



## Engineering Staff College of India

Autonomous Organ of The Institution of Engineers (India)

(An ISO 9001:2008 Certified Institution)

Old Bombay Road, Gachi Bowli, Hyderabad – 500 032

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E-mail : [mt@escihyd.org](mailto:mt@escihyd.org)

Website: [www.escihyd.org](http://www.escihyd.org)



**Gp Capt B S Phillora**, BE (ETC), AE (L), MMS (DS), MPhil, IPMA-D, FIE, Lead Auditor (ISO 9001-2008)

Dean of Studies, ESCI &

Sr Faculty & Head

Management & Technology Division

ESCI/M&T/MT3091/2017-18

04.09.2017

The Dean  
College of Technology & Engineering  
University Rd, Ganapati Nagar,  
Udaipur, Rajasthan -313001

*Continuing Professional Development Programme on*

### Stress Management

(Leads to International Certification accredited by International Council of Stress Management Professionals,  
Sydney, Australia)

**28 – 30 November 2017**

Dear Sir / Madam,

We are happy to inform you that Engineering Staff College of India is conducting the above programme from **28 – 30 November 2017** at our Campus.

Nobody in today's World is immune to stress, and those individuals who are able to manage their stress alone are able to excel in their personal and professional life with greater ease. Unmanaged stress is the root cause for all problems as it directly impacts the Physical, behavioral and emotional performances of individuals. Unfortunately many people are ignorant of this fact. Rather many are not even aware that they have stress or are prone to stress and or moving towards the zone of adverse stress.

**OBJECTIVE** : The objectives of the programme are:

- To create awareness regarding different types of distress and its management
- To learn different techniques for managing different types of stress.
- To develop skills to audit, coach and counsel individuals ailing from stress.
- Build greater confidence and acquire required abilities of handling stress issues.

**TARGET PARTICIPANTS**: Engineers, Executives, Professionals from Governments, Private sector and Public Sector Undertakings (from product, process and service sectors), Scientists working in Research Laboratories and Professors, Associated Professors, Assistant Professors, Administrative Officers / Executives of various engineering colleges & Universities, HR professionals and Corporate trainers will find the programme useful.

The brochure is also available on our website:- [www.escihyd.org/](http://www.escihyd.org/) or it can be directly accessed by the following link to our M&T Division's future programmes: <http://escihyd.org/index.php/mt-upcoming-trainings>

We request you to kindly nominate few participants from your esteemed organization.

Thanking you,

Yours sincerely,

(Gp. Capt. B S Phillora)

Course Director

Encl : Brochure

Please turn back the page to find the training calendar 2017-18

- We also undertake In-house / Customized Training Programmes in various Management & Technical fields



