

23rd National Conference

on

Saturday
10th Oct.
2015

STRESS TO STEADINESS

Paradigm Shifts in Causes, Consequences and
Interventional Strategies for Effective Management



Date and Day
10th October 2015, Saturday

Venue
Tecnia Auditorium,
Madhuban Chowk, Rohini, Delhi-110085

Organized by



TECNIA INSTITUTE OF ADVANCED STUDIES

Approved by AICTE, Ministry of HRD, Govt. of India Affiliated To GGSIP University, Recognized under Sec 2(f) of UGC ACT 1956

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI- 110085

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Genesis

“Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances.”
-Thomas Jefferson

Today’s environment is increasingly characterized by the rapid pace of globalization, ever increasing competition and technological changes which often give rise to stress reactions in employees, resulting in a number of negative consequences. Stress is present when an environmental demand threatens to exceed a person’s capabilities or resources for meeting it, and especially so under when outcome is perceived to be both uncertain and important. The same stressors may or may not lead to stress to an individual or group of individuals. Some people may overact the stressors and get highly stressed whereas others may have the endurance and equanimity to cope with such stressors. The situation will be influenced by the nature and the extent of the demands, the person’s perception of the situation, the character of the individual, the social support available, and the constraints under which the coping process is taking place.

‘Eustress’ is a term used for positive responses, whilst the term ‘distress’ appropriately describes negative aspects. ‘Stress’, therefore, should be viewed as a continuum along which an individual may pass, from feelings of eustress to those of mild/moderate distress, to those of severe distress.

The negative effects of stress have substantial impact on the learning, work performance and wellbeing of an individual. Occupational stress due to absenteeism, employee turnover and lower productivity is costing the organizations into hundreds of billions of dollars across the globe. Dwindling quality products and services, bad publicity, loss of customers, high costs with regard to staff replacements are the consequences of job stress to the organizations.

On the individual front, outcomes or symptoms of distress may be physical, psychological or behavioral viz, increased blood pressure, heart disease, headache, decreased appetite, chronic fatigue, anxiety, depression, irritability, poor decision making, lack of concentration, forgetfulness, job dissatisfaction, reduced organizational commitment, avoidant behavior, increased absenteeism, turnover, accidents and substance abuse.

Conference Objectives

- To provide a platform to the participants from Academia and Industry to discuss the determinants and impact of stress.
- To provide a forum to the participants to carve out the ways which can be developed for inclusive, holistic and balanced professional, social and personal life.
- To encourage Research scholars to share their research work with other experts to chisel out strategies as best suited in transforming the eustress from distress.
- To identify the coping strategies and interventions for combating the stress.

Themes

- Occupational Stress
- Burnout
- Stress-The Individual and Work
- Personality and Stress
- Stress among Managers and Leaders
- Stress, Conflict and Leadership
- Work place Violence and Stress
- Sexual Harassment and Stress
- Work Life Balance
- Life Satisfaction
- Technology and Stress
- Stress in Academia
- Stress in Corporate
- Stress and Yoga
- Stress Coping Strategies

Important Dates

Conference Date –

10th October, 2015

Last date of submission of Abstract –

10th August, 2015

Confirmation about acceptance of Abstract –

13th August, 2015

Last date of complete paper submission –

31st August, 2015

Last date for registration and confirmation about paper presentation in person-

12th September, 2015

Guidelines for Paper Submission

Original papers in the areas of interest are invited. The list is indicative and not exhaustive in coverage. The contributors may include any other topic under the broad categories of main theme of conference. Please confirm your valuable participation at the earliest. We shall be thankful, if you would share this information among your colleagues and students.

A) Format and Size

1. All papers should be in Microsoft Word Version, Font Times New Roman, font size 12, page size A-4
2. Size of the paper - between 2500 to 3500 words.

B) Title

1. The main title of your paper must not exceed 50 characters. This includes letters, spaces and punctuation.
2. The title should be capitalized and centered at the top of the first page of your paper.
3. If you choose to have a subtitle, it should be capitalized and centered directly below the main title.

C) Headings

1. Headings and subheadings must be capitalized and left justified.
2. Use double space after the headings, before starting the next paragraph.
3. Font size of the main heading should be 16 and sub heading of 12.

D) Illustration Guidelines

1. Illustrations such as photographs, charts, graphs, drawings, and diagrams should be labeled, so that they correspond with their mention in the text (e.g. Table-1, Figure-2, Diagram-3).
2. Use only black & white glossy prints and do not attach photos to your paper.
3. Indicate on the back of each photograph your name and where the photo should be inserted in the text.
4. Soft copy of commercial charting and graphing materials in black & white are acceptable.
5. Computer generated charts, sharp, diagrams, and maps are acceptable as long as they are printed on a printer that produces clear, sharp image (e.g. laser printers.)

