

**Online Faculty Development Programme on
Effective Stress Management For Maximising Human Productivity**

26th May – 30th May 2021

Hosted by



Free Registration

Rama Devi Women's University

Vidya Vihar, Bhubaneswar, Odisha

PROGRAM SCHEDULE & EMINENT SPEAKERS

INAUGURATION: 26th May 2021 @ 9:30AM IST

10 AM – 11 AM IST

11:30 AM – 12:30 PM IST

<p>26th May'21 Wednesday</p>	 <p>Prof. Bhaswati Patnaik Professor & Head Dept of Psychology Utkal University, Bhubaneswar, Odisha</p> <p><i>It's Okay Not to Feel Okay!</i></p>	 <p>Prof. Padmaja Samant Additional Professor of O&G KEM Hospital & GS Medical College MCGM, Mumbai, Maharashtra</p> <p><i>Emotional Intelligence as a Tool to manage Stress</i></p>
<p>27th May'21 Thursday</p>	 <p>Prof (Retd.) Vishala Patnam Marathwada Agricultural University (MAU) Parbhani, Maharashtra</p> <p><i>Development and Management of self to cope up with Professional Challenges and Stress</i></p>	 <p>Prof (Retd.) Vishala Patnam Marathwada Agricultural University (MAU) Parbhani, Maharashtra</p> <p><i>Development and Management of self to cope up with Professional Challenges and Stress</i></p>

<p>28th May '21 Friday</p>	 <p>Prof. Madhumita Das Former Vice Chancellor Fakir Mohan University Balasore, Odisha</p> <p><i>Stress Management from Biological Perspective</i></p>	 <p>Mr. Prasenjit Sarkar Director – Product Management & Emerging Technologies Cisco, London, UK</p> <p><i>Reduce Stress with Time Management Strategies</i></p>
<p>29th May'21 Saturday</p>	 <p>Prof. David Carson Eminent Psychologist & Counsellor University of Regis, Colorado, USA</p> <p><i>*Coping with Stress, Trauma and Loss in an Age of Covid</i> <i>*Session starts at 9:30 AM IST</i></p>	 <p>Swami Mukundanada Ji Global Spiritual Leader, Author Founder, Jagadguru Kripalu University, Odisha</p> <p><i>The Spiritual Approach to Stress Management</i></p>
<p>30th May'21 Sunday</p>	 <p>Prof. Namita Mohany Former Professor in Psychology Utkal University Bhubaneswar, Odisha</p> <p><i>Living with Stress? Ways to Overcome.</i></p>	 <p>Dr. Nalini Pati Senior Consultant, Hematologist Australian National University Canberra, Australia</p> <p><i>Impact of Stress on Physical and Mental Health and It's Management</i></p>

VALEDICTORY CEREMONY: 30th May'2021 @ 12:45 PM IST

Registration: <https://forms.gle/UQcTDivuGzD6f1GL6>

Contact Details

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1. The sessions will be conducted on ZOOM platform.
2. The ZOOM URL will be persistent and remain same throughout.
3. Pls join your session 10 mins before the start time.
4. E-certificate for All Participants subject to 100% attendance.