*Circular file*  
*Tegpc*  
*11.9.2017*

## Management & Technology Division

### Calendar for the year 2017-18

| Sl No. | Prog. Code No. | Title  | Duration | Schedule       | *Course Fee |
|--------|----------------|--|----------|----------------|-------------|
| 1      | MT3045-1       | Communication and Presentation Skills (Communicating Assertively)  | 3        | 26-28 Apr 17   | 15,000      |
| 2      | MT3064-1       | Operation, Maintenance and Performance Monitoring of Centrifugal Pumps and Compressors (with Practical Orientation and Technical Visit)  | 3        | 09-11 May 17   | 15,000      |
| 3      | MT3048-1       | Personality Development (An Ordinary to Extra-ordinary Personality Empowerment)  | 3        | 16-18 May 17   | 15,000      |
| 4      | MT3028-1       | Welding Technologies and NDT Techniques (Theory and Practical Orientation with Technical Visit)  | 5        | 22-26 May 17   | 25,000      |
| 5      | MT3103         | NDT Level-II Certification in Magnetic Particle Inspection in accordance with ASNT Document No.: SNT-TC-1A 2006 (Gain Practical Hands on Experience on Maintenance, Repair & Inspection) | 5        | 12-16 Jun 17   | 25,000      |
| 6      | MT3094         | Supplier Relationship Management (The key to more competitive purchasing prices)   | 3        | 20-22 Jun 17   | 15,000      |
| 7      | MT3095         | Leveraging RTI for improving Transparency for organizational Effectiveness (All About RTI Act 2005)  | 2        | 28-29 Jun 17   | 10,000      |
| 8      | MT3042-1       | Conflict Management, Decision Making and Problem Solving Skills  | 3        | 05-07 Jul 17   | 15,000      |
| 9      | MT3102         | 3 Dimensional LASER Land Scanners for Mining and other Applications  | 4        | 11-14 Jul 17   | 20,000      |
| 10     | MT3050-1       | Creative Leadership and Teambuilding Skills for Organisation Development (Innovative and Inspiring Leadership methodologies with case-studies and Role plays)                            | 3        | 18 - 20 Jul 17 | 15,000      |
| 11     | MT3046         | Materials and Supply Chain Management (Including SAP-MM Module Exposure)   | 4        | 25-28 Jul 17   | 20,000      |
| 12     | MT3045-2       | Communication and Presentation Skills (Communicating Assertively)  | 3        | 01-03 Aug 17   | 15,000      |
| 13     | MT3047-1       | Vibrations, Balancing, Alignment and Condition Monitoring of Rotating Equipment (Theory and Practical Orientation with Technical Visit)  | 4        | 08-11 Aug 17   | 20,000      |
| 14     | MT3050-2       | Creative Leadership and Teambuilding Skills for Organisation Development (Innovative and Inspiring Leadership methodologies with case-studies and Role plays)                            | 3        | 16 - 18 Aug 17 | 15,000      |
| 15     | MT3096         | Advances in Drilling and Blasting Technologies and its Applications to Mines, Quarries & Infra projects  | 4        | 21-24 Aug 17   | 20,000      |
| 16     | MT3048-2       | Personality Development (An Ordinary to Extra-ordinary Personality Empowerment)  | 3        | 05-07 Sep 17   | 15,000      |
| 17     | MT3042-2       | Conflict Management, Decision Making and Problem Solving Skills  | 3        | 12 - 14 Sep 17 | 15,000      |
| 18     | MT3028-2       | Welding Technologies and NDT Techniques (Theory and Practical Orientation with Technical Visit)  | 5        | 18-22 Sep 17   | 25,000      |
| 19     | MT3098         | NDT Level-II Certification in PENETRANT TESTING accordance with ASNT Document No.: SNT-TC-1A 2006  | 3        | 04-06 Oct 17   | 15,000      |
| 20     | MT3045-3       | Communication and Presentation Skills (Communicating Assertively)  | 3        | 10-12 Oct 17   | 15,000      |
| 21     | MT3097         | Comprehensive Estimation, Tendering and Procurement Process  | 4        | 24-27 Oct 17   | 20,000      |
| 22     | MT3062         | Project Monitoring, Control and Implementation (Concept of Earned Value Management System in Project Management)   | 4        | 14-17 Nov 17   | 20,000      |
| 23     | MT3091         | Stress Management (Leads to International Certification Accredited by International council of Stress management professional, Sydney, Australia.)                                       | 3        | 28-30 Nov 17   | 15,000      |
| 24     | MT3100         | NDT Level-II Certification in Ultrasonic Technique in accordance with ASNT Document No.: SNT-TC-1A 2006  | 6        | 04-09 Dec 17   | 30,000      |
| 25     | MT3056         | Interpersonal Skills Effectiveness and Emotional Intelligence. (For Managerial Effectiveness and balancing Stress with practical and Work play)  | 3        | 12-14 Dec 17   | 15,000      |
| 26     | MT3064-2       | Operation, Maintenance and Performance Monitoring of Centrifugal Pumps and Compressors (with Practical Orientation and Technical Visit)  | 3        | 19-21 Dec 17   | 15,000      |
| 27     | MT3083         | Industrial Instrumentation & Modern Control System.  | 4        | 02-05 Jan 18   | 20,000      |
| 28     | MT3047-2       | Vibrations, Balancing, Alignment and Condition Monitoring of Rotating Equipment (Theory and Practical Orientation with Technical Visit)  | 4        | 16-19 Jan 18   | 20,000      |
| 29     | MT3045-4       | Communication and Presentation Skills (Communicating Assertively)  | 3        | 29-31 Jan 18   | 15,000      |
| 30     | MT3101         | Radiographic Technique Film Interpretation-for the award of NDT Level-II Certification in Radiographs as per SNCT TC 1A  | 6        | 05-10 Feb 18   | 30,000      |
| 31     | MT3075         | Systems Engineering  | 5        | 05-09 Mar 18   | 25,000      |
| 32     | MT3099         | Managing Innovation for Competitive Advantage  | 5        | 12-16 Mar 18   | 25,000      |

\* Please add Goods and Services Tax @ 18% (w.e.f. 1st July 17) in all the Course Fee  
Our GSTIN: 36AAATT3439Q1ZV

- We also undertake In-house / Customized Training Programmes in various Management & Technical fields







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Old Bombay Road, Gachi Bowli, Hyderabad - 500032, Telangana, India.

