



NATIONAL PRODUCTIVITY COUNCIL

Presents Webinar on

Managing Stress

On 18 September 2020, 11:30-13:30 hrs

(S=P>R) When pressure is greater than resources, the result is 'stress'. Stress can be sometimes positive also but many times it acts as negative force and dampens productivity and efficiency. It can manifest as physical, emotional or intellectual stress. If it is not managed properly it leads to ill health, psychological problems and intellectual black out. People who can manage stress lead happier, healthier and inspirational life. Managing stress starts with identifying sources of stress, understanding and learning to cope with it. Present webinar helps attendees to know the causes and manifestation of stress and provides tools that help in coping with stress

Webinar Coverage:- Webinar covers the following topics.

What is stress – Types of stress – External and Internal stressors – self imposed stress, manifestation of it, responding to stress – General Adaption Syndrome – symptoms of stress – Tips to manage stress – ABC Strategy – Stress Management Techniques

★ Participants will be provided E-certificate towards Participation.



Speaker:

Dr. V. Janaki Tenneti,
Management professor

Registration Fee:

Rs. 590/- including
GST per Participant

**Please Visit for
Registration:**

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