

One-Week Online Short-Term Course

on

Stress Management

10.1.2023 to 16.1.2023

Organised by:

**UGC HUMAN RESOURCES DEVELOPMENT CENTER,
GURU NANAK DEV UNIVERSITY, AMRITSAR.**



COURSE OBJECTIVE - The main learning outcomes of this one week online course on stress management will benefit the participants to understand the basic principle of stress management. It also helps to recognise your stress triggers and how to manage them. This course will help to develop proactive responses to stressful situations. This is a multidisciplinary course which makes the participants to learn stress management through diet, sleep and lifestyle factors. It also has an implicative value by using coping tips for managing stress both on and off the job and also to improve the education leaders insights on how stress management are being used and how effective these are at helping to improve students outcome..

ABOUT CENTRE - The Human Resource Development Centre (previously known as Academic Staff College), Guru Nanak Dev University, Amritsar was established in 1987 following introduction of the scheme by the University Grants Commission in 1987. Since its inception, it has been attracting teachers from all over India, rather than from a specific region and has become a platform where the Guru Nanak Dev University's academic community shares its knowledge, insights and ideas with the large academic community of the country on a reciprocal basis.



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**For Faculties and Research Scholars of
Universities/Colleges/Institutes of Higher Education of all
Disciplines.**

Short Term courses will be conducted via google meet in online mode

Register online at <http://www.hrdcgndu.org/>

Registration Fees: 1000/ INR

Course Timings: 9:15Am to 4:00Pm

For Queries Please Contact: 9872613347, 8360191638, 9914336947 (9:00 am to 5:00 pm on working days)