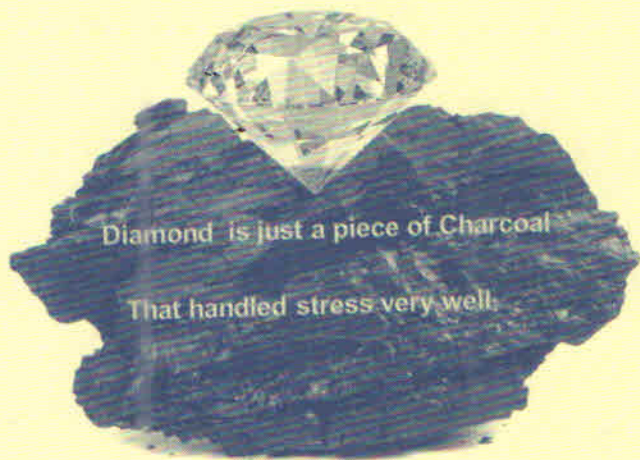
## Management and Technology Division

Continuing Professional Development Programme on

# STRESS MANAGEMENT

(Leads to International Certification accredited by International Council  
of Stress Management Professionals, Sydney, Australia)

28 – 30 November 2017



(An ISO 9001 : 2008 Certified, AICTE & CEA Recognized Institution)

**Centre for Promotion of Professional Excellence.**



## INTRODUCTION

Nobody in today's World is immune to stress, and those individuals who are able to manage their stress alone are able to excel in their personal and professional life with greater ease. Unmanaged stress is the root cause for all problems as it directly impacts the Physical, behavioral and emotional performances of individuals. Unfortunately many people are ignorant of this fact. Rather many are not even aware that they have stress or are prone to stress and or moving towards the zone of adverse stress

Many organizations are combating two vital issues performance and Employee engagement. Very few have realized that the root cause of the problem is unmanageable pressures/stresses. In today's competitive world one cannot shy away from stress, and many are unable to differentiate between good stress and adverse stress, many individuals and organizations are looking for a holistic and scientific approach to tackle this major Epidemic.

## OBJECTIVES

The objectives of the programme are:

- To create awareness regarding different types of distress and its management
- To learn different techniques for managing different types of stress..
- To develop skills to audit, coach and counsel individuals ailing from stress.
- Build greater confidence and acquire required abilities of handling stress issues

## COURSE COVERAGE

The issues to be deliberated during the programme are:

- Stress Basics
- Personal Stress Audit
- Stress Endurance and Role of Diet in Handling stress and Weight management
- Active Relaxation for Neuronal Empowerment
- Emotional balance for better stress management
- Self Esteem & Behavior Pattern for better work life balance.
- Untwisting Cognitive errors for positive thinking and wellbeing.
- Stress Coaching Concepts and Protocol based Stress Counseling
- Handling Causes of Stress - Life Events, Overload, Frustration & Deprivation
- Role Stress and Management Standards for managing organizational stress
- Role of IPR, Negotiations & Conflict Resolutions in Managing stress at work
- Understanding Stress Safety Net Implementation for Organizations

## METHODOLOGY

Methodology of the programme includes class room Sessions with Lecture/discussion with audio visual aid, benched marked video shows, Chalk & Talk sessions, group discussions, case studies, debates, sharing of experiences, etc. All the sessions will be interactive demanding active participation from all the members. CMI will be the main method of instruction.

## PROGRAMME ADVISOR & FACULTY



**Dr. B. Udaya Kumar Reddy**  
President,  
International  
Stress Management  
Association



**M. Rajender Singh**  
Director,  
Stress Management  
Lab



**Ian Shakespeare**  
Chief Executive Officer  
SMG Health, Australia

Besides the Faculty of ESCI, experts from industry and academia will be involved. Following experts are likely to participate

## TARGET PARTICIPANTS

Engineers, Executives, Professionals from Governments, Private sector and Public Sector Undertakings (from product, process and service sectors), Scientists working in Research Laboratories and Professors, Associated Professors, Assistant Professors, Administrative, Officers / Executives of various engineering colleges & Universities, HR professionals and Corporate trainers will find the programme useful.

