



ST XAVIER'S COLLEGE JAIPUR

Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India

Affiliated to the University of Rajasthan

Approved under Section 2(f) & 12(B) of the UGC Act, 1956

A Christian Minority Jesuit Institution



FACULTY DEVELOPMENT PROGRAMME

Work Pressure and How to Manage It

23 – 24 November 2023

organised by

Department of Psychology

In collaboration with

Life Skill Enhancement & Aanandam Cell (LSEAC)

PROGRAMME SCHEDULE

Resource Person: Ms. Sanbrita Acharya (Counsellor)

Date: 23 November 2023

Time: 8:45 AM

Venue: Conference Room

TIME	PROGRAMME
8:45 AM - 8:50 AM	Introduction & Welcome
8:50 AM - 8:55 AM	Prayer
8:55 AM – 9:00 AM	Address by Prof. S. Xavier, SJ ❖ Principal, St. Xavier's College Jaipur
9:00 AM - 9:15 AM	Understanding the Nature of Stress
9:15 AM - 9:25 AM	Identifying Sources of Workplace Stress
9:25 AM - 9:45 AM	Activity 1: Stress Alleviation Techniques
9:45 AM - 10:00 AM	Analysis of Workplace Conflict
10:00 AM - 10:20 AM	Strategies for Effective Workplace Conflict Resolution
10:20 AM - 10:30 AM	Group Discussion: Interactive Dialogue on Workplace Conflict and Resolution Methods
10:30 AM - 11:00 AM	Break
11:00 AM – 12:15 PM	Activity 2: Assertiveness Training
12:15 PM – 12:30 PM	Group Discussion: Review and Reflection on Assertiveness Training Session

Emcees: Ms. Nupur Chauhan and Ms. Ruhi Sinha

Principal

St. Xavier's College, Jaipur
Nevta-Mahapura Road, Jaipur



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PROGRAMME SCHEDULE

Resource Person: Ms. Sanbrita Acharya (Counsellor)

Date: 24 November 2023

Time: 8:50 AM

Venue: Conference Room

TIME	PROGRAMME
8:50 AM - 8:55 AM	Introduction & Welcome
8:55 AM - 9:00 AM	Prayer
9:00 AM - 9:10 AM	Understanding Procrastination: Exploring the Phenomenon of Procrastination
9:10 AM - 9:30 AM	Video Presentations on Procrastination
9:30 AM - 9:40 AM	Types of Procrastinators: Categorizing and Understanding Different Procrastination Behaviors
9:40 AM - 9:50 AM	Activity 1: Art Therapy
9:50 AM - 10:20 AM	Analysis of Causes of Procrastination and Effective Countermeasures
10:20 AM - 10:30 AM	Group Discussion: Open Forum for Dialogue and Exchange on Procrastination Strategies
10:30 AM - 11:00 AM	Break
11:00 AM - 11:10 AM	Overcoming Procrastination: Techniques and Approaches to Combat Procrastination
11:10 AM - 11:20 AM	Group Discussion: Interactive Session on Implementing Strategies to Overcome Procrastination
11:20 AM - 11:25 AM	Understanding and Recognizing the Phenomenon of Burnout
11:25 AM - 11:45 AM	Exploring the Stages of Burnout
11:45 AM - 12:00 PM	Preventative Measures for Burnout
12:00 PM - 12:20 PM	Selfcare Wheel: Examination of Holistic Self-Care Techniques
12:20 PM - 12:30 PM	Vote of Thanks ❖ Dr. Ekta Puri, Coordinator, Life Skill Enhancement & Aanandam Cell (LSEAC)
Group Photograph	

Emcees: Ms. Nupur Chauhan and Ms. Priya Sahrawat

Principal
St. Xavier's College, Jaipur
Nevta-Mahapura Road, Jaipur