

2nd International Conference on
STRESS
MANAGEMENT
PROFESSIONAL

Wellbeing - Performance - Productivity



Jointly Organised by

Rationale

The negative effects of stress have considerable damage on the learning, work performance and wellbeing of an employee. The loss of productivity due to stress alone runs into hundreds of billions of dollars across the world. Active research is going on to understand and establish stress dynamics and prudent management interventions. Stress management interventions will ensure safety, wellbeing, and performance of workforce while improving productivity of an organization.

Against the above backdrop, International Stress Management Association (ISMA^{IND}) and Osmania University are jointly organizing the 2nd International Conference on Stress Management Professional (ICSMP2015) on 6th and 7th November 2015 at Osmania University campus, Hyderabad.

Methodology of the Conference

More participatory methodology covering panel discussions, case experiences, paper presentations followed by Q&A etc., is being used in the conference. Delegates will have an opportunity to participate in the micro sessions on the topic / theme of their interest. They can have informal get-togethers and interaction with leading scientists and practitioners, which may provide an exciting forum for learning about the latest developments on the translation of research into practice and workplace programs, policies, practices, and other efforts to prevent stress in today's competitive environment.

Who can participate?

The conference invites faculty members, researchers, human resource professionals, healthcare professionals, business and organizational representatives, labor leaders, industry representatives, general public administrators, medical / para-medical / alternative therapists, and practitioners of psychology from all disciplines who are involved in practice and/or research in areas related to stress and performance.

Some of Resource Persons participating in ICSMP 2015 from abroad (partial list only)

- Prof. Annika Harenstam, Gothenburg University, Sweden
- Prof. Cecilia A. Essau, University of Roehampton, UK.
- Prof. Peter Vlerick, Ghent University Belgium
- Prof. Julian Lai, City University of Hong Kong, China

Topics / areas

Numerous topics of interest to industry, employees, and researchers are covered in the series including:

Enterprises:	Therapies:	Occupation:	Health:	Family & Relationship:	Education:
•PSUs •Multinationals •Govt. Depts. •Training Insti. •BPOs	•Naturopathy •Yoga •Ayurveda •Homeopathy •Allopathy	•Gender issues •Technology Issues •Work place issues •Safety issues •Work-life balance	•Lifestyle disorders •Psychological problems •Child health •Geriatric Issues •Post-traumatic stress	•Cross culture •Parenting •Media •Home settings etc.	•School education •College education •Professional education
Assessments & Interventions:	Cognitive & emotional areas:	Neuronal & physiological areas:	Socio-organizational areas:		
•Scaling techniques •Tools •Systems	•Learning, memory •Perceptions •Attitudes	•Endocrines •Organs •Nervous systems	•Culture / Climate •Leadership •Urbanization		

Papers presentation

Delegates may present abstract, or attend the International Conference without presenting the abstract. Only one abstract is accepted per each registered delegate. The write-up should not exceed 6000 words. The Abstract of an empirical paper is to be written within 250-300 words. It must mention the objectives, hypotheses, method, results and implications. In case of theoretical paper, the objectives, theoretical framework, meta-analysis (if done) and implications need to be mentioned. The author(s) should use "Times New Roman 12" size fonts with "1.5 line spacing" with "justified paragraph".

Eligibility for submissions

- Research that has previously been published (e.g., journal article, book chapters, book, conference proceedings) should not be submitted.
- A participant can be the lead author on a maximum of two submissions.

Publication of abstracts

Abstracts will be published in electronic format only. By submitting an abstract, authors give permission for electronic and online publication of the abstract besides for making available a PDF version of the presentation slides online to all conference delegates following the Conference.

Presentation Types

Paper presentations: Oral presentations of 15 minutes organised into concurrent themed sessions. Presenters should aim for 12 minutes content, with up to 3 minutes for questions and discussion.

Poster presentations: With a visually stimulating and clearly presented visual poster to convey the key points, the poster sessions enable direct interaction between presenters and congress delegates. Posters will be grouped according to a theme.

Paper presentation in absentia: Those who cannot come to Hyderabad but wish to present a paper in absentia are allowed. A processing fee of US \$ 150 (foreign) or Rs. 2000/- (Indian) should be paid for each paper submitted for presentation in absentia. Abstracts of papers will be printed in the program bulletin and the author who registers in absentia will be sent the conference program bulletin and CD by November 15, 2015.

All accepted full papers will be published in an INTERNATIONAL JOURNAL (SMPIJ) after reviewing and editing (if any).

Submission and review process

- Submissions will only be accepted through the online portal until 31 May 2015.
- Abstracts will be reviewed by the Scientific Committee and result will be notified by 30 June 2015.

Benefits of attending the conference

Participants will get insight about stress dynamics and coping methods at various working conditions.

Participants will get an opportunity to find various techniques and strategies for performance and wellbeing.

Professional contribution in enhancing productivity will result into a healthy work, harmonious industrial relations and holistic wellbeing of individuals.

