JAIPURIA INSTITUTE OF MANAGEMENT
EMPOWER • ENTHUSE • EXCEL
INDIRAPURAM, GHAZIABAD
Affiliated to Dr, A.P.J. Abdul Kalam Technical University, Uttar Pradesh, Lucknow

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MANAGEMENT DEVELOPMENT PROGRAM

STRESS MANAGEMENT FOR WORKING PROFESSIONALS

22 March 2025

10 AM - **04** PM

Fee per participant
₹ 1000/

Mode
Offline

Register Now

Jaipuria Institute of Management

Block A Gate no-2, Shakti Khand IV, Indirapuram, Ghaziabad - 201014
Affiliated to Dr Abdul Kalam Technical University Lucknow

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STRESS MANAGEMENT FOR WORKING PROFESSIONALS

In today's VUCA (Volatile, Uncertain, Complex, Ambiguous) world, professionals and organizations face challenges that impact emotional well-being and traditional business practices. This MDP aims to address stress in both personal and professional spheres, focusing on effective management strategies to promote a humane and sustainable work environment.

The main objectives of the proposed MDP/FDP are:

- Understand the causes of workplace stress and dispel myths.
- Encourage the internalization of management concepts for real-world application.
- Design a stress-free workplace environment.
- Equip participants with tools for effective stress management, enhancing performance and quality of life.

PROGRAM CONTENTS:

- Understanding Stress in the Current Context.
- Exploring Management Concepts and Internalization Processes.
- Practical Application and Action Planning.
- Approaches to Manage Stress.

LEARNING OUTCOMES:

- This MDP provides a comprehensive approach to understanding and managing stress, equipping participants with tools to navigate modern life and work challenges with resilience and compassion.
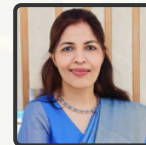
LEADERSHIP TEAM:

Shri. Shishir Jaipuria
Chairman and Patron

Prof. (Dr.) Daviender Narang
Director, JIM

Prof.(Dr.) Rashmi Bhatia
Dean-Academics and Chairperson, MDP

RESOURCE PERSON:

Ms.Sarika Malhotra
Assistant Professor

Dr. Devi Archana Mohanty
Assistant Professor

REGISTER NOW

WHO MAY ATTEND:

- Management professionals, including lower and middle-level managers.

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