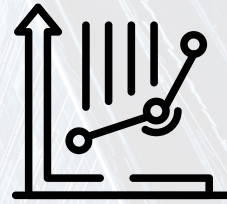




NAAC  
ACCREDITED **A+**

# MANAGEMENT



# DEVELOPMENT



# PROGRAMME

WORKLIFE BALANCE & STRESS MANAGEMENT

Date - 24th Oct - 26 Oct 2024

FACULTY OF  
MANAGEMENT

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[www.vgu.ac.in](http://www.vgu.ac.in)



VGU Campus

*"You will never feel truly satisfied by work  
until you are satisfied by life"*

*-Heather Schuk*

A recent study of more than 50,000 employees from a variety of manufacturing and service organizations found that two out of every five employees are dissatisfied with the balance between their work and personal lives. The lack of balance is due to long work hours, changing demographics, long commutes, and the deterioration of boundaries between work and home, and increased work pressure. Therefore, it is important for both employers and employees to take steps to improve their work-life balance. A successful work-life balance allows staff members to feel happier, healthier, and more productive, in addition to feeling a stronger team spirit and loyalty to their employer. Employers will likewise experience increased productivity and low turnover rates which, in turn will have a positive effect on the organization's goals.

This MDP is an attempt from Vivekananda Global University against the highly increasing work hours that Indian organizations seem to demand and expect in the course of time and what problems are faced by employees while carrying their routine work and how they can be encountered.

The MDP squarely focuses on the solutions and recommend a prescription for the healthy worklife balance.

# About University

**Vivekananda Global University (VGU)**, with NAAC A+ grade, is a young forward-looking multidisciplinary private university established by the Act of Rajasthan State Legislature (11/2012) as specified by UGC under section 2(f) of the UGC Act 1956. The University has been approved by the UGC, Bar Council of India, Council of Architecture, and Pharmacy Council of India and is a provisional member of the Association of Indian Universities (AIU).

The University's commitment towards quality education, research, and innovation has been recognized by the Ministry of Education, GOI, which ranked VGU in the band of 6-25 in private institutions all over India and No. 1 in Rajasthan in ARIIA, ASSOCHAM awarded "University of the Year – West". Our IIC has been awarded 4.5 stars by the Ministry of Education, GOI. The commitment has also been recognized by various Government bodies such as NITI Aayog, and the Ministry of MSME who granted R&D funding of Rs 242 Lakh for establishing the first Atal Community Innovation Centre and Rs 100 Lakh under ASPIRE scheme for creating a Technology Business incubator respectively. Recently, Swavlamban Chair for MSME Solutions has been awarded by SIDBI with a grant of around Rs 1.45 Core.



# Learning Objectives

**On completion of this course participants will be able to:**

- Understand the benefits of achieving a healthy work-life balance.
- Implement strategies to improve well-being and achieve better balance.
- Recognize the signs and symptoms of stress.
- Implement strategies to improve their resilience and better cope with stress.
- Utilize various models and theories to manage their reactions to stressful situations and challenge negative thoughts.
- Draw upon relaxation techniques to improve their coping ability.

# Course Contents

**The program will broadly cover the following areas:**

- Stand and Deliver : Your Job or Your Life (WLB- aim, importance, focus)
- POWER of habit - Smarter-Faster -Better
- The FUN Audit
- Flex- the new age Leadership
- Mastering the basics (Stress & Stressors)
- Preparing to Work for WLB
- The Bigger Picture : Getting what you want, LONG TERM
- My WLB essentials

# Who Should Attend

**The program is designed for all working and non working professionals including:**

- Middle and senior-level managers: (Regional/Zonal/ Department heads)
- Human resources professionals: HR and L&D professionals
- Executives and decision-makers: Senior leaders/BU Heads/Functional heads
- Professionals experiencing high levels of stress: Senior Employees who may benefit from learning strategies.

# Methods

The program will use a mix of lecture, discussions, case studies, group work and presentations. Efficient use of time and stress management techniques will be used.

## Resource Persons

### **Dr. DVS Bhagvanulu**

Pro President (Research Affairs), Vivekananda Global University, Jaipur.

### **Mr. Tavinderjit Singh Vasudeva**

Special Invitee, Industry Resource Person  
President & Chief Business Officer at Microlabs

### **Dr. Tanjul Saxena ,MBA , Ph.D**

Principal, Mahatma Gandhi College of Hospital Administration (MGCOHA),  
MGUMST, Sitapura, Jaipur.

### **Dr. Sandeep Narula , MBA, Ph.D**

Mentor, Faculty of Management, Vivekananda Global University  
Ex-Professor, Narsee Monjee Institute Of Management Studies, Mumbai  
Professor & Head -T&P, Mahatma Gandhi College of Hospital Administration (MGCOHA),  
MGUMST, Sitapura, Jaipur.

## Duration and Venue

The program is of **3-days** duration, **24th October - 26th October 2024** at **Vivekananda Global University, Jaipur.**

(The program can be customized at client location also with a minimum batch size of 20 participants).

## Certification

A certificate of participation on completion of the program will be issued by Vivekananda Global University, Jaipur.

## Program Fee

- **Indian Participants:Rs.30,000 per participant plus 18% GST.**
- **International Participants: USD 400 per participant plus 18% GST.**

The fee covers tuition fee, training material, stay in air-conditioning room (twin sharing basis), breakfast, lunch, dinner tea/coffee during the program and pick-up and drop from Jaipur airport/railway station/bus stand.

**Early Bird Discount:** Nominations received with payments on or before 31st August 2024 will be entitled to an early bird discount of 10%.

**Group Discount:** Any organization sponsoring five or more participants to the program will be entitled to a discount of 20% on total fee payable provided that at least five participants actually attend the program.

**Maximum Discount:** An organization can avail both discounts to a maximum of 20%.

## Program Coordinator:

**Dr. Boola Choudhary**

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