National Stress Management Awards

ORGANISATIONS: ISMA is recognizing India's best organizations on the eve of NSAD with the National Stress Management Awards, which had an effective stress management policy and adopt efficient methods for preventing stress in work place. Participation for awards is open (2014-15).

PROFESSIONALS: ISMA is also recognizing India's best professionals on the eve of NSAD with the National Stress Management Awards, who had contributed for stress awareness and adopt efficient methods for preventing stress in work place. Participation for awards is open (2014-15).

Registration

Registration includes full access to all sessions and lectures, as well as Proceedings (abstract book) and other National Conference materials, bags, lunch and coffee-breaks.

Registration fee and dates

Type of Registration	Early Bird 6th March - 30th July 2015		Regular 1st August - 30th Oct. 15		Spot 1st Nov. – 6th Nov. 2015
Category	Indian (Rs.)	Foreign (\$)	Indian (Rs.)	Foreign (\$)	Indian (Rs.)
Individual Delegate	3,500/-	300	4,500/-	375	5000
Individual Student*	2,000/-	200	3,000/-	275	3000
ISMA Member	3,000/-	250	4,000/-	325	4500
Group Delegates (> 3 No.)	15% discount will be given				
Note: For each accompanying person (guest /spouse) an amount of Rs. 1500/- (Indian) /150\$ (foreign) is charged. *Students are requested to submit a bonafide studentship certificate from their respective Heads of the Departments concerned.					

Pay Registration Fee online ([visit: www.icsmp.org](http://www.icsmp.org))

For Locals(India), Registration Fee can also be deposited in the form of Demand Draft drawn in favour of "ICSMP 2014" payable at Hyderabad and to be sent along with the filled in and signed Registration Form. Download the registration form ([visit:www.icsmp.org](http://www.icsmp.org))

Accommodation

Limited accommodation is available on first come-first basis at **Osmania University** Campus.

Type of Accommodation	A/C		Non A/C*	
	Indian (Rs.)	Foreign (\$)	Indian (Rs.)	Foreign (\$)
Single occupancy per day	1,300/-	100	1,000/-	75
Double occupancy per day	1,800/-	150	1,500/-	125
Note: Breakfast included & *Common bath facility for Non A/C Type Accommodation				

Important Dates

- Abstract submission & Registration are open
- Abstract submission deadline: 31st May 2015
- Acceptance of Abstract: 30th June 2015
- Early bird Registration deadline: 30th July 2015
- Full paper submission deadline: 30th September 2015

Conference Venue Address

Platinum Jubilee Auditorium

PGRRRCDE, Osmania University Campus
Hyderabad-500007
Telangana State, India.

About ISMA

The International Stress Management Association^{IND} (ISMA) is a registered charitable trust with a multi-disciplinary professional membership. It aims to promote sound knowledge and best practices in the prevention and reduction of human stress. It sets professional standards for the benefit of individuals and organizations using the services of its members. ISMA is committed to bring out stress awareness among public and professionals in the society. It has organized Stress Awareness Month (SAM) on 2012, 13 and 14 during the month of April and National Stress Awareness Day (NSAD) on 6th November 2012, 13 and 14 throughout the country.

About Osmania University

Osmania University, established in 1918, is the seventh oldest in India, the third oldest in south India and the first to be established in the erstwhile princely state of Hyderabad. Throughout its existence of over eight decades, it has shown remarkable progress and sustained an integrated development of all faculties. It has significantly contributed to the academic and economic development of not only the region but also of the Country. (www.osmania.ac.in)

Organizing Committee

Sri PVRK Prasad, IAS(Retd.) (Patron)
Dr. B. Udaya Kumar Reddy, (Conference Chair)
Prof. V. Shekhar, (Conference Co-Chair)
Prof. A. Suryanarayana, Osmania University, India
Prof. K. Nageswara Rao, SML, India
Dr. K. Niranjana Reddy, SML, India
Mr. M. Balakrishna, Osmania University, India
Ms. B. Radha Devi, ISMA, India
Psy. Visesh, GeniusGym, India
Dr. ALV Kumar Reddy, NFC, India
Prof. G. Sai Sailesh Kumar, LFMRC, India
Prof. Nov Rattan Sharma, M. D. University, India
Prof. Maureen Dollard, Univ. of South Aus., Australia

Prof. Cecilia A. Essau, Univ. of Roehampton, UK.
Prof. Cary C. Cooper, Lancaster University, UK
Dr. Sujata Satapathy, AIIMS, India
Prof. K. Palaniappan, New Castle Univ. Singapore
Ms. Sudha Thakur, RIBDA, UK
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Prof. Urmi Nanda, M.S. University, India
Prof. Peter Vlerick, Ghent University Belgium
Dr. Julian Lai, City Univ. of Hong Kong, China
Prof. Jamuna Rajeswaran, NIMHANS, India
Prof. K. Chandraiah, S.V. University, India
Dr. Vasuki Mathivanan, ISMA, India
Dr. Parag Kalkar, SIBACA, India

For any further details, please contact :

ICSMP - 2015 Conference Secretariat

International Stress Management Association^{Ind}

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