

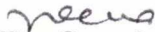

GOVERNMENT MEDICAL COLLEGE & HOSPITAL SECTOR-32, CHANDIGARH  
HOSPITAL ADMINISTRATION BRANCH-II

MOST URGENT

Endst.No.GMCH-HA-II-EA3 (170)/2018/ 26631

Dated:- 27 JUL 2018

A copy of letter No.NHFW/E&T/SCM/2018-19 dated 02.07.2018 received from Prof. Neera Dhar, Course Corrdinator, The National Institute of Health and Family Welfare, New Delhi is forwarded to the System Analyst, IT Centre, GMCH with a request to e-circulate/email the same amongst all faculty to invite nomination for the course mentioned in above letter. Further shortlisting of faculty will be done and later on permission from competent authority will be taken to send them on govt. expenses. Nomination shall be received latest by 31.07.2018.

for  Office Superintendent (HA-II)  
Medical Superintendent  21/7



मुख्य मार्ग मुनिरका, नई दिल्ली-110 067  
 फोन: 91-11-26165959, 26166441, 26188485, 26107773  
 फैक्स: 91-11-26101623, ईमेल: info@nihfw.org  
 वेब साइट: www.nihfw.org

Baba Gangnath Marg, Munirka, New Delhi-110 067  
 Phones: 91-11-26165959, 26166441, 26188485, 26107773  
 Fax: 91-11-26101623, E-Mail: info@nihfw.org  
 Web Site: www.nihfw.org

D.O. NIHFW/E&T/SCM/2018-19

Dated: 02.07.2018

Prof. (Dr.) Neera Dhar  
 Professor and Head,  
 Deptt. of Education & Training  
 The NIHFW

**Sub: Training Course on "Stress Management for Health Professionals-A Cognitive-Behavioural Package" from 22nd - 26th October, 2018**

Dear Sir/Madam,

As you are aware that The National Institute of Health and Family Welfare (NIHFW), an apex institute under the Ministry of Health and Family Welfare, Government of India is working in the field of research and training activities pertaining to the health and family welfare in the country. In this context, "Training Course on "Stress Management for Health Professionals-A Cognitive-Behavioural Package" is being conducted every year for the faculty of medical colleges and nursing colleges, hospital managers and clinicians, training institutes, SIHFWs administrators and programme managers working under NHM in the field of health at state and district level. The forthcoming training course will be conducted as per the schedule given below:

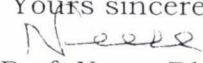
Date	Last Date of Nomination	Contact Officer	Telephone	E-Mail I.D.
22nd-26th Oct. 2018	25 <sup>th</sup> Sept., 2018	Prof. Neera Dhar (Coordinator)	9871104674	nabadhneera@yahoo.com
		Dr. Meerambika Mahapatro (Co-coordinator)	9968277292 011-26107773	meerambika@rediffmail.com
		Dr. Manisha	Ext.153,151,157	manisha@nihfw.org
		Dr.S.P.Singh	313	samindra99@gmail.com

A brochure regarding the training programme is enclosed for your reference. **You are requested to nominate 4-5 persons from your institute / organization for the said training.**

A course fee of Rs.5000/- (Rs. Five Thousand only) per person in the form of bank draft in favour of Director, NIHFW, payable at New Delhi may be submitted for each nominee by 25<sup>th</sup> September 2018. The course fee can be deposited through online transaction also in the name of Director, NIHFW, Branch Name: SBI, NIHFW, IFSC Code: SBIN0010439, A/c: 10932790787. The TA/DA is to be borne by the participant/sponsoring organization. Hostel facility to the participants will be provided on prior request. However, no family members/friends allowed. The hostel charges including stay, breakfast and dinner will be Rs.540/- (Rupees Five Hundred & Forty only) per day per head.

**It is important to provide the contact details of the participants (Telephone & E-mail) at the above given emails for confirmation of nomination by the NIHFW. The participants are requested to make travel plans only on receipt of a letter of confirmation/E-mail/Telephone for participation from NIHFW.**

With kind regards,

Yours sincerely,  
  
 Prof. Neera Dhar  
 Course Coordinator

Encls: Brochure



## About the Institute

NATIONAL INSTITUTE OF HEALTH AND FAMILY WELFARE (NIHFW) came into existence on March 9<sup>th</sup>, 1977 after the merger of two former institutions namely, National Institute of Health Administration and Education (NIHAE) and National Institute of Family Planning (NIFP). It acts as an 'apex Institute' and a 'think tank' for the promotion of health and family welfare programmes in the country and is known for its education, training, research, evaluation and consultancy, advisory and other specialized services.

## Basic Education

The educational activities of the Institute contribute to health manpower development for better management of health and family welfare programmes in the country. These courses are need based and multidisciplinary in nature. They include (i) Three year post Graduate Degree M.D. In Community Health Administration; (ii) a two year Post Graduate Diploma in Health Administration; and (iii) Three Courses of Post-Graduate Diploma in Health and Family Welfare Management, Hospital Management and Hospital Administration through Distance Learning. These are of one year duration.

## Training and Workshop

The training courses and workshops (intra-mural and extra-mural), numbering around 80-100 organized by the Institute every year aim at (i) familiarizing the participants with the goals and objectives of health and family welfare programmes, (ii) updating their knowledge and skills, (iii) addressing operational difficulties in the field, and (iv) providing remedial

## Research and Evaluation

The Institute gives priority attention to research work in different aspects of health and family welfare.

