



राष्ट्रीय कृषि अनुसंधान प्रबंध अकादमी

राजेन्द्रनगर, हैदराबाद - 500 030, भारत

NATIONAL ACADEMY OF AGRICULTURAL RESEARCH MANAGEMENT
Rajendranagar, Hyderabad-500 030, INDIA

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Dr. D. Rama Rao
Director

F.No.AD/Apr2015/SM

27 April, 2015

Sub: Training Programme on "Stress Management," 16 to 19 June 2015 at ICAR-NAARM-reg.

Dear Sir,

A 4-days Training Programme on "Stress Management" is being conducted at ICAR-NAARM, Hyderabad from 16 to 19 June 2015 for senior managers of ICAR Institutes and State Agricultural Universities. The training programme flyer with all details is attached. We request you to nominate and sponsor suitable candidates. The last date for receiving the nominations is 20 May 2015. A copy of the flyer has also been sent by email to you.

With best regards.

Yours faithfully,


(D. Rama Rao)

Encl: As above.

41.	The Director ICAR - Indian Institute of Spices Research, Marikunnu P.O., Calicut-673012, Kerala
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Nomination Form

Duration : June 16-19, 2015

- Signature of the applicant**

Signature and Designation of the Nominating Authority

N.B. If more copies are required, typed / photostat copies may be made locally for use of applicants.
Please send to: Director, National Academy of Agricultural Research Management, Rajendranagar, Hyderabad 500 407
Fax: 040 24015912 ; or any Faculty of NAARM (<http://icar.naarm.ernet.in>)



Training Programme on Stress Management

16 to 19 June 2015

The ICAR-National Academy of Agricultural Research Management (NAARM), Hyderabad announces its **Training Programme on "Stress Management"** from **16 to 19 June 2015** at Hyderabad.

We invite you to participate in the programme and to forward this email to those who would be interested.

Background

Stress is a part of life and has positive and negative effects. Stress handled in a positive way improves the health, and in a negative way leads to various diseases such as hypertension, abnormal heartbeat (arrhythmia), blood clots, hardening of the arteries (atherosclerosis), coronary artery disease, heart attack, diabetes, musculo-skeletal diseases and other psycho-somatic diseases. These ailments increase the morbidity and mortality of managers. Effective management of stress, therefore, increases life span and productivity if coping strategies are understood and adapted.

Objectives

- Develop understanding of personal and psychological causes of stress and anxiety and its effects.
- Understand the mechanism of stress related disorders.
- Develop coping methods for alleviating distress to achieve a productive and enriched life-style.

Methodology and Content

Will consist of a blend of lectures that includes interactive sessions with a cardiologist, orthopedic surgeon, endocrinologist, neurologist and dietician.

- Understanding the psychological mechanisms of stress and related diseases.
- Psychometric and medical assessment of stress including relevant investigations.
- Time management for coping with stress.
- Emotional intelligence and stress management.
- Psychology of happiness.
- Practical methods for coping with stress.

Who Should Attend

Directors, Joint Directors, Head of Departments, Principal Scientists, Zonal Coordinators, Project Coordinators, Chief Administrative Officers, Comptroller of Finance, Finance and Account Officers, Director of Research, Associate Directors of Research, Registrars and Professors of State Agricultural Universities.

Programme Fee

Rs 7,000/- for non-ICAR participants inclusive of board, lodging and food. There will be no programme fee for participants from the ICAR but they have to pay for board, lodging and food that will cost about Rs 500/day. The fee may be paid by demand draft or cash during registration or along with the application. The DD should be in favour of "ICAR Unit-NAARM", payable in Hyderabad.

Programme Dates, Duration and Last Date for receiving nominations

16 to 19 Jun 2015, four days. Participants should arrive by the evening of 15 Jun 2015 and leave after 1700 h on 19 Jun 2015.
Last Date: 20 May 2015.

Board and Lodging

Residential. All participants are expected to stay in the well-furnished Halls of Residence or Scientists' Home on twin-sharing basis. The TA and DA, have to be met by the participants. Participants are requested not to bring any family members with them. Participants will have to make their return reservations before commencing their journey to ICAR-NAARM.

Address for sending the Nomination

All applicants are advised to fill their nominations using the Training Management Information System at <http://www.naam.org.in/training>. After registration, please download the application form, sign and forward it thro' official channel to:

The Officer In-charge, Academic Cell,
ICAR-National Academy of Agricultural Research Management,
Indian Council of Agricultural Research
Rajendranagar, Hyderabad (Telangana) 500 030, India
Email: trainingcell@naarm.emet.in; training.naarm@icar.gov.in
Telephone: +91-40-24581319/327/310
Fax: +91-40-24581484/24015912

Travel

ICAR-NAARM is located in Rajendranagar (17°18'49"N latitude and 78°24'42" East longitude) in Hyderabad about 20 km from the Hyderabad Rajiv Gandhi International Airport, Shamshabad, 25 km from the Secunderabad Railway Station, 16 km from the Hyderabad Railway Station, 16 km from the Kacheguda Railway Station and 12 km from the Imlibun/Mahatma Gandhi Bus Station. From any of these alighting points, participants can take an autorickshaw or a car or a taxi. Hyderabad has a salubrious climate with an elevation of 475 m above the MSL. The annual rainfall is about 800 mm mostly during Jun to Oct from the southwest monsoon. Minimal rainfall is received from November to May. The annual mean temperature is about 26°C (78.8°F). Summer is hot (exceed 40°C or 104°F) and winter (December) is moderately cold (from 10°C or 50°F and above).

Programme Directors

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Forthcoming Programmes

- Training Programme on "Priority Setting, Monitoring and Evaluation," 2 to 6 June 2015
- Management Development Programme on "Leadership Development" (a pre-RMP programme), 16 to 27 June 2015.
- Executive Development Programme on Leadership Development, 27 to 31 Jul 2015
- Refresher Course on Agricultural Research Management, 13 to 25 Jul 2015.