

ICSM 2017

3 - 4 November 2017, Goa, India.

Goa a perfect venue for
Stress Management Experience

4th International Conference on **STRESS MANAGEMENT**

*“Stress Safety Net for
Organisational Excellence”*

Approved by



Jointly Organised by



www.isma.org.in/icsm2017

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, performance of workforce and improves productivity of an organization.

Against the above backdrop, International Stress Management Association in collaboration with Goa Psychology Association organizing 4th International Conference on Stress Management on 3rd and 4th November 2017 at Hotel Mandovi, Goa, India. The overall theme of the ICSM 2017 conference is “**Stress Safety Net for Organisational Excellence**”

Methodology of the Conference

More participatory methodology, like, Presentations, Panel Discussions, Case Experiences, Paper Presentations 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 previous conference photos



Topics / areas (brief)

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

Enterprise:

PSUs
Multinationals
Govt. Depts
Training Insti

Therapies:

Naturopathy
Yoga
Ayurveda
Homeopathy
Allopathy

Occupation:

Gender issues
Information Technology
Work place issues
Safety issues
Work-life balance

Health:

Lifestyle disorders
Psychological problems
Child health
Geriatric Issues
Trauma and PTSD

Interpersonal

Relationship:
Cross culture
Parenting
Media
Marriage & Family

Education:

School education
College education
Professional education

Assessments & Interventions

Scaling techniques
Tools
Facilitations and systems

Cognitive & emotional areas

Learning, Memory
Perceptions
Attitudes

Neuronal & physiological areas

Endocrines
Organs
Nervous systems

Socio-organizational areas

Societal Norms
Urbanization
Cross Cultural Employment

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 3000 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., in a 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, as well as for a PDF version of the presentation slides to be made available online to all conference delegates following the congress.

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 Goa 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, 2017. All accepted full papers will be certainly published in an INTERNATIONAL JOURNAL after editing (if any).

Submission and review process

- Submissions will only be accepted through the online portal until 30 July 2017.
- Abstracts will be reviewed by the Scientific Committee and result will be notified from 30 June 2017 onwards.

National Stress Management Awards

ORGANISATIONS: ISMA is recognizing India's best organizations 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 (2016-17).

PROFESSIONALS: ISMA is also recognizing India's best professionals with the National Stress Management Awards, who had contributed in the area of stress management and adopted efficient methods for preventing stress at work place. Participation for awards is open (2016-17). Last date for nominations: 30th June 2017 (No Processing Fee)

Download the nomination form (Visit: www.isma.org.in/icsm2017)

International Awards

PROFESSIONALS: International Council of Stress Management (ICSMP), Sydney, Australia is also recognizing best professionals with the ICSMP Awards, who had contributed in the area of stress management and adopted efficient methods for preventing stress at work place. Participation for awards is open (2016-17).

Last date for nominations: 30th June 2017 (No Processing Fee)

Download the nomination form (Visit: www.icsmp.org)

Registration

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

Registration fee and dates

Type of Registration	Early Bird 29th Jan - 30th July 2017		Regular 1st August - 30th Oct. 17		Spot 1st Nov. – 3rd Nov. 2017
	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign (\$)	Indian(Rs.)
Individual Delegate	4,000/-	300	5,000/-	375	5,500/-
Regular Student*	2,500/-	200	3,000/-	275	3,500/-
ISMA Member	3,500/-	250	4,000/-	325	4,500/-
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.isma.org.in/icsm2017

For Locals(India), Registration Fee can also be deposited in the form of Demand Draft drawn in favour of "ISMA" payable at Hyderabad and to be sent along with the filled in and signed Registration Form. Download the registration form (Visit: www.isma.org.in/icsm2017)

Accommodation

Limited accommodation (concession basis) is available on first come-first basis at **Hotel Mandovi**.

E-mail : reservations@hotelmadvigoa.com (or) www.hotelmadvigoa.org | Tel: +91832 2224405/09

Benefits of attending the conference

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

Participants can build good professional network.

Participants will get an opportunity to understand various techniques and strategies

Important Dates

Abstract submission & Registration are open

Abstract submission deadline: 30th July 2017

Acceptance of Abstract: 30th June 2017 onwards

Early bird Registration deadline: 30th July 2017

Full paper submission deadline: 30th September 2017

Conference Venue Address

Hotel Mandovi

D.B. Marg, Panaji, Goa-403001, India

Tel.: +91832 2224405/09



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, 2013 and 2014 during the month of April and National Stress Awareness Day on 6th November 2012, 2013 and 2014 throughout the country. It has conducted National Conference on Stress Management Professional (6-7 Nov 2013). So far, ISMA conducted three International Conferences on "Stress Management" during (6-8 Nov 2014), (7-8 Nov 2015) and (4-5 Nov 2016) successfully. (www.isma.org.in)

About GPA

The Goa Psychology Association (GPA) is a registered Organization which was started in October 2015 and officially launched on 30th December 2015 by the Honorable Governor of Goa Dr. Mridula Sinha and the Honorable Dy. C.M of Goa, Mr. Francis D'Souza. The integral objective is to help society develop a healthy mind set while attempting to transform it for a healthier lifestyle. It is a platform for professionals in Mental Health Care to integrate together as they foster the first steps towards collective and comprehensive growth of individuals and families in the state of Goa. The GPA lives by its maxim of "It begins in the Mind and trails down to a Lifestyle". Accordingly, the Association has taken up a challenge of developing a healthy mind set amongst the people of Goa to match the Image of the State - a Happy and Stress free world for children, youngsters, adults and the elderly. (www.goapsychologyassociation.org)

Organizing Committee

Sri PVRK Prasad, IAS (Retd.) (Patron)

Dr. B. Udaya Kumar Reddy (Conference Chair)

Dr. Mahesh Pai (Conference Co-Chair)

Ms. Amita Quenim (Conference Co-Chair)

M. Rajender Singh, SML, India

Ms. B. Radha Devi, ISMA, India

Prof. K. Nageswara Rao, Dr.MCR HRDI, India

Mr. Ian Shakespeare, SMG Health Australia

Prof. Cary C. Cooper, Lancaster University, UK

Prof. Richard Harvey, University of California, USA

Prof. Dominique Steiler, GEDM, France

Prof. Brian Hughes, NU of Galway, Ireland

Dr. Anna Maria, ISMA, Brazil

Prof. M.Jayashankar Reddy, Christ University, India

Prof. Jamuna Rajeswaran, NIMHANS, India

Dr. P V Prabhu, GSL, India

Prof. Freda Cota Pereira, MES College, Goa, India

Dr. Mukta Karamadi, Demphe College, Goa, India

Prof. Kavita Borkar, Chowgule College, Goa, India

Dr. Ubaldina Noronha, St. Xavier's College, Goa, India

Dr. Aldina Gomes, Carmel College, Goa, India

Dr. Simao Remedies Diniz, Rosary College, Goa, India

Prof. Priya Sabnis, PES College, Goa, India

Dr. Madhura Joshi, REACH-Goa, India

Prof. Newman Fernandes, Goa Psy. Assoc., India

Prof. Nov Rattan Sharma, M. D. University, India

Prof. K. Chandraiah, S.V. University, India

Dr. Sujata Satapathy, AIIMS, India

Prof. Urmi Nanda, M.S. University, India

For any further details, please contact :

ICSM-2017 Conference Secretariat

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