



Virtual Mode

17- 19th December 2021

# 8<sup>th</sup> International Congress of Stress, Performance & Wellness

**ICSPW 2021**

## Programme Schedule

17 Dec 2021 (Day 1)

09.00 am to 09.45am (IST)

### Inauguration & Awards Ceremony



**Welcome Address**  
Dr. Udaya Kumar Reddy  
Chair, ICSPW 2021  
President, ISMA



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



**Guest of Honor**  
Prof. S. Sundar Manoharan  
Director General  
PDE Univ.



**Inaugural Address**  
Prof. K. Ramachandra Reddy  
(Retd.)  
Osmania Univ.

09.45 am to 10.30 am -Keynote Theme 1  
**Nature and Consequences of  
Organizational Stressors**

Prof. Nathan A. Bowling  
-Wright State Univ., U S A



**Tea - Break**

10.45 am to 11.30 am – Keynote Theme 2  
**Organizational Learning and  
Development - Innovations & Approaches**

Prof. S. Sundar Manoharan  
-Director General, PDE Univ., India



# 11.30 am to 01.30 pm – Panel Discussion 1

## **Stress at Administration, Occupation, Corporates and Institutions**



Mr. Manoj Patra  
-Google, U S A



Prof. Saswata Biswas  
- IRMA, Gujarat



Mr. A S RAI, IPS  
-Addl. DGP, Punjab



Mr. Surya Prakash Mohapatra  
- WIPRO, Bengaluru

**Lunch- Break**

## 02.15 pm to 03.00 pm -Keynote Theme 3

### **Family & Spiritual Resilience and Performance Leadership**

Prof. Mayer, Claude-Hélène  
-Univ. of Johannesburg, South Africa



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## 03.00 pm to 03.45 pm - Keynote Theme 4

### **Corporate Wellness and Work-Life Balance in New Normal**

Dr. Rajesh  
-Group Head- Medical Services, Reliance Industries Ltd



**Tea - Break**

04.00pm to 04.45 pm -Keynote Theme 5  
**Technology and Interventions in Stress,  
Performance & Wellness**

Prof. Karina Nielsen

-Univ. Of Sheffield, United Kingdom



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04.45 pm to 05.30 pm - Keynote Theme 6  
**Economic Stress**

Prof. Robert Sinclair

-Clemson Univ., U S A



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05.30pm to 06.30 pm - Networking



**Day Break**

18 Dec 2021 (Day 2)

08:30 am to 09:15 am -Keynote Theme 7  
**Cross-cultural, Virtual Teams and Wellness**

Prof. Sharon Glazer

-Univ. Of Baltimore, U S A



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09.15am to 11.15 am -Panel Discussion 2  
**Handling Academic & Occupational Stress**



Prof. Nigam Dave  
- SLS, PDE Univ.  
Gujarat



Mr. Goverdhan Rao  
- NIT  
Warangal



Mr. Ram J  
-HETERO Labs  
Hyderabad



Dr. Priyanka Behrani  
- Navrachana Univ.  
Vododara

Tea - Break

11.30am to 01.30 pm -Panel Discussion 3  
**Synchronizing personal and professional life in New Normal**



Prof. Gyanmudra  
- TISS, Hyd. Campus



Dr. Ritu Sharma  
-PDE Univ., Gandhi Nagar



Prof. Parag Kalkar  
-S P Pune Univ., Pune



Dr. Vishal Shah  
- Indegene, Bengaluru

Lunch- Break

02.15 pm to 03.00 pm - Keynote Theme 8  
**Unravelling Anxiety during Pandemic:  
An opportunity for the ages**

Mr. Ian Shakespeare  
- Australia

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03.00pm to 03.45 pm -Keynote Theme 9  
**Cognitive, Emotional and Behavioural  
aspects of Stress**

Prof. Brian Hughes  
-The National Univ. of Ireland, Glaway



**Tea - Break**

04.00pm to 04.45 pm -Keynote Theme 10  
**Employee Performance Enhancement:  
A Comprehensive Approach**

Dr. Udaya Kumar Reddy  
-Stress Management Lab, India

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05.00 pm to 06.10 pm -paper presentations  
**Concurrent Sessions:1**

**Education Track (Room 1)**

Dr. Ritu Sharma –PDP Univ., Gandhi Nagar.  
Dr. Stephen Samuel– Christ Univ., Bengaluru.

**Health Track (Room 2)**

Dr. Chandrani Sen - University of Rajasthan, Jaipur.  
Dr. Vinitha Sharma –AV College, Hyderabad

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06.15 pm to 07.30 pm -paper presentations  
**Concurrent Sessions:2**

**Health Track (Room 1)**

Prof. Sandeep Kumar –B H Univ., Varanasi.  
Dr. Chandrani Sen - Univ. of Rajasthan, Jaipur.

**Occupation Track (Room 2)**

Dr. Nilesh Thakre -SNDT W Univ., Mumbai.  
Dr. Vinita Sharma –AV College, Hyderabad.

**Day Break**

19 Dec 2021 (Day 3)

8.30 am to 09.20 am -paper presentations

## Concurrent Sessions:1

### Education & Others Track (Room 1)

Dr. P.Swathi - Osmania Univ. , Hyderabad.

Dr. Vinita Sharma –AV College, Hyderabad.

### Health Track ( Room 2)

Dr. Priyanka Behrani - Navrachana Univ., Vadodara

Dr. Stephen Samuel – Christ Univ., Bengaluru.

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## 09.30 am to 11.30 am -Panel Discussion 4 Psychological Empowerment and Employee Wellbeing at Workplace



Prof. Urmi Nanda Biswas-  
M. S. Univ., Vadodara.



Dr. Nilesh Thakre  
-SNDT W Univ., Mumbai



Dr. Rachel McInnes  
New Zealand



Mr. Mainak Ranjan Chaki,  
SKIPPER, Kolkata

### Tea- Break

## 11.45 pm to 01.45 pm -Panel Discussion 5 Corporate Wellness and Work-Life Balance



Prof. Sandeep Kumar  
-BH Univ. Varanasi



Irina Oshchepkova  
Belgium



Dr. J. Vijaya Rao  
-NFC, Hyderabad



Ms. Uma Rao  
- Ashok Leyland, Chennai

### Lunch- Break

# 02.15pm to 04.15 pm -Panel Discussion 6

## **Socio- Organizational and Work Culture Dynamics**

### **- COVID 19**



**Ms. Carole Spiers**  
- Chair  
ISMA U K



**Dr. P. Swathi**  
- Osmania Univ.  
Hyderabad



**Dr. M.P. Ganesh**  
-IIT,  
Hyderabad



**Mr. Nitin Thakur**  
- JINDAL Stainless,  
New Delhi

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## 04.15 pm to 05.00 pm -Keynote Theme 11

### **Stress & Illegitimacy at Work**

**Dr. Marcus Fila**  
- Hope College, U S A



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## 05.00 pm to 05.30 pm -Valediction

### **Summary of the Congress**

**Dr. Ritu Sharma**  
Dean, School of Liberal Studies  
PDE Univ., Gandhi Nagar



### **Vote of Thanks**

**Dr. Nilesh Thakre**  
Head, University Dept. of Psychology  
SNDT W Univ., Mumbai



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**Registration is Compulsory to participate as Delegate.**

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