



4th INTERNATIONAL CONFERENCE ON OCCUPATIONAL & ENVIRONMENTAL HEALTH

February 13-17, 2019 New Delhi

Organized by : Association of Occupational & Environmental Health (AOEH),
Dept. of Community Medicine, Lady Harding Medical College & Vardhman Mahavir Medical College and
Occupational Health & Safety Management Consultancy Service (OHS-MCS)

Pre-conference Workshop Stress and Burnout management at workplaces (14th Feb 2019)

When a bridge is carrying too much weight it eventually collapse. Same principle applies to humans, with ever increasing demands, challenges and competition at workplace stress creeps in and if not managed wisely may have an effect on the other spheres of life like health, family etc. Stress isn't avoidable but yet it is manageable. A key action in order to minimize risk is to identify stress related problems as early as possible so that action can be taken before serious stress related illness occurs.

According to International Labor Organization, stress is recognized worldwide as a major challenge to employee's health and organization healthiness. Corporate sector these days is much aware of such issues and stress management has become one their prime responsibility, not only for their business flagship but as a socially responsible organizations.

This workshop will provide you to strengthen up your public relations, as this common platform will be shared by scholars, doctors, practitioners of occupational health, environmental science, ministry of health, labor, environment and forest, renewable energy, industry, mines, agriculture, HRD, law etc.

Scientific Session	Speakers
1. Growing Awareness Activity 1: Ice Breaking Session/Rapport Building Session with participants. Activity 2: Understanding Stress, Differentiating between Eustress & Distress. Activity 3: How are you? Understanding about own stress levels (Using different questionnaire). Activity 4: Understanding Stress Response Chain	Dr. Dinesh Kataria, Professor & Head of Deptt of Psychiatry, Lady Hardinge Medical College Dr. Prerna Kukreti, Assistant Professor, Deptt. of Psychiatry, Lady Hardinge Medical College Dr. Meenu Aggarwal, Assoc Professor, Deptt of Anaesthesia, BPS Medical College Dr. Shiv Prasad, Assoc Professor, Deptt of Psychiatry, Lady Hardinge Medical College
2. Building Strength Activity 1: Monitoring Stress and Identifying Stressors. Activity 2: Group Activity. Activity 3: Creating Stress-Reducing Lifestyle. Activity 4: Coping with Major Events: Creating a plan, Establishing Support System, Knowing when to seek help	Dr. Divya Gupta, Assoc Professor, Deptt of Anaesthesia, Himalayan Institute of Medical Sciences
3. Developing Skill Activity 1: 'Just Breathe' Measuring your breathing rate. Activity 2: Progressive Muscle Relaxation Techniques. Activity 3: Stress Provoking Thoughts: Keeping your 'Stress thought' log. Activity 4: Befriending Time: Planning Time and activities, Time Management worksheets, Setting Priorities.	Dr. Sumit Rana, Assistant Professor, Deptt of Psychiatry, Lady Hardinge Medical College Dr. Prerna Kukreti, Assistant Professor, Deptt. of Psychiatry, Lady Hardinge Medical College.
4. Becoming Competent Activity 1: Problem-solving: The problem, Your resources, The solutions, Goals and tasks. Activity 2: Assertiveness training: Definitions, Assertive behaviour: Obstacles & Consequences, Skills of assertiveness. Activity 3: Silencing the inner Chatterbox/chaos Activity 4: Reviewing what you have learnt.	All Faculty

Organizing Chairperson	Organizing Secretary	Coordinator	Co-ordinator
Dr. S.K. Rasanja Director Professor&Head Dept. Community Medicine Ph. 9810655996	Dr. Manish K Goel Professor Dept. Community Medicine Ph. 9718872900	Dr. Prerna Kukreti/Dr. Shiv Prasad, Dept. Psychiatry Ph.9810612578/ 9810488067	Dr. Archana Thakur Senior Resident Dept. Community Medicine Ph. 9899746279

We encourage your active participation in this event and help us to bring a change to a better future. Kindly visit our website for details of fee for online registration for the event, as soon as possible.

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CONFERENCE SECRETARIAT

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