



# SNS College of Technology

[An Autonomous Institution]

Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai

Accredited by NAAC-UGC with 'A++' Grade (Cycle III) &

Accredited by NBA (B.E CSE, EEE, ECE, Mech & B.Tech.IT)

COIMBATORE-641 035, TAMIL NADU



## Proposal for the grant of Partial Financial Assistance for THREE DAYS FACULTY DEVELOPMENT PROGRAMME

ON

### “STRESS MANAGEMENT”

#### 1. Objectives

- To provide participants with a comprehensive understanding of stress, its causes, and its effects on physical and mental health.
- To help participants identify their personal stress triggers and responses through self-assessment techniques.
- To equip participants with practical tools and techniques, such as mindfulness, relaxation exercises, and time management, to effectively manage stress.
- To teach participants how to build emotional resilience and adopt positive coping strategies to handle stress.
- To encourage the development of supportive networks and environments both at work and in personal life to mitigate stress.

#### Level of Participants

The Faculty Development Program on Stress Management is designed for participants across all levels, including entry-level faculty who are new to the teaching profession, mid-level faculty who have been teaching for several years and are managing additional responsibilities, and senior faculty who are experienced educators dealing with higher administrative duties and potential burnout. Additionally, the program includes support staff who assist in academic settings, such as administrative assistants and counselors, as well as graduate students and teaching assistants balancing their academic and teaching roles. This inclusive approach ensures that all participants gain valuable insights and techniques to manage stress effectively.

## 2. Who should attend:

Faculty members, students, research scholars from Management, Engineering and other related disciplines, corporate delegate

## 3. Outcomes:

- Upon completing the Stress Management Faculty Development Program, participants will have a comprehensive understanding of the nature and impact of stress, equipped with practical tools and techniques to manage it effectively.
- They will gain self-awareness about their personal stress triggers and responses, enabling them to handle stressful situations with greater ease.
- Participants will develop emotional resilience and adopt positive coping strategies, improving their ability to maintain a balanced and healthy lifestyle.
- Additionally, they will learn to create and sustain supportive environments at work and in their personal lives, fostering a collaborative and positive atmosphere that mitigates stress.
- Overall, attendees will be better prepared to manage their stress, enhance their well-being, and improve their productivity and satisfaction in both their professional and personal lives.

<b>Date and Time</b>	<b>Programme Content</b>
10.09.2024	<b>Stress Management:</b> understanding stress and its effects, self-awareness techniques, practical stress management strategies, building resilience, and fostering supportive environments.
11.09.2024	Technology and Stress: Exploring the impact of technology on stress levels and strategies for managing digital overload and maintaining a healthy work-life balance.
12.09.2024	<b>Nutrition and Lifestyle:</b> Understanding the role of nutrition, sleep, and lifestyle choices in stress management and overall well-being.

## Eminent Personalities as Resource Persons

Name of the Resource Person
Dr. R. Venkatesa Kumar Professor, Department of Management Studies Pondicherry University, Pondicherry.
Dr. T. Mohanasundaram Associate Professor, M.S. Ramaiah Institute of Technology, Bengaluru.
Dr. P. Karthikeyan Associate Professor, School of Management Studies, Kongu Engineering College, Erode.

## Proposed Budget

Name of the resource person	Mode of Travel	Accommodation & Local Conveyance	Honorarium	Total
Dr. R. Venkatesa Kumar Pondicherry University, Pondicherry.	Flight – 3000/- * 2	3000/- + 1000/-	15000/-	25,000.00
Dr. T. Mohanasundaram M.S. Ramaiah Institute of Technology, Bengaluru.	Flight – 3000/- * 2	3000/- + 1000/-	15000/-	25,000.00
Dr. P. Karthikeyan Kongu Engineering College, Erode.	Car – 4000/-	-	10000/-	14,000.00
Food and Refreshments for Participants		40 No's * 100/- * 3 days		12,000.00
Food and Refreshments for Resource Person		1000/- * 3 days		3,000.00
Invitation / Brochure, Dispatch, Programme Kit, Administrative Expenses				10,000.00
Miscellaneous Expense				5,000.00
<b>Total Expenses</b>				<b>94,000.00</b>

### Programme Coordinators

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