



REPORT ON FACULTY DEVELOPMENT PROGRAMME
CONDUCTED FOR THE FACULTY OF SINGHGAD COLLEGE OF SCIENCE AND
TECHNOLOGY

A. Introduction:

Stress is an unpleasant emotional situation that employee experience when the requirement of work-related or not related cannot be counter balance with the ability to resolve them. This is because, it is crucial to manage stress in order to increase job satisfaction and job performance. Job stress has a positive or negative impact towards job satisfaction and performance.

B. Objectives of the Faculty development Programme on stress management :

- More Clarity on your interpersonal behaviors and its impact on Stress.
- How to control and manage workplace stress and improve performance.
- Improve and maintain a good work-life balance.

C. Importance of the Programme.

- Provide deeper insight on Stress and its impact on Life and Success.
- Learning Personal and Organizational effectiveness through stress busting techniques.
- Alter Lifestyles to manage stress and become more productive
- Motivate to lead a successful fulfilling personal and professional life.

D. Methodology of the Programme and Schedule of the Programme:

The programme commenced with a discussion on the nature of stress and why it matters. Participants were then told about the signs of recognizing stress and interventions to manage them which include “anti-stress” techniques. The participants walked away with new concepts and practices of managing stress and applying them practically on a day-to-day basis in work. The training was participative with enjoyable interactive methods of execution. The schedule of the programme was as follows:

Sr. No	Particulars	Time
1	Registration and Inauguration	5 min
2	Programme Objective & Orientation	5 min
3	<u>First session :</u> <u>First session :1.1</u> AV on teacher What is stress and why it matters (Presentation) The changing role and challenges of a teacher,(Discussion)	5 Mins 15 Mins 10 Min
	<u>First session :1.2 :</u> Exercise- Dealing Effectively with Anxiety and Worry	15 Mins

	<u>First session :1.3</u> Activity- Stress Questionnaire	15 Mins
4	<u>Break</u>	5 Mins
5	<u>Second session: 2.1</u> Activity For Participants- Practicing Five- Minute Stress "Busters". <u>Second Session: 2.2</u> Techniques Of Stress Management <u>Second Session: 2.3</u> Conclusion Remarks by participants and feedback Of The Session.	20 Mins 20 Mins

C. Time, Date and Venue and: 12th Feb 2016 From 4 - 6:00 pm at Sinhgad Institute of Science and Technology, Narhe campus.

D. **Professional Investments:** Rs 2000 for 2 Hrs.

F. **Learning Outcomes of the Programme:**

- The programme highlighted the importance of managing stress.
- The programme identified the various existing stressors and its impact on mind, body and soul.
- The facilitators provided techniques and tips on handling work stress.

G: **Glimpses of the Programme:**



