



SELF-STRESS AWARENESS



PROFESSIONAL DEVELOPMENT



CONFERENCES & WORKSHOPS



PUBLICATIONS



STANDARDIZING PRODUCTS & SERVICES



ACCREDITATION AND AWARDS



MEMBERSHIP

**Associate Membership**  
3 Year periods - Rs. 2000/-

**ISMA<sup>IND</sup>**

International Stress Management Association-India is a registered with a 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.

## 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 rates up to 10% )
- National / International Conference—attend the annual ISMA<sup>IND</sup> International Conference ( discounted rates up to 10% )
- Scope to Participate in different stress awareness events of ISMA across the country.

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