E) Photograph & CV

1. All papers must be accompanied by one passport size color photograph together with a full CV & a brief CV (not exceeding 50 words).

G) Presentation

1. All speakers are allowed 10 minutes for presentation of their paper. The time for answering questions is additional.
2. Power point projector system with laptop would be available for presentation. Any additional aid required, may please be intimated in advance.

H) Paper Submission Checklist

1. Full text of your paper in Microsoft Word Version
2. Two CVs - one full length and one within 50 words.
3. One passport size color photograph.

General Instructions for Paper Submission

1. Contributors are requested to ensure that their paper should not exceed 8 Printed pages. The paper should be typed in Times New Roman (12 pts.) font on one side of A-4 paper in double line spacing with wide margins.
2. One paper should not contain more than two authors.
3. All charts and graphs should be drawn and labeled clearly.
4. Only those references, which are actually used in the text, should be included in the reference list.

5. The contributor should certify on a separate sheet that the manuscript is his/her original contribution. It should be mentioned that the paper has not been submitted or accepted for publication anywhere else.
6. Paper should contain abstract not more than 500 words along with key words.
7. Paper must accompany the following details of authors :-
 - Name of the author with designation
 - Name of the co-author with designation
 - Correspondence address, contact number, and e-mail ID
 - Profile of the authors
 - Organization / Institution name

How to Participate?

Interested candidates are requested to send the duly filled registration form. The candidates who wish to contribute their submissions should send the electronic copy of their papers at the following e-mail: conferencetias@tecnia.in. The submission for the Conference may be in the form of descriptive, critical, research papers and case studies to mirror theory, research, practice and reflective thinking in the above area. Paper should contain abstract not more than 500 words along with key words. The abstract may be submitted through conferencetias@tecnia.in.

Participants Profile

- Academic Fraternity in Management, Science and IT, Journalism and Mass Communication, LIS, Education, Physical Education
- Professionals working in Industry and Research concerned with IT, Management, LIS, Health Sciences & Medicine, Agriculture, Insurance, Banking etc.
- Students and Research Scholars
- Publishers
- IT and Information Service Providers

Registration

Registration Fee/ Registration Form

The interested candidates need to fill up the registration form on the broucher attached. The fee per participant is as follows:

- i) Students – Rs 300/-
- ii) Research Scholars – Rs. 500/-
- iii) Academicians – Rs. 1000/-
- iv) Industry Delegates – Rs. 1500/-

Payment should be made through cheque/DD in favour of Tecnia Institute of Advanced Studies, Payable at New Delhi, along with duly filled registration form through postal mail and confirmation through e-mail at: conferencetias@tecnia.in

Fee does not include accommodation and travel. No refund will be allowed for cancellations made. A certificate would be awarded to the participants.

Outstation candidates needing assistance in accommodation (on payment) may contact the Conference Convener at the address given below:

Tecnia Institute of Advanced Studies
Institutional Area, Madhuban Chowk,
Rohini, Delhi-110085

Phone:011-27555121-22-23-24, , Fax: 27555120

E-mail at the following addresses: conferencetias@tecnia.in

Last date for receiving the applications for Registration is 12th September, 2015.

All the papers will be blind reviewed by the Committee with respect to their quality, originality, and relevance. Accepted papers will be published in the proceeding. All rights of publication of papers presented in the conference shall rest with the Conference Organizers.

Minute To Minute Programme

Venue – Tecnia Auditorim, Institutional Area, Madhuban Chowk, Rohini, New Delhi-85	
Date & Day : 10 th Oct, 2015, Saturday	
9000-1000hrs	Registration of Delegates
INAUGURAL SESSION	
1000-1005hrs	Arrival of Chief Guest
1005-1010hrs	Inviting the Chief Guests and other Dignitaries on the dias
1010-1015hrs	Lighting of Lamp, Saraswati Vandana
1015-1020hrs	Felicitation of Chief Guests and other dignitaries
1020-1025hrs	Opening Remarks by Director, TIAS
1025-1030hrs	Release of Conference Proceeding
1030-1040hrs	Key Note Address by Convener, TIAS
1040-1050hrs	Address by Guest of Honour
1050-1055hrs	Address by Chief Convener, TIAS
1055-1105 hrs	Address by Guest of Honour
1105-1115 hrs	Address by Chairman, Tecnia Group of Institutions
1115-1130 hrs	Address by Chief Guest
1130-1135hrs	Vote of Thanks
PLENARY SESSION:- 1	
1135-1305hrs	Chairperson
	Speaker-1
	Speaker-2
	Speaker-3
	Speaker-4
1305-1400hrs	Lunch
PLENARY SESSION: - 2	
1400-1530hrs	Chairperson
	Speaker-1
	Speaker-2

	Speaker-3
	Speaker-4
PLENARY SESSION: - 3	
1530-1710hrs	Chairperson
	Speaker-1
	Speaker-2
	Speaker-3
	Speaker-4
	Valedictory Session

Conference Patron-in-Chief

Mr. R.K. Gupta, Chairman, Tecnia Group of Institutions, Delhi

Conference Director

Prof. (Dr.) A.K.Rathore, Director, Tecnia Institute of Advanced Studies, Rohini, Delhi.

