

Rama Devi Women's University Bhubaneswar



About the University

Rama Devi Women's University is the first Women's University in the State of Odisha. It is named after Maa Rama Devi, the brave freedom fighter and ardent follower of Mahatma Gandhi lovingly known as 'Maa'. It was established on 30th May, 2015 and officially inaugurated on 3rd December, 2015 coinciding with the birth day of Maa Rama Devi. Besides offering 23 Under Graduate and 13 Post Graduate courses, the University also offers PhD program in 10 Departments. Having 48 women's colleges under its jurisdiction, the University has dedicated itself to the cause of women education in the nation.

Rama Devi Women's University Bhubaneswar

CHIEF PATRON

Prof. Aparajita Chowdhury
Vice Chancellor, RDWU

PATRONS

Prof. Sasmita Mohanty
Chairperson, PG Council, RDWU

Smt. Shyamali Mohapatra
Registrar, RDWU

Advisory Committee

Prof. Chandi Charan Rath
Director, CDC

Prof. Jyotirmayee Acharya
Department of Gender Studies

Prof. Madhusmita Pati
Department of English

Co-ordinators

Dr. Ajanta Nayak
Dept. of Home Sc., RDWU

Dr. Debabala Swain
Dept. of Computer Sc., RDWU

Rama Devi Women's University Bhubaneswar



**Online Faculty Development Programme
on**

**“Effective Stress Management
For
Maximising Human Productivity”**

26th – 30th May 2021

Organised by

**Rama Devi Women's University
Vidya Vihar, Bhubaneswar**

www.rdwuniversity.nic.in

About the FDP

In our day to day life, when we feel anxiety or threatened or depressed our nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which revive the body for emergency action. Our heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper.

Prolonged, uncontrollable distress can negatively affect our immunological, neurological, physiological, and psychological responses. The stress management techniques are designed to help us in reviving chronic low-grade stress situations, high-pressure, heart disease, digestive problems, sleep, mental worry, negative thinking, loss of confidence and depression etc.

The participants will learn to assess the stress and its root causes at their personal level. They also will be equipped with practical tips and techniques for reducing & relieving their stress level using different innovative ways to maximize their productivity.

Course Contents

- The causes of stress and understanding its biology
- Impact of Stress on physical and mental health
- The science of Subconscious Mind
- Personal stress profiling techniques.
- Emotional Intelligence
- Relationship Management
- Time Management
- Positive Energy and Money Management
- Integrating positivity and values to Life
- The spiritual approaches to Stress Management

Expert Committee

Prof. Madhumita Das

Former Vice Chancellor, Fakir Mohan University, Balasore, Odisha

Dr. Nalini Pati

Senior Consultant Haematologist
Australian National University, Canberra, Australia

Prof. Vishala Patnam

Former Professor, Marathwada Agricultural University (MAU), Parbhani, Maharashtra

Swami Mukundanand

Global Spiritual leader, Author,
Founder, Jagadguru Kripalu University,
Odisha

Mr. Prasenjit Sarkar

Director - Product Management - Emerging Technologies, Cisco, London UK

Prof. Namita Mohanty

Former Professor, Department of Psychology
Utkal University, Bhubaneswar

Prof. David K Carson

Eminent Psychologist and Counsellor
University of Regis, Colorado, USA

Prof. Padmaja Samant

Additional Professor of O&G
KEM Hospital & GS Medical College,
MCGM, Mumbai

Prof. Bhaswati Pattnaik

HOD, Department of Psychology
Utkal University, Bhubaneswar

Who can register?

a. The faculty members of any recognised Institution/University.

b. Ph.D. Scholars, Research Assistants.

c. Participants from Government, Industry. (Bureaucrats/Technicians/Industry etc.)

E-Certificates will be given to registered participants, provided participants obtain 100% attendance.

The FDP is free for all participants.

The FDP will be conducted on a video conferencing platform viz. Zoom/Google Meet.

Participant Registration Link:

<https://forms.gle/UQcTDivuGzD6f1GL6>

Registration Last Date: 22nd May 2021

Contact Us

Dr. Ajanta Nayak / Dr. Debabala Swain

Rama Devi Women's University

Bhubaneswar, Odisha

Phone: **9556585780/9861369640**

Email: ajantanayak@rdwu.ac.in
debabala@rdwu.ac.in