

Expert Talk
on
Stress Management for Academic Excellence

25 Feb. 2019: Team HR, PDPU along with SLS organized an expert talk on Stress Management for Academic Excellence by Dr. Udaya Kumar Reddy on February, 2019 for the faculty members, staff members and students of PDPU. Workplace stress and challenges regarding communication diversity can be a source of unmanageable stress and conflict which can affect the employees' quality of life and excellence at work. This session was designed to make participants understand and be aware of the need and possibilities to manage self and environment. The event also aimed to minimize stress and reduce conflict among employees for organizational excellence.

Speaker for the session was Dr. B. Udaya Kumar Reddy, Founder and President of International Stress Management Association - India Chapter. His expertise lies in the areas of Stress Safety Net, Achievement Motivation, Organizational Behaviour, Competency Mapping, Performance Management, Emotional Intelligence and Corporate Training. Dr. Reddy holds an excellent academic record with PhD, MPhil, M.A. MBA. Dr. Reddy's successful career of 24 years spans across the conduction and coordination of training programs in stress management along with research and consultancy work in the same domain. He serves as the Director in Stress Management Lab, Hyderabad and as Director- Chair for International Council of Stress Management Professionals, Australia. Dr. Ritu Sharma and Dr. Satish Pandey highlighted insights about research work done in PDPU on stress management by the faculty members and students. The session concluded with interactive discussion with the audience.