Conference Chief Convener

Prof. (Dr.) Rajesh Bajaj, Tecnia Institute of Advanced Studies, Rohini, Delhi.

Conference Convener

Dr. Ajay Pratap Singh, Tecnia Institute of Advanced Studies, Rohini, Delhi.

Organizing Committee

- Dr. Sandeep Kumar
- Mr. M.N.Jha
- Dr. Vijay Singhal
- Dr. Mani Manjari
- Dr. Namita Mishra
- Dr. Vishal Khatri
- Dr. Rajesh Aggarwal
- Dr. Trishu Sharma

About Institute



Tecnia Institute of Advanced Studies (TIAS), India's Premier ISO 9001:2008 Certified Institute was established in 1998 and is connected with Metro at Madhuban Chowk, Rohini, Delhi.

It is recognized under Section 2(f) of UGC Act 1956 by UGC, rated as "A" Category by SFRC, Govt. of NCT of Delhi; A++ Category-Best Business School by AIMA and included in Top 100B & IT Schools by reputed publication. Institute has Ultra Modern Infrastructure, imparts Value Based Quality Education and conducts Training, Research & Consultancy. It is a member of AIMA, PHD Chamber of Commerce and Industry, DELNET & J-Gate.

Institute is approved by All India Council for Technical Education (AICTE), Ministry of HRD, Govt. of India and is affiliated to Guru Gobind Singh Indraprastha University (GGSIPU), Delhi.

The Institute currently offers the following programmes under GGSIP University:

- MBA (1st & 2nd Shifts) 2 Yrs. Full Time with intake of 120 seats each.
- MCA (1st & 2nd Shifts) 3 Yrs. Full Time with intake of 60 seats each.
- MBA 3 Yrs. Part Time with intake of 60 seats.
- BBA (1st & 2nd Shifts) 3 Yrs. Full Time with intake of 120 seats each.
- BJMC (1st & 2nd Shifts) 3 Yrs. Full Time with intake of 120 seats each.

Contact at the following addresses:-

Dr. Ajay K. Rathore	Mobile: 91-9811229001	Director-TIAS
Dr. Ajay Pratap Singh	Mobile: 91-9818461176	Convener-National Conference

Tecnia Institute of Advanced Studies

PSP, Institutional Area, Madhuban Chowk, Rohini, Delhi-110085

E-mail: conferencetias@tecnia.in; directortias@tecnia.in

Phone: 011-27555121-22-23-24, Fax: 27555120



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Registration Form

Name of Participant Mr./Ms./Dr. : _____

Designation: _____ Department: _____

Organization/Institute: _____

Address: _____

City: _____ State: _____ PIN: _____

Phone No. with STD Code: _____ Mobile: _____ E-mail: _____

Academic Qualifications: _____ Professional Qualifications: _____

Work Experience: _____ Gender: Male / Female: _____

Please tick, whichever is applicable

Submitting paper/ Presenting Paper

Please write Title of the paper _____

Registration Fee Details (Please mark (v) accordingly):

Delegate Category	v	Registration Fees	Draft	Cash
Students Delegate		Rs. 300		
Research Scholar		Rs. 500		
Academicians		Rs. 1000		
Corporate Delegate		Rs. 1500		

Payment Details:

Amount Rs. _____ Draft No.: _____ Issuing Bank: _____ Date: _____

All Drafts should be in favour of "Tecnia Institute of Advanced Studies" Payable at New Delhi.

Place: _____

Date: _____

(Signature of the Participant)

Please Note:

1. Please fill the form neatly in capital letters.
2. Last date for receiving the applications is 12th September, 2015.
3. The fee includes conference material and refreshments. A certificate would be issued to the participants.
4. Fee does not include accommodation, local/outstation travel. No refund will be allowed for cancellations made. Outstation candidates needing assistance in accommodation (on payment) may contact the Conference Convener at the address given below.

Kindly send your registration form and DD/ Cheque by post to:

Dr. Ajay Pratap Singh

Convener - Tecnia Institute of Advanced Studies

3, PSP Institutional Area. Madhuban Chowk, Rohini, Delhi – 110085, India.

Phone:011-27555121-22-23-24, Mobile: +919818461176, Fax: 27555120