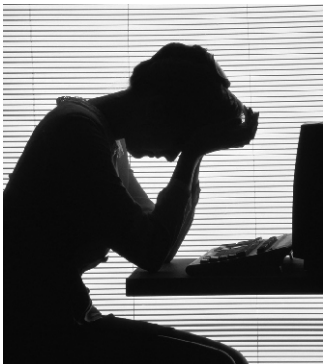


CHETANA - PRAACHI NATIONAL CONFERENCE
ON
STRESS MANAGEMENT

(9th National Conference of Praachi in association with Chetana)

Dates 11 & 12 September 2009



VENUE

CIMR Auditorium
Chetana Campus
Survey No. 341, Bandra (E),
Mumbai- 400051

Important Dates

Abstract Submission: 15 July '09
Confirmation of Acceptance of Abstract: 30 July '09
Final Paper Submission: 30 August '09

Organised by

Chetana's Ramprasad Khandelwal Institute of Management and Research

Chetana's Institute of Management and Research

**Chetana's Hazarimal Somani College of Commerce & Economics
and Smt. Kusumtai Chaudhari College of Arts**

in association with

Praachi Psycho - Cultural Research Association

Chetana Trust

Chetana Trust was founded by the visionary Shri Madhukarraoji Chaudhari, philanthropist, Former Education Minister & Speaker, Maharashtra Legislative Assembly. The trust follows the philosophy: 'Education for All.' Today, three pioneering educational institutes are forging ahead with the Chetana banner:



Chetana's Ramprasad Khandelwal Institute of Management and Research the second oldest Business school in Mumbai, was inaugurated with the twin objective of imparting quality management education and the overall development of students. Recognized as one of the premier institutes affiliated to University of Mumbai, the Institute offers the full time MMS course and MMM - the Part-time degree course for employed graduates.



This energetic 10- year old Institute offers AICTE (New Delhi) approved autonomous courses in PGDM (Post Graduate Diploma in Management) and PGDM Marketing & PGDM Retail. The students here are involved in hands on learning experiences through a host of management seminars and competitions.

Equal emphasis is laid on professional management inputs and co-curricular activities in both the Management Institutes.



Affiliated to the University of Mumbai, the College offers graduation courses like B.Com, B.A., B.M.S., B.Com. (Acc. & Fin.), M.Com, and a host of value added courses. The College was recently re-accredited 'A' Grade by NAAC.

All the Institutes of Chetana are proud of the rich alumni who have made a mark by achieving prestigious positions across all sectors, globally.

Over the years, all the three Institutes on the Chetana campus have emerged as vibrant, centres of learning.

Praachi Psycho - Cultural Research Association

Praachi carries the resolution of continuous service of India and her culture. Stress is laid upon the Psycho-Cultural Services. The model of the developmental process of Man is basically Psycho-genic and not the Psycho- National resultant.

It is the strong conviction of the association that the country stands in great need of a Cultural Renaissance and an ideology revolution. The foremost role would be, among others, meaningful scientific researches in Indian Psychology and Culture. Then, and only then, will the right type of public arising and social changes of a healthy nation get proper opportunity and optimum dimensions.

Praachi Psycho- Cultural Research Association has now gained the confidence of psychologists, educationists, home scientists, Management people and other person's belonging to disciplines like sociology, anthropology, economic, philosophy and religion too. At present, the Association has about 22 Institutional and 520 individual life members of various disciplines throughout the country. It has also built a respectable reputation among various Journals of Behavioral Sciences.

Rationale

The phenomenon of stress is as old as the history of mankind or any other life form. For that matter, the Darwinian theory of survival focuses on the ability of a species to adapt to the changing environment by effectively responding to the related stress.

In the history of mankind, one can trace newer and more complex threats and challenges that have tested the intelligence and mettle of man. Psychology abounds with theories and ideas on stress and stress management.

In India, the chief causes for stress in the first 50 years post-Independence were insecurity, lack of choice and awareness, (in education & vocation) among other factors.

Today, ironically, stress is created by higher awareness and greater options.

