

Workshop Schedule

Day I (Dec. 21, 2009, Monday, Afternoon)

02:30 - 2.35	Inauguration
02. 35- 3:15	Micro-lab and B. P. Measurement
03.15 – 04:30	Understanding the Stress Process
04:30-04:45	Tea Break
04.45-06.00	Discussion on “My Stress Profile” (Feedback on Questionnaire)
06:00-06:05	Break
06:05-06:30	Collaborative Learning on Day-I

Day II (Dec. 22, 2009, Tuesday, Afternoon)

02.30 - 04.00	Understanding Organizational Stress and Work Life Balance
04.00 - 04:15	Tea Break
04:15- 05.00	Relaxation Exercises and B. P. Measurement
05.00 -06.00	Managing Stress
06.00 -06.15	Collaborative Learning on Day-II and Valediction

Special Notes to the Participants:

1. All the sessions will be taken jointly by Dr. D. M. Pestonjee and Dr. Satish Pandey.
2. Active participation from all participants is expected for effective collaborative learning.