The Ministry of Health and Family Welfare (MOHFW) has chosen this Institute as a 'National Nodal Agency' to organize, coordinate and monitor the training programmes of Reproductive and Child Health (RCH) programmes in the country. The MOHFW has entrusted the NIHFW with the responsibility of supervision and monitoring of surveillance for HIV/AIDS infection in the country since the start of Annual Sentinel Surveillance in 1998. The institute is also involved in Leprosy Elimination Monitoring (LEM) in the country since 2002 in collaboration with GOI, WHO & ILEP.

## Specialized Services

Specialized services of the Institute include clinical, documentation, printing and publications. The clinical work in relation to infertility, reproductive disorders, especially endocrinology and sexual dysfunctions deserve mention. The reference, referral, press clipping and bibliographic services of NDC and the publication, art and projection services of the department of communication compliment the activities of the Institute.

## Advisory and Consultancy Service

The Director and faculty members of the Institute provide advisory and consultancy services to various national, international and voluntary organizations in various capacities.

## TRAINING COURSE ON STRESS MANAGEMENT FOR HEALTH PROFESSIONALS

### A COGNITIVE-BEHAVIOURAL PACKAGE

22-26 October, 2018

Last date for nominations

25<sup>th</sup> September, 2018

PERCEPTIONS, ATTITUDES, VALUES & BELIEFS

### CAUSE STRESS



Department of Education & Training  
National Institute of Health and Family Welfare  
Munirka, New Delhi- 110 067  
Web Site: [www.nihfw.org](http://www.nihfw.org)



## Introduction

Stress Management has become a big deal today. It is like a demon at our door step. We never heard of this stuff a few years back. Now everyone is talking about it. Stress! Stress! Stress has become a condition of living today-a condition that cannot be eliminated from life. It is high time when each one of us has to learn to manage it. Stress is not always bad. In fact a minimum level of stress is required to lead a productive and a creative life. But if it surpasses the required and manageable level, the consequences can be highly counter-productive and even fatal. Capacity for stress tolerance varies from individual to individual. No absolute standard exists for that. All of us have to be well versed with the mechanisms of managing stress both preventive as well as intervention measures as per our need and capacity. This has a special relevance for doctors & other health professionals, who face multiple environmental challenges and demands like tremendous professional accountability, medical ethics, legal issues on one hand; and human concern and morality on the other inter personal conflicts, exposing them consistently to the stress prone situations. Combined with these is the challenge that they have to deal with in managing the family and personal dimensions. There is a tremendous pressure. Hence, it becomes all the more essential for this group to learn the mechanisms of neutralizing stress & dealing with conflicts. These combating techniques have to be made part of the life style, otherwise non-stop-stress can act as a killer in terms of performance of all kinds. This course is an attempt to accomplish these objectives. The theme of this course is that 'people do not live by facts but by perceptions'. The approach adopted will be "COGNITIVE BEHAVIOURAL" approach. It deals with two basic aspect- Cognitions: how a person thinks? And Behavioural: how a person acts? The mechanisms will be provided for adopting positive and rational approach to life, supplemented by the techniques for changing the behaviour. It

Will be further corroborated with techniques of dealing with interpersonal conflict situations which act as potential source leading to stress.

## Objectives

- At the end of the training course the participants will be able to:
- Describe the nature and process of stress.
  - Discriminate between functional dysfunctional stress.
  - List and explain cognitive techniques of managing stress
  - List and explain the behavioural techniques of managing stress.
  - Develop stress relieving messages as a self-instructional guide
  - List techniques of dealing with interpersonal situations
  - Formulate a self-management plan for restructuring a modified style.

## Course Contents

- Nature and process of stress, symptoms of stress & stress response
- Functional and dysfunctional aspects of stress, positive and negative stress, optimum level of stress, ailments caused due to non-stop stress
- Role of beliefs, attitudes and values in generating stress
- Cognitive approaches of coping with stress.
- Behavioural practices for combating stress and role of Indian Spiritual thought managing stress
- Impact of positive messages and statements in emotional health programming for self.

## Methodology

### Experiential

- Exercise
- Group Work
- Role Play
- Lecture Discussion
- Cases and Games
- Use of Audio Video Aids

## Category & Number of Participants

The participants will be faculty of training institutions and hospital managers & clinicians, medical & nursing colleges, State & District Programme Manager under NHM..

## Course fees

A course fee of Rs.5000/- (Rs. Five Thousand only) per person in the form of bank draft in favour of Director, NIHFWS, payable at New Delhi may be submitted for each nominee by 25th September 2018. The course fee can be deposited through online transaction also in the name of Director, NIHFWS, Branch Name: SBI, NIHFWS, IFSC Code: SBIN0010439, A/c: 10932790787. The TA/DA is to be borne by the participant/sponsoring organization. Hostel facility to the participants will be provided on prior request. However, no family members/friends allowed. The hostel charges including stay, breakfast and dinner will be Rs.540/-(Rupees Five Hundred & Forty only) per day per head.

## Course coordinating Team

Course Coordinator : Prof. Neera Dhar

Course co-coordinator: Dr. Meerambika Mahapatra

Course Associate : Dr. Manisha, Dr. S.P.Singh

Secretarial Assistance : Mr. Vikas Kanojia

## Contact officer

Prof. Neera Dhar

Off. 011-26165959

Email : na

Dr. Manisha  
Dr. S.P. Singh  
Mr. Vikas Kanojia  
National Institute of Health & Family Welfare  
New Delhi