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Rationale

The negative effects of stress have considerable damage on the learning, work performance and wellbeing of an employee. 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. Management interventions will ensure resilience, wellbeing, performance of workforce and improves productivity of an organization.

Against the above backdrop, International Stress Management Association organizing 8th International Congress of Stress, Performance and Wellness on 17th to 19th December 2021 virtually. The overall theme of the ICSPW 2021 conference is “Stress: Assessments – Interventions – Technologies”

Methodology of the Congress

More participatory methodology, like, Presentations, Panel Discussions, Case Experiences, Paper Presentations etc. is being used in the conference. Delegates will have an opportunity to participate in the micro sessions on the topic / theme of their interest ONLINE.

Who can participate?

The congress 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, performance and wellness.

Papers presentation

Delegates may present paper, or participate in the International Conference without presenting the paper. Only one paper will be accepted from each registered delegate. The write-up 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 with “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.

Virtual Presentation Types

Paper presentations: Oral presentations of 12 minutes organized into concurrent themed sessions. Presenters should aim for 10 minutes content, with up to 2 minutes for questions and discussion.

Submission and review process

- Submissions will only be accepted through the online portal until 23rd October 2021.
- Abstracts will be reviewed by the Scientific Committee and result will be notified from 30 July 2021 onwards.

Publication

Accepted papers after review will be recommended for publication in Scopus Index / UGC Care / Peer Reviewed Journals / ISBN Book*. Proceedings of the Abstracts will be published in e-book form . By submitting an abstract, authors give permission for print, electronic and online publication of the abstract, as well as presentation slides to be made available online to all conference delegates.

ICSPW 2021 Main Themes

- Sustainable Performance and Wellness in New Normal
- Cognitive, Emotional and Behavioural Aspects of Stress
- Social, Organizational and Work Culture Dynamics - COVID 19
- Organizational Learning and Development - Innovations and Approaches
- Economic Stress on Institutions and Nations
- Cross-Cultural , Virtual Teams and Performance Leadership
- Technology and Interventions in Stress, Performance & Wellness
- Corporate Wellness and Work-Life Balance
- Gender and Academic Stress
- Family & Spiritual Resilience

Benefits of attending the congress

- 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
- Participants will get exposed to the latest Stress Management technologies and Interventions

Registration

Registration includes full access to all sessions and lectures, as well as Proceedings (e-abstract book).

Type of Registration	Early Bird Up to 31 st Aug. 2021		Regular 1 st Sept. - 30 th Nov. 2021		Spot 1 st -16 th Dec. 2021	
Category	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign (\$)	Indian(Rs.)	Foreign (\$)
Individual	700/-	40	900/-	60	1000/-	70
Student*	500/-	20	700/-	30	900/-	35
ISMA Member	600/-	30	800/-	40	1000/-	50

Some of previous 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		

About ISMA

The International Stress Management Association (ISMA) 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 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 seven International Conferences successfully. (www.isma.org.in)

About A.V. College of Arts, Science and Commerce

A.V. College was established in 1968 as a composite college offering Intermediate and Undergraduate Courses by great luminaries like the late Justice K. Madhava Reddy, former Chief Justice of High Courts of Andhra Pradesh and Maharashtra. Today it offers 25 undergraduate and postgraduate programs including BBA, MBA and MCA. It has 3000 plus students on its roll, including students from other states and foreign countries. The College also has NCC, NSS and YRC Units. The college was first accredited with A Grade by NAAC in 2005 and again in 2014. The Magazine 'India Today' has consecutively rated A.V. College as one of the best colleges in the twin cities of Hyderabad and Secunderabad. Best Science College in A.P, 5th best in South India, 15th best in India. It is located in the heart of Hyderabad on a sprawling campus of 7.33 acres.

About Institute of Asian Studies

The Institute of Asian studies was registered in 1995 to promote knowledge and studies on India's historic linkages with the great ancient civilization of Asia such as Egypt, Sumeru, Persia and China. The original Memorandum of Rule & Regulations was amended in 1963 to add focus on the study of contemporary international affairs and issues, with special reference to Asia. Ever since, the Institute has been paying increasing attention to the analysis of global, political, economic and social issues, while entertaining its interest in the areas of history and culture through its various events and activities.

Organizing Committee

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