

## Registration Form

### Workshop on Enhancing Emotional Competencies: Overcoming Stress

14 & 15 July 2011

Full Name: \_\_\_\_\_  
Designation: \_\_\_\_\_  
Department/specialization: \_\_\_\_\_  
Organisation: \_\_\_\_\_

Experience (in years)  
Teaching/ Research/Other: \_\_\_\_\_

Address for Communication: \_\_\_\_\_  
\_\_\_\_\_

Pin Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Mobile No.: \_\_\_\_\_

E.mail: \_\_\_\_\_

Registration Category: (Please Tick)

Faculty Members : \_\_\_\_\_  
Students/ Research Scholars : \_\_\_\_\_  
Participants from Industry : \_\_\_\_\_

#### Details of Registration Fee:

Name of Bank & Branch : \_\_\_\_\_  
DD No.: \_\_\_\_\_ Dated: \_\_\_\_\_  
For Rs.: \_\_\_\_\_

(DD should be in favour of "Gautam Buddha University", Payable at  
Greater Noida)

Date: \_\_\_\_\_ Signature of Participant

No TA/DA will be paid. Please post your completely filled  
registration form to Program Coordinator, Gautam Buddha  
University, Yamuna Expressway, Greater Noida, Gautam Budh  
Nagar, Uttar Pradesh (India) – 201310.



Gautam Buddha University, established by the Uttar Pradesh Act (9) of 2002, commenced its first academic session at its 511 acres lush green campus at Greater Noida in August 2008. The University is fully funded by the New Okhla Industrial Development Authority (NOIDA) and the Greater Noida Industrial Development Authority (GNIDA), the undertakings of the Government of Uttar Pradesh. The University envisions to become a world class centre for excellence in education with a special focus to serve the under privileged and economically challenged sections of the society. The campus and is modeled as a fully residential educational campus in line with the best institutions of higher learning across the globe. The uniqueness of its reputation is acknowledged through the format, content and pedagogy of its programmes and their relevance to the society. The University is recognized by the University Grants Commission under UGC Act and is a member of the Association of Indian Universities.

The School of Humanities and Social Sciences is interdisciplinary in approach. It plays a pivotal role of exposing the students to an environment that is conducive to develop understanding of contemporary social issues through inter-relationship of science, technology and management. The school offers Post graduate courses and doctoral level studies.



## Gautam Buddha University Greater NOIDA, UP

Established by the Uttar Pradesh Gautam  
Buddha University Act 2002  
UP Act No. 9 of 2002, passed by the Uttar  
Pradesh Legislature

### MANAGEMENT DEVELOPMENT PROGRAMME (MDP)

**Two days Workshop  
on  
Enhancing Emotional  
Competencies:  
Overcoming Stress**

**14 & 15 July 2011  
Organized**

**by**

**School of Humanities and  
Social Sciences**

## **PROGRAMME DETAILS**

### **Significance of the Workshop:**

Stress is common in life and naturally all of us having some stress tolerance and coping mechanism that we use in our daily life and deal with the problems. But, stress is a major health challenges as in many of the situations we fail to deal effectively with the stress. This causes disharmony in the aspirations and achievements and gets reflected in personal, family and/or professional life.

In the present day society everyone desires to excel over one's own fellow being in all spheres of life. Various studies indicate that stress is natural and is being experienced in our routine work by one way or other while dealing with challenges of life. Very often stress goes unnoticed and causes multiple health disorders and other health related problems such as hypertension, gastritis, headaches, irritations, uncontrolled anger, cardiovascular diseases, sleep disorder etc. which, in turn affect the overall health of the employee. Such problems finally lead to loss of performance and productivity. It is proved that 80% of the health problems reported at the primary health care clinics are due to stress and lack of efficiency in dealing with stress.

Stress has a major impact in our life. Lack of efficiency at workplace certainly manifests in the form of dissatisfaction. This dissatisfaction causes stress reactions in the body and mind which in turn bring about changes in the interpersonal relationships, behaviour and life style.

Over the last two decades Emotional Intelligence has been considered as one of the best tool to overcome stress. Past

researches indicate that besides the other qualities it also helps in understanding one's own as well emotions of others. Most importantly using this tool one can regulate emotions of self as well as others too. Which is definitely helpful in strengthening resiliency and effective use of emotional intelligence is an internal strength that everybody needs to realize. Studies revealed that emotional intelligence can be nurtured with experiences of life. It is one of the most important tools which are being used in controlling stressful situations and better management of emotions. Hence, emotional intelligence that we all have should be consciously nurtured and strengthen.

The demands of the modern life, professional challenges and adaptability with the frequently changing lifestyle are the major causes of chronic stress. It needs an effective strategy to deal with such demands of the personal life and requirements of the professional commitments. Such problems can be dealt effectively and easily if someone is aware about his/her own personal resources, strengths and practice strategies to respond to the stressful situation accordingly.

The objective of the workshop is to preserve the best available human resources in their best form and frame of mind so as to fully serve the organization they belong to. Hence the focus of the workshop is to realign and reignite the potential of the human resources of an organization.

### **Faculty of the workshop:**

The faculties for this workshop are from diverse back ground with wide experience of working in different clinical, community and educational institutions over decades.

**Date and Venue:** The workshop will be held on 14 & 15 July 2011 at Conference Room, School of Management, Gautam Buddha University, Greater NOIDA – 208310.

**Who can participate:** Anybody interested in leading a happy and successful life should attend the Workshop.

### **COURSE CONTENTS**

- *Stress, its types, causes and effect of stress; Positive and Negation Stress*
- *Life style stress*
- *Burnout Stress Syndrome (BSS)*
- *Stress Management and Intervention Strategies*
- *Emotional intelligence*
- *Emotional intelligence and negotiation*
- *Work Life Balance (WLB)*
- *Implication of self and enhancing well-being.*

### **Registration fee:**

#### **Course Fees: Rs. 5000 per participant**

(It includes two days working lunch, Tea and kit)

***A payment is to be made in favour of 'GAUTAM BUDDHA UNIVERSITY' through Demand Draft payable at Greater NOIDA.***

**FOR QUERIES / CONFIRMATION PLEASE CONTACT TO PROGRAMME COORDINATOR:**

Dr. Vinod Kumar Shanwal  
Assistant Professor &  
HOD (Social Sciences)  
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