## BENEFIT TO THE PARTICIPANTS

- Greater confidence and acquire required abilities of handling stress issues
- Access to a patented tool i.e. STRESSTUNE™ to support your professional services (viz. online stress audit, stress coaching, stress counseling etc.)
- Network with the experienced and talented professional in similar fields



## PROGRAMME VENUE, DATES & TIMINGS

**VENUE** : Engineering Staff College of India (ESCI) Campus, Old Bombay Road, Gachibowli, Hyderabad. 500032, TS, India.

**DATES** : 28-30 November 2017

**TIMINGS** : On the first day Registration will commence at 0900 h, on all other days the programme timings will be from 0945-1715 h with breaks in between for tea and lunch.



### COURSE DIRECTOR

**GpCapt (Retd) BS Phillora BE (ETC), AE (L), MMS (DS), M Phil, FIE, Certified lead auditor ISO 9001-2015**  
Dean of Studies ESCI & Sr. Faculty, Head, Management & Technology Division, & Design & Prototyping Centre, ESCI

### COURSE FEE

**Rs. 15,000/- (Residential Fee)** per participant. Fee includes, course material, course kit, twin-sharing/single AC accommodation as per availability, breakfast, lunch, dinner, tea / coffee and snacks during the actual days of training programme.

### DISCOUNTS

- **Non-Residential Fee** - 10% discount on course fee is allowed for non-residential participants.
- **Group Discount** : Additional 10% discount for three or more participants, if sponsored by the same organization.

**(All discounts are applicable only if fee is received at ESCI before the commencement of the programme.)**

**Goods and Services Tax @ 18%** is to be paid extra over and above the training fee. PAN Card No AAATT3439Q; **GST No. 36AAATT3439Q1ZV.** (Under commercial training or coaching services).

Programme fee is to be paid in favour of "IE (I)-Engineering Staff College of India" in the form of demand draft payable at Hyderabad at par cheques payable at any Bank Branches.

Alternatively, the payment may be made by Electronic Fund Transfer (EFT) to ESCI - SB A/c No.0432104000039631 with The IDBI Bank Ltd. Plot No.2-53/2, JNIBF, IIIT Junction, Gachibowli, Hyderabad - 500 032, by RTG's/ NIFT / IFSC Code No: IBKL0000432. ESCI PAN No. is AAATT3439Q.

**While using EFT/ Draft method of payment, kindly forward a covering letter giving details on the names of the participants, Title and the programme schedule or our invoice reference proper accounting**

### REGISTRATION

Online registration shall be available on ESCI website.(URL:www.escihyd.Org) Online registration shall be available on ESCI website. (Please visit our Web portal: www.escihyd.org) To Visit our Web page please Click: [linkhttp://escihyd.org/index.php/mt-upcoming-trainingsfor](http://escihyd.org/index.php/mt-upcoming-trainingsfor) online registration

To register, manually please send your nominations giving details of name, designation, contact address, email address, mobiles no, telephone and fax number of the participant along with the details of mode of payment of fee, addressed to:

#### Head, Management & Technology Division

Engineering Staff College of India  
Old Bombay Road, Gachibowli, Hyderabad 500 032, TS, India  
Phone: Direct 040 6630 4111, 6630 4112 & 4105  
Fax : 040-23000336 & 040 6630 4103. Email: [mt@escihyd.org](mailto:mt@escihyd.org),

For Registration Please Contact:

**Mr. L.V. Rao**  
Programme Manager,  
Land line 040-66304105  
Mob: 09949145865

### CERTIFICATION

A certificate of participation will be awarded to each participant on conclusion of the programme.

### GENERAL INFORMATION

- ESCI encourages participants to present case studies from their respective organizations.
- For the convenience of outstation participants, ESCI will facilitate pick-up and drop from Airport / Railway Stations / Bus Stations, if travel plans are received at least 3 days in advance along with mobile number by fax or email. The charges shall be paid by the participant directly to the Cab.
- ESCI provides complimentary accommodation and boarding to the participants one day before commencement (Check-in 1200 h) and one day after conclusion (Check-out 1200 h) of the programme duration. Overstay charges will be applicable as per ESCI rules (subject to availability of accommodation).
- Well developed Information Centre and Internet facilities are available to the participants.
- Nominating authorities are requested to kindly send the contact details of the participants while sending their nomination letter. This will help us in making necessary administrative arrangement for them.



# About Engineering Staff College of India



**GENESIS** Engineering Staff College of India (ESCI's) is a unique Institution set up in October, 1981 by the premier body of engineers, The Institution of Engineers (India).

## PHILOSOPHY & OBJECTIVES

The Primary objectives of ESCI are to impart professional and

need based Continuing Professional Development Programmes (CPDP) and training in frontier areas of Engineering and Management fields, simultaneously providing professional consultancy and technical services to the Industry. ESCI's operations are firmly grounded in its desire to act as a bridge between academic institutions, R&D laboratories and organizations in private and public sectors to promote the growth and increased availability of latest know-how and expertise to professional engineers, executives and managers in all these sectors.

