

# - PROFILE



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MEMBERSHIP

# ISMA<sup>IND</sup>

International Stress Management Association-India is a registered(1999) multi-disciplinary professional body. 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.



## SELF-STRESS AWARENESS

The first and foremost activity is stress awareness. ISMA has conducted several Stress awareness lectures and workshops in the first one decade since its inception and sensitized the importance of the stress awareness. Subsequently, introduced two unique concepts i.e. National Stress Awareness Day (NSAD) & Stress Awareness Month (SAM - April) to promote stress awareness comprehensively across the country. ISMA also conducted Stress Awareness Month (SAM) for three years i.e. 2012, 2013 and 2014 throughout the country with the help of stress management and allied professionals. ISMA is committed to bring out stress awareness among public and professionals in the society. Besides ISMA has organized NSAD on 6th November 2012 throughout the country. ISMA also supported several organizations/institutes to create awareness about stress and its management throughout country.



## PROFESSIONAL DEVELOPMENT



ISMA is promoting and maintaining the standards in Stress Management through introducing Stress Management Professional Certification (SMPC) programme. We have launched Certification Programme in association with International Council of Stress Management Professionals (ICSMP), Australia in Jan 2016. Since then ISMA has successfully conducted 19 SMPC workshops till 2018. This is one of the flagship programme of ISMA and getting good response globally.



## CONFERENCES & WORKSHOPS

ISMA is organising Conferences, elite workshops to promote, discuss assimilate and disseminate contemporary issues and latest skills among stress management professionals and allied research scholars. It has started conducting international conferences annually since 2013. The progressive interest and response has given enough confidence and energy to take up this unique event every year





## PUBLICATIONS

To empower the stress management aspirants and professionals, it is publishing SMPIJ a bi-annual scientific journal since 2013, which is one of its kind in India and three of such kind are available in the entire world exclusively on stress management. ISMA also publishing books (with ISBN) on some of the pioneering works in the field of stress management from time to time.



## STANDARDIZING PRODUCTS & SERVICES

ISMA has collaborated with Stress Management Lab, a consulting organization and is working on initiating, developing, evaluating and Standardizing different Stress Management Applications, Products and Services. ex. Stress Audit, Stress Safety Net, Adaptogens, Online Applications, Biomarkers.



## ACCREDITATION AND AWARDS

Every year, to encourage the Professionals and Organizations who made significant contributions in the area of stress management, ISMA is honoring them with National Stress Management Awards. It is also felicitating international professionals with ICSMP Awards instituted by ICSMP, Australia. These awards will be presented during inaugural function of annual international Conference. From 2017 onwards, ISMA is honoring eminent administrator who made pioneering efforts in implementation of Stress Mgt. at workplace with Sri PVRK Prasad Memorial Award to commemorate its first honorary Chairman who was our eternal Inspiration. From 2018 onwards, ISMA also started accrediting organisations and institutions who are successfully implementing Comprehensive Stress Management practices with Stress Safety Net.



## MEMBERSHIP

Important activity of ISMA is to inculcate and sustain the interest in stress management among professionals through a robust network by offering different grades of membership. ISMA is Offering Associate membership and Professional membership to all stress management aspirants and professionals by providing host of benefits to avail in various stress management events and initiatives.



## GENESIS

International Stress Management Association was founded in 1973 in the USA as a multi-disciplinary effort encompassing the fields of Education, Training, Medicine, Industry, etc. The broad purpose was to facilitate the acquisition, dissemination, and application of knowledge of stress management for the benefit of the society throughout the world. The International Stress Management Association<sup>IND</sup>(ISMA) founded in 1999 as a registered trust with a multi-disciplinary professional membership. Today, ISMA is present in 12 countries: Australia, France, Georgia, Germany, Hong Kong, India, Japan, Netherlands, Russia, Spain, United Kingdom and the United States of America.

## ISMA MEMBERSHIP BENEFITS

- Membership E-Certificate
- Free personal stress profile with customised status report providing suggestive coaching techniques and **Do-It-Yourself** Modules.
- Free online access to "Stress Management Professional: An International Journal" (SMPIJ) current issue & Access to SMPIJ E-journal archives worth 2500 INR
- Professional Development Workshops— attend the Stress Management Professional Certification workshops & ICSMP Flagship workshops ( discounted rate up to 10% )
- National / International Conference—attend the annual ISMA<sup>IND</sup> International Conference ( discounted rate up to 10% )
- Scope to Participate in different stress awareness events of ISMA across the country.

For online membership registration visit : [www.isma.org.in](http://www.isma.org.in)



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