



ICSM 2019

29-30 November Hyderabad, India



6TH INTERNATIONAL CONFERENCE ON **STRESS MANAGEMENT**

(Assessments – Interventions – Technologies – Professionalism)

*Hyderabad is the second best place in the world
that one should see ..(Travel Magazine, 2015)*

<http://www.isma.org.in/icsm2019/>

Rationale

The negative effects of stress have considerable damage on the learning, work performance and wellbeing of all human beings in the society. 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 and GITAM Hyderabad Business School (GITAM HBS) jointly organizing 6th International Conference on Stress Management on 29th and 30th November 2019 at GITAM HBS Campus, Hyderabad, India. The overall theme of the ICSM 2019 conference is “Assessments – Interventions – Technologies – Professionalism”

Methodology of the Conference

Highly participatory methodology, like Presentations, Panel Discussions, Case Experiences, Paper Presentations etc. is being adopted 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. Delegates expose to various 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 earlier conference photos



Topics / areas (brief)

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

Enterprise PSUs, Training Insti. Multinationals Govt. Depts.	Therapies: Naturopathy Yoga, Ayurveda Homeopathy Allopathy	Occupation: Gender issues Information Technology Work place, Safety issues Work-life balance	Health: Lifestyle disorders Psychological problems Child health Geriatric Issues	Family & Relationship Cross culture Parenting, Media Internet, Cell Phones	Education: School education College education Professional education
Assessments & Interventions Scaling techniques, Tools Facilitations and systems Adaptogens, Biofeedback	Cognitive & emotional areas Learning, Memory Perceptions Attitudes	Neuronal & physiological areas Endocrines Organs Nervous systems Etc.	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 full Paper 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, “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

Proceedings of the Abstracts will be published in e-book form (ISBN). By submitting an abstract, authors give permission for print, 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 conference.

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: The poster sessions enable direct interaction between presenters and congress delegates. Posters will be grouped according to themes.

Paper presentation in absentia: Those who cannot come to Hyderabad but wish to present a paper in absentia are allowed. A processing fee of US \$150 (foreign) or Rs. 3000/- (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 certificate and proceedings by December 30, 2019.

All accepted full papers will be certainly considered for review to publish in our Journal as per the terms and conditions. (visit : www.smpij.org)

Submission and review process

- Submissions will only be accepted through the online portal until 31st July 2019.
- Abstracts will be reviewed by the Scientific Committee and result will be notified from 30 June 2019 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 at work place. Participation for awards is open (2018-19).

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 (2018-19).

Last date for nominations: 30th July 2019 (No Processing Fee)

To apply online visit : www.isma.org.in/icsm2019

International Awards

PROFESSIONALS: International Council of Stress Management (ICSMP), Australia is 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 (2018-19).

Last date for nominations: 30th July 2019 (No Processing Fee)

To apply online visit : www.isma.org.in/icsm2019

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	Super Early Bird (1 st Jan. - 15 th April 2019)		Early Bird (16 th April - 31 st July 2019)		Regular (1 st Aug. - 22 nd Nov. 19)		Spot (29 th Nov. 19)
	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign (\$)	Indian(Rs.)
Category							
Individual Delegate	4,000/-	250	4,500/-	300	5,500/-	375	6,000
Regular Student*	3,250/-	200	4,250/-	250	5,000/-	300	5,500
ISMA Member	3,500/-	225	4,000/-	275	4,500/-	325	5,000

Note: Group Delegates (> 4 No.) 15% discount will be given. For each accompanying person Individual Delegate (guest /spouse) an amount of Rs.3,000/- (Indian)/150\$ (foreign) is charged. *Students are requested to submit a bonafide studentship certificate from their respective Heads of the Departments concerned. Visit: www.isma.org.in/icsm2019

Transportation

Free Transportation facility will be available to all the participants from Miyapur metro station to conference venue and back.

Accommodation

Free Accommodation available at HBS GITAM campus hostel for pure presenters (First 100 Registration). Details of paid accommodation (near hotels) is available on website.

Benefits of attending the conference

- Participants will get insight about stress dynamics and coping methods at various working conditions
- Participants will get an opportunity to understand various techniques and strategies for organizations
- Participants will get exposed to the latest Stress Management technologies and Interventions
- Participants can build good professional network

Important Dates

- Abstract Submission & Registration : Open
- Abstract Submission deadline : 15th Sept. 2019
- Acceptance of Abstract : 30th June 2019 onwards
- Full paper Submission deadline : 30th Sept. 2019
- Super Early bird Registration deadline : 15th April. 2019
- Early bird Registration deadline : 31st July 2019

Conference Venue Address

GITAM HBS,
Hyderabad Campus
Rudraram, Patancheru
Telangana -502329



About ISMA

The International Stress Management Association (ISMA^{IND}) 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 promote competencies among stress management 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 five International Conferences on "Stress Management" during (6-8 Nov 2014), (7-8 Nov. 2015), (4-5 Nov. 2016), (3-4 Nov. 2017) and (10-11 Nov. 2018) successfully. (visit : www.isma.org.in)

About GITAM HBS

GITAM Hyderabad Business School (GITAM HBS): GITAM (Deemed to be University) is one of the premier centres of higher learning in the country. GITAM HBS, started in 2009, is an institution of quality management education, research, executive training, development and consultancy. In a very short span of time, the school has built an excellent faculty pool of experience and a rich intellectual-capital base, state-of-the-art infrastructure, technology-savvy campus. With commitment to quality education and sound academia-industry collaboration, it prepares business leaders for future challenges.

Organizing Committee

Dr. B. Udaya Kumar Reddy (Conference Chair)

Prof. Y. Lakshman Kumar, GITAM HBS, India.

Mr. M. Rajender Singh, SML, Hyderabad, India

Ms. B. Radha Devi, ISMA, India

Mr. Ian Shakespeare, SMG Health, Australia

Prof. Cary C. Cooper, Lancaster University, UK

Prof. Dominique Steiler, GEDM, France

Prof. Brian Hughes, NU of Galway, Ireland

Dr. Anna Maria, ISMA, Brazil

Prof. K. Jayashankar Reddy, Christ University, India

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

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

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

Dr. Ritu Sharma, PDP University, India

Dr. P. Swathi, Osmania University, India

Dr. Sujata Satapathy, AIIMS, Delhi, India

Dr. Uday K. Sinha, IHBAS, Delhi, India

Dr. Parag Kalkar, SIOM, Pune, India

Dr. G. V. Prabhu, GSL, Goa, India

Dr. Yasuki Mathivanan, CCF, Chennai, India.

For any further details, please contact :

ICSM-2019 Conference Secretariat

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