## ESCI's DOMAINS

- > Climate Change
- > Environment Management
- > Management & Technology
- > Quality & Productivity
- > Skill Development Cell
- > Advanced Materials Engineering Cell
- > Civil & Transportation Engineering
- > Information Technology
- > Power & Energy
- > Water Resource Development
- > Design & Prototyping Centre
- > Corporate Relationship Cell

## SCHOOL OF PG STUDIES

School of PG Studies of ESCI conducts AICTE approved two Year full time Post-Graduate Diploma in Infrastructure Management (Power, Transport, Telecommunications & Civil) and PGDM. Aim of the courses is to build the capacity of the engineers and other graduates by imparting skills to make them effective and productive managers.

The PGDM (Infrastructure) is uniquely designed to amalgamate technical talent with the latest management techniques to transform them into Techno Managers in the core sectors of Civil, Power, Transportation and Telecommunication to handle challenges of massive development of infrastructure. Engineering Graduates from any branch are eligible for this program. The admission process for the new batch starts in January every year and the courses commence from July.

## TRAINING PROGRAMMES

Continuing Professional Development Programmes are formulated by ESCI from time to time and announced, on topics of current technology and relevance. In Addition to Open Programmes, ESCI also organizes and conducts customized in-house programmes to meet specific requirement of such organizations.

## CAMPUS & HOSTEL FACILITIES

The 70-acre sprawling Campus of ESCI is about 15 km from the centre of Hyderabad City. ESCI, situated in serene and tranquil surroundings, has its main building and five hostel blocks which can accommodate upto 150 participants. The hostel rooms are air conditioned and well furnished for comfortable stay of the participants and arrangements for catering and recreational activities on Campus are also provided.

## CLASS ROOMS

The 8 lecture halls are air conditioned and well equipped with all modern audio-visual aids to conduct concurrent programmes.

For details about training programmes, consultancy, or any other information, please write to :-

**Director**

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Old Bombay Road, Gachi Bowli, Hyderabad 500 032 (TS) India  
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Email: dg@eschyid.org, ic@eschyid.org  
URL www.eschyid.org



Chanakya Seminar Complex has two lecture halls & seminar halls of seating capacity of 200+ for National & International Conferences and Seminars.

Kautilya Complex is a new addition having 4 state of the art class rooms.

## INFORMATION CENTRE

ESCI Information Centre has a valuable collection of about 8000 books & reports and 100 periodicals including international journals, online database EBSCO is available.

## FACULTY

ESCI has core faculty in all the engineering and management disciplines comprising of very senior engineers, eminent scientists and teachers who have rich experience. ESCI derives faculties from a large number of national and international organisations of high repute. They are drawn from industries, consulting firms, government organisations, academics and research institutions etc.

## CONSULTANCY ASSIGNMENTS

ESCI provides consultancy services to suit the requirement of clients in all engineering disciplines, Quality (ISO 9000/ISO 14000) Management & Technology areas. ESCI's group of thorough-bred consultants with their expertise execute these assignments and co-opt experts as necessary. ESCI has successfully executed many prestigious projects in the areas of water resources, power & energy, transportation, minings etc.

## COLLABORATIONS

ESCI has large number of national and international collaborations which provide an impetus to improve the quality of its activities.

**International** : European Institute for Energy Research Electricite de France, Karlsruhe, Germany, Planning Transport Verkehr AG (PTV), Germany, Massachusetts Institute of Technology (MIT) USA, Kansas State University (USA), University of Illinois at Chicago (USA), British Council, Nigel Bauer & Associates, Marsden International, U.K and DFID, Govt. of UK.

**National** : Solar Energy Society of India, Ministry of Transport, Ministry of Power, Central Electricity Authority, Power Grid Corporation, UTL, NALCO, Bhilai Steel Plant, MPPTCL, MPPKVVCL, PSEB, CBIP, CPRI, JNTU, CMC, C-DAC, FICCI Quality Forum, NTPC, BHEL, NHPC, DRDO, NFC, CIRE, NPC, ONGC, NMDC, Ordnance Factories Board, Coal India Ltd, all SEBs, and State Govt. Depts., In addition, ESCI makes use of the various bilateral agreements between its parent body, The Institution of Engineers (India), and professional bodies in many other countries to further its overall goals & activities.



ESCI



**A Learning Centre for Practicing Engineers, Scientists and Managers.**