9th International Congress of Stress, Performance & Wellness
Date: 9th - 10th December, 2022
Venue: SNDT Women's University
Churchgate, Mumbai, India

Organized by:

International Stress Management Association ISMA IND

SNDT Women's University Estb:1916

Programme Schedule

9 Dec 2022 (Day 1)

10.00 am to 11.00 am (IST)

Inauguration & Awards Ceremony

Welcome Address
Prof. Nilesh Thakre
Org. Sec. ICSPW 2022
SNDT W Univ.

Congress Theme & ISMA
Dr. Udaya Kumar Reddy
Chair, ICSPW 2022
President, ISMA

Guest of Honor
Prof. Ujwala Chakradeo
Vice-Chancellor
SNDT W Univ.

Chief Guest
Shri Shrikant Bhartiya
Hon. MLC, Govt. of Maharastra
Founder - Tarpan Foundation

11.15 am to 12.00 Noon -Keynote Theme 1

Preventive approach to Work-related Stress and improving Wellbeing

Jessica M Smyrl
-YSM Solutions, United Kingdom

Tea - Break

12.00 Noon to 12.30pm -Keynote Theme 2

Strategies to enhance Performance

Dr. Udaya Kumar Reddy
-ISMA, India

12.30 pm to 01.00 pm -Keynote Theme 3

Gender & Academic Stress

Dr. Ritu Sharma

-PDE Univ., Gujarat

01.00 pm to 01.30 pm -Keynote Theme 4

Organizational aspects of Stress

Prof. Parag Kalkar

-S P Pune Univ., Pune

Lunch- Break

02.15 pm to 03.15 pm - Panel Discussion 1

Prudent Stress Management across lifespan

Prof Gautam Gawali - Amity University Mumbai

Prof.Anusha Patil - LLIM, Mahalaxmi Mumbai

Dr Meghna Basu Thakur - R.D.N College Mumbai

03.15 pm to 03.45 pm -Keynote Theme 5

Organizational Learning and Development - Innovations and Approaches

Amitabh Jha

-BHEL, New Delhi

Tea - Break

04.00 pm to 04.30 pm -Keynote Theme 6

Socio-Cultural aspects of Stress

Prof. Satishchandra Kumar

-Univ. of Mumbai, Mumbai

04.30 pm to 05.00 pm -Keynote Theme 7

Work-life Balance in Current Industry

Prof. Nilesh Thakre

-SNDT W Univ., Mumbai

05.00pm to 06.00 pm - Networking

Day -2 Start

10 Dec 2022 (Day 2)

09.15 am to 11.00 am -paper presentations

Concurrent Sessions

Education & Others Track (Room 1)

Dr. Cicilia Chettiar -M N W College, Mumbai

Mr. Sandip Bhaise - SNDTW University, Mumbai

Health Track (Room 2)

Prof.Anusha Patil - LLIM, Mahalaxmi, Mumbai

Ms. Anita Sanu - SNDTW University, Mumbai

Occupation Track (Room 3)

Dr. Ruchy D Chaturvedi - Jai Hind College, Mumbai

Sr. Patricia D'Souza - Sophia College, Mumbai

Tea - Break

11.15 am to 12.00 Noon -Keynote Theme 8

Understanding Stress as a System

Mr. Alexander Haener

-Phoenix Resilienz, Switzerland

12.00 Noon to 12.30 pm -Keynote Theme 9

Gender Issues in Workplace

Mr. Vishal Sharma

-Aditya Birla Chemicals, Mumbai

12.30 pm to 01.30 pm -Panel Discussion 2

Performance Appraisal to Agile Performance

Er. E. Nanda Kishore
-NTPC Solapur

Prof Pooja Purang
- IIT Bombay

Dr Chandana Shet
- Counselling Psychologist, Mumbai

Lunch - Break

02.15 pm to 02.45 pm - Keynote Theme 10

Enabling Well-being through Coaching

Dr Tikendra Pratap

-Capgemini, USA

02.45 pm to 03.45pm -Panel Discussion 3

Wellness for everybody at every where

Dr. Ruchy D Chaturvedi
- Jai Hind College, Mumbai

Dr. Asha Menon
- S.P.N.D.W College, Mumbai

Ms. Archana Patki
-Smt. MMP Shah W College, Mumbai

Tea - Break

04.00 pm to 05.00 pm **-Valediction**

Prof. Ruby Ojha
Pro Vice-Chancellor, SNDT W Univ.

Dr. Vilas Nandavadekar
Registrar, SNDT W Univ.

Organized by:

International Stress Management Association ISMA

SNDT Women's University Estd:1916

Visit: www.isma.org.in/icspw2022

Call: +91 9348576787, Email: icspwinfo@gmail.com

Registration is Compulsory to participate .

If not registered Click Here