We have moved from working 40 hours in a week, to 70 hours a week, creating disturbances in work life balances and related issues. For jawan or Chief of Army, Sepoy or DIG of Police, Sailor or Admiral, employed, self-employed or unemployed, student or teacher, stress is inevitable. Stress cuts across gender, age, profession, location or any other factor. Responses to stress are getting equally inexplicable and unpredictable.

Stress is manifested in psychological, physiological, behavioral and organizational consequences. All these finally impact the workplace performance creating organizational consequences like absenteeism, accidents, job turnover, poor organizational climate and reduced productivity. Domestic stress is seen in unpleasant consequences like higher divorce rates and broken families. Young students are driven to desperate steps due to stress of performance and competition. Today the impact of stress is felt not only by individuals but by organizations, and society at large. Stress Management therefore, is a burning issue in the current scenario of insecurity and instability.

A strong forum for exchange of current research and ideas would address the need of the hour. This Conference at Chetana's aims to consolidate research and findings on stress and management of it by bringing together academicians, social psychologists, health experts and industry professionals under one roof to deliberate over stress related issues, and help to create a better society.

Conference Details

Keynote Address: Eminent speakers from the Defence, Government and Corporate sector will share valuable experiences and inputs on the theme.

Presidential Address: Dr. Mahesh Bhargava, President, PRAACHI

Prof. N.S.Chauhan Memorial Award Lecture: Dr. Pravin G. Deosthalee

Awards

The following awards will be given away at the conference

- 1) **Honour of Eminent Psychologist or Educationist**
- 2) **Honour of Eminent Psychologist or Educationist**
- 3) **Dr. Saroj Aurora Praachi Veteran Behavioural Science Award**
- 4) **Mrs.Ursula Aurora (West German) Women Welfare Award**
- 5) **Dr. Deepak Bhatt Young Behavioural Scientist Award**

Plenary Sessions

Objective: Opening up new research avenues

Industry experts to deliberate on stress in various sectors

Paper Reading Sessions

New and unpublished papers are invited from research scholars, academicians and industry experts. Suggested themes:

Stress Management in

- Uniform
- Organizations
- Academics
- Domestic
- Professionals
- Sports & other areas
- Major Civilian disasters
(Terrorist attack, flood, fire and earth quakes etc.)

Abstracts & Papers to be sent to

Email : stressmanagement@chetana.info

- Dr. Jayashree Bhakey No. 9324510175
- Dr. Keyur Nayak No. 9930740613
- Prof Aditi Raut No. 9867696104

Advisory Committee

Shri. Madhukarrao Chaudhari	President - Chetana Trust
Dr. Mahesh Bhargava	President - PRAACHI
Prof. Rupa Shah	Former Vice Chancellor - SNDT University
Dr. A. D. Sawant	Pro-Vice Chancellor - University of Mumbai
Shri. Y. M. Deosthalee	CFO - Larsen & Toubro Ltd.
Dr. Upinder Dhar	Vice President - Praachi.
Shri. Shirish Chaudhari	Vice President - Chetana Trust
Shri. P. L. Mahajan	Vice President - Chetana Trust
Shri. Premanand Rupwate	Honorary Secretary - Chetana Trust
Dr. Saroj Aurora	National Secretary General - Praachi

Convener

Ms. Madhumita (Manaswinee) Patil, CEO - CRKIMR & CIMR

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Dr. S.V. Surnis	Principal - Chetana College
Dr. Madhu Mathur	Joint Secretary - C.C.S. University, Meerut
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Organising Secretary

Dr. Pravin G. Deosthalee No. 9869796494

Joint Secretary

Prof KV Ganpathy No. 9821825767
Prof Aparna Rao No. 9820843210

Registration Information

Delegates	Early bird (On or Before 30 July,2009)	After 30 July,2009
*Aided Academic Institutes	INR 800	INR 1200
Other Delegates	INR 1200	INR 1800
*Students	INR 500	INR 800

**Bona fide Certificate from Head of Institute is required*

Accommodation Information

Contact: Joint Secretary, Prof Aparna Rao - Email: aparna.rao@cimr.in Cell:9820843210