

**NATIONAL SEMINAR FOR PRINCIPAL DISTRICT & SESSIONS JUDGES AND ADDITIONAL DISTRICT JUDGES ON PSYCHOSOCIAL ADJUSTMENTS AND STRESS MANAGEMENT (P-1277)**  
**15<sup>th</sup> – 16<sup>th</sup> January 2022**

**Programme Schedule [Online Mode]**

<b>Day 1</b>  <b>15<sup>th</sup> January, 2022</b>  <b>(Saturday)</b>	<b><u>SESSION 1 – 10:00 AM - 11:30 AM</u></b>	<b>B R E A K</b>	<b><u>SESSION 2 – 12:00 Noon - 1:30 PM</u></b>
	<p style="text-align: center;"><b>Personal and Professional Triggers for Stress in Judicial Officers</b></p> <p><b><u>Proposed Scope of Discussion</u></b></p> <ul style="list-style-type: none"> <li>• Bench and Occupational Stress</li> <li>• Attitudinal differences and Biases</li> <li>• Techniques for introspection</li> <li>• Interpersonal isolation: Withdrawal from society and community involvement</li> </ul> <p style="text-align: center;"><b><u>Chair:</u></b> Dr. Justice Shalini Phansalkar Joshi <b><u>Speaker:</u></b> Dr. Harish Shetty</p>		<p style="text-align: center;"><b>Diverse Litigation: Stress due to Adverse or Demanding Circumstances</b></p> <p><b><u>Proposed Scope of Discussion</u></b></p> <ul style="list-style-type: none"> <li>• Sensitive Cases Involving Women &amp; Children: Vicarious Trauma</li> <li>• High Profile Cases involving media pressure</li> <li>• Cases Involving Security Risks: mafia, gangster &amp; terrorism cases</li> <li>• Understanding Litigants Behavior in Diverse Litigation</li> </ul> <p style="text-align: center;"><b><u>Chair :</u></b> Justice K. Kannan <b><u>Speaker:</u></b> Dr. Vidya Sathyanarayanan</p>
<b>Day 2</b>  <b>16<sup>th</sup> January, 2022</b>  <b>(Sunday)</b>	<b><u>SESSION 3 – 10:00 AM - 11:30 AM</u></b>		<b><u>SESSION 4 – 12:00 Noon - 1:30 PM</u></b>
	<p style="text-align: center;"><b>Effects of Stress on Health, Performance &amp; Personal Sphere</b></p> <p><b><u>Proposed Scope of Discussion</u></b></p> <ul style="list-style-type: none"> <li>• Nature of stress</li> <li>• Impact on personal &amp; professional sphere viz. health issues</li> <li>• Unwanted thoughts and emotional reactions</li> </ul> <p style="text-align: center;"><b><u>Chair:</u></b> Justice Ved Prakash Sharma <b><u>Speaker:</u></b> Dr. Aruna Broota</p>		<p style="text-align: center;"><b>Maintaining the Balance: Judicial Stress and Wellness</b></p> <p><b><u>Proposed Scope of Discussion</u></b></p> <ul style="list-style-type: none"> <li>• Surviving Bench Stress: Controlled Empathy</li> <li>• Mindfulness: Staying focused &amp; on task</li> <li>• Stress Management: Relaxation Techniques</li> <li>• Adapting to change – Psychosocial adjustments</li> </ul> <p style="text-align: center;"><b><u>Chair:</u></b> Justice Ram Mohan Reddy <b><u>Speaker:</u></b> Dr. Aruna Broota</p>

Academic Coordinators: Ms. Nitika Jain & Mr. Shashwat Gupta, Law Associates