


MANAGEMENT DEVELOPMENT PROGRAM

STRESS MANAGEMENT FOR WORKING PROFESSIONALS


22 March
2025


10 - 01
AM PM


Fee per participant

₹ 1000/


Mode

Offline

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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.

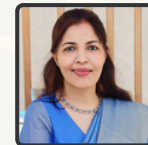
LEADERSHIP TEAM:



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

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WHO MAY ATTEND:

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