cause and consequences of occupational stress</i> <i>Speaker: Dr. Aruna Broota</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	T E A	SESSION-3 (12:00 PM-1:00 PM) <i>Enhancing Emotional Intelligence in Stress Management</i> <i>Speaker: Dr. Radha R. Sharma</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	L U N C H B R E A K	SESSION-4 (2:00 PM-3:00 PM) <i>Depression and its fallouts</i> <i>Speaker: Dr. Srikala Bharath</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	T E A B R E A K	SESSION-5 (3:30 PM – 5:30 PM) <i>Benefits of Stress</i> <i>Speaker: Shri. Sampath Iyengar</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>
DAY-2 FEB. 28, 2016 SUNDAY	SESSION-6 (09:00 AM-10:00 AM) <i>Use of relaxation therapy in enhancing mindfulness</i> <i>Speaker: Dr. Jayashankara Reddy</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	T E A B R E A K	SESSION-7 (10-00 AM- 11:00 AM) <i>Stress concerns in trial court judges and newly elevated justice</i> <i>Speaker: Hon’ble Mr. Justice A.K. Goel</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	T E A B R E A K	SESSION-8 (11:15 AM-12:15 PM) <i>Managing Stress: Methods and Techniques</i> <i>Speaker: Dr. Parul Rishi</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	T E A B R E A K	SESSION-9 (12:15 PM- 1:15 PM) <i>Organizational strategies to prevent occupational stress</i> <i>Speaker: Dr. A.K. Srivasatava</i> <i>Chair: Hon’ble Mr. Justice Kurian Joseph</i>	L U N C H B R E A K	