

**National Seminar for Principal District and Sessions Judges on Stress Management [P- 1049]**

22<sup>nd</sup> – 24<sup>th</sup> September 2017

**Programme Schedule**

Programme Coordinator: Paiker Nasir, Faculty, NJA

Day 1 22 <sup>nd</sup> Sep, 2017 Friday	<p align="center"><b>SESSION 1</b> 10:00 am - 11 :30 am</p> <p align="center">Understanding ‘Stress’</p> <p><b>Speaker:Dr. Vidya Sathyanarayanan</b></p> <p><b>Chair: Justice Manmohan Sarin</b></p>	T E A	<p align="center"><b>SESSION 2</b> 12:00 pm - 01:30 pm</p> <p align="center">Why and Wherefore of Stress in Judicial Officers</p> <p><b>Speaker:Dr. Manju Mehta</b></p> <p><b>Chair: Justice Manmohan Sarin</b></p>	L U N C	<p align="center"><b>SESSION 3</b> 02:30 pm - 04:00 pm</p> <p align="center"><b>Documentary Screening: Stress, Portrait of a Killer</b></p> <p align="center">Followed by Open Discussion on the Documentary</p> <p align="center"><b>Panel:</b> <b>Justice Manmohan Sarin</b> <b>Dr. Manju Mehta</b> <b>Dr. Vidya Sathyanarayanan</b></p>	T E A
Day 2 23 <sup>rd</sup> Sep, 2017 Saturday	<p align="center"><b>SESSION 4</b> 10:00 am - 11 :30 am</p> <p align="center">Consequences of Occupational Stress in Judges</p> <p><b>Speaker:Mr. Sampath Iyengar</b></p> <p><b>Chair: Justice Manmohan Sarin</b></p>	B R E A K	<p align="center"><b>SESSION 5</b> 12:00 pm - 01:30 pm</p> <p align="center">Stress Management through enhancing Emotional Intelligence</p> <p><b>Speaker:Mr. Sampath Iyengar</b></p> <p><b>Chair: Justice Manmohan Sarin</b></p>	H B R E A K	<p align="center"><b>SESSION 6</b> 02:30 pm - 04:00 pm</p> <p align="center">Managing Judicial Stress: Approaches and Techniques</p> <p><b>Speaker:Dr. Jayasankara Reddy K</b></p> <p><b>Chair: Justice Manmohan Sarin</b></p>	B R E A K
Day 3 24 <sup>th</sup> Sep, 2017 Sunday	<p align="center"><b>SESSION 7</b> 10:00 am – 11 :30 am</p> <p align="center">Judges’ Perspectives on Stress in the Courtroom</p> <p><b>Speakers: Dr Chandrasekhar Sripada</b> <b>Mr. Parag Gadhia</b></p>		<p align="center"><b>SESSION 8</b> 12:00 pm - 01:30 pm</p> <p align="center">Institutional Strategies to Identify and Combat Occupational Stress</p> <p><b>Speakers: Dr Chandrasekhar Sripada</b> <b>Mr. Parag Gadhia</b></p>	E A K		

