

# National Seminar on Stress Management [P-1351]

5<sup>th</sup> & 6<sup>th</sup> August, 2023

## Programme Schedule

Session & Timing	Themes	Resource Persons
<b>DAY 1</b> <b>5<sup>th</sup> August, 2023 (Saturday)</b>		
<b>SESSION 1</b> 09:30: AM -11:00 AM	<b>Understanding Stress and Impact on Occupational Efficiency</b>  <b><u>Proposed Scope of Discussion</u></b> <ul style="list-style-type: none"><li>• Stress and its various Manifestations</li><li>• Relationship Between Stress and Performance</li><li>• Resilience and Positive Attitude</li></ul>	<b>Justice R.C. Chavan</b> <b>Dr. Vidya Sathyanarayanan</b>
11:00 AM - 11:30 AM	<b>Tea Break</b>	
<b>SESSION 2</b> 11:30 AM - 01:00 PM	<b>Managing Occupational Stress through Emotional Intelligence</b>  <b><u>Proposed Scope of Discussion</u></b> <ul style="list-style-type: none"><li>• Source and forms of Occupational Stress</li><li>• Emotional Intelligence Competencies: Self Awareness, Self-Management, Adaptability, Social Awareness and Relationship Management</li></ul>	<b>Justice R.C. Chavan</b> <b>Dr. Vidya Sathyanarayanan</b>
01:00 PM - 02:00 PM	<b>Lunch Break</b>	
<b>SESSION 3</b> 02:00 PM – 03:30 PM	<b>Understanding Litigant Behaviour in Diverse Litigation</b>  <b><u>Proposed Scope of Discussion</u></b> <ul style="list-style-type: none"><li>• Empathy towards Litigants</li><li>• Communication and Interaction with Different Litigants</li><li>• Managing Adverse Behaviour of Litigants - Frivolous Litigation, Non-Cooperative Behaviour, False Complaints</li></ul>	<b>Justice S.G. Gokani</b> <b>Justice Asha Menon</b>
<b>Tea</b>		

**DAY 2**  
**6<sup>th</sup> August, 2023 (Sunday)**

<b>SESSION 4</b>  09.30: AM -11:00 AM	<b>Maintaining the Balance: Judicial Stress and Wellness</b>  <b><u>Proposed Scope of Discussion</u></b>  <ul style="list-style-type: none"><li>• Attitudinal Differences and Biases</li><li>• Mindfulness: Staying Focused &amp; On Task</li><li>• Psychosocial Adjustments and Adapting to Change</li><li>• Stress Management : Relaxation Techniques</li></ul>	<b>Justice Dr. Shalini P. Joshi</b> <b>Dr. Harish Shetty</b> <b>Dr. Samindara Sawant</b>
11:00 AM - 11:30 AM	<b>Tea Break</b>	
<b>SESSION 5</b>  11:30 AM - 01:00 PM	<b>Life Beyond Dias: Judicial Stress and Wellness</b>  <b><u>Proposed Scope of Discussion</u></b>  <ul style="list-style-type: none"><li>• Health Issues and its Impact on Personal and Professional Sphere</li><li>• Intrusive Thoughts and Emotional Reactions</li></ul>	<b>Justice Dr. Shalini P. Joshi</b> <b>Dr. Harish Shetty</b> <b>Dr. Samindara Sawant</b>
<b>Lunch &amp; Departure</b>		

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