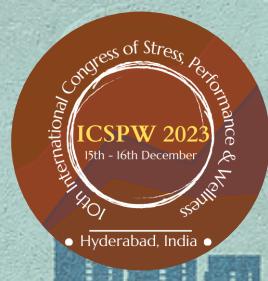


# 10th International Congress of Stress, Performance & Wellness



Organized by:

ISMA in association with

University College of Management Hyderabad  
Jawaharlal Nehru Technology University,  
Hyderabad

@ JNTUH, Kukatpally, Hyderabad,  
India on 15th & 16th Dec 2023

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*Paper Abstract  
Submission Open*

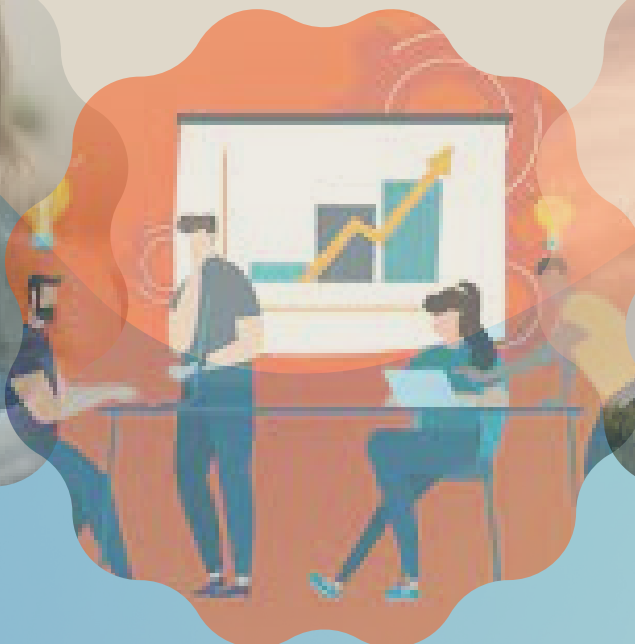
*Super Early Bird  
Reserve Now!!*

Congress is Packed with ..

- Keynotes
- State-of-the-Art Lectures
- Panel Discussions
- Paper Presentations
- Eminent Speakers across the World

## Submission Deadlines

- Abstract Submission: 31st August 2023
- Full Paper Submission: 30th Sept. 2023



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www.isma.org.in/icspw2023



## 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 9th International Congress of Stress, Performance and Wellness on 15th to 16th December 2023 at JNTUH, Kukatpally, India. The overall theme of the ICSPW 2023 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.

## 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 31 August 2023.
- Abstracts will be reviewed by the Scientific Committee along with Plagiarism check and result will be notified.

## 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 2023 Main Themes

- Recent Advances in Stress Management at Workplace
- Cognitive, Emotional and Behavioural Aspects of Stress
- Social, Organizational and Culture Dynamics of Stress
- Digital Technology for Better Wellbeing
- Working Women-Health and Performance issues
- Agile Performance and Wellness in VUCA World
- Cross-Cultural , Virtual Teams and Performance Leadership
- Organizational Learning and Development - Innovations and Approaches
- Economic Stress on Institutions and Nations
- Sector Specific ( IT, Pharma, Finance etc.) Stress, Health & Safety Behaviour
- Corporate Wellness, Diversity at Workplace and Work-Life Balance
- Gender, Geriatric and Academic Stress
- Cyber Incivility and Employee Engagement

## Benefits of attending the congress

- Participants will get insight about stress dynamics, performance issues and wellness 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, Performance Management and Wellness Maintenance technologies and Interventions

## Registration

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

Type of Registration	Super Early Bird 2 <sup>nd</sup> April-30 <sup>th</sup> May 2023		Early Bird 1 <sup>st</sup> June-30 <sup>th</sup> Aug. 2023		Regular 1 <sup>st</sup> Sept - 5 <sup>th</sup> Dec. 2023		Spot 5 <sup>th</sup> - 15 <sup>th</sup> Dec 2023
	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign (\$)	Indian(Rs.)
Individual	1500/-	40	2500/-	60	3000/-	75	3500
Student*	1000/-	30	1700/-	40	2500/-	50	3000
ISMA Member	1000/-	30	1500/-	40	2000/-	50	2500



## 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) during April and National Stress Awareness Day on 6th November in 2012, 2013 and 2014 throughout the country. It has conducted National Conference on Stress Management Professional (6-7 Nov. 2013). So far, ISMA conducted nine International Conferences successfully. ([www.isma.org.in](http://www.isma.org.in))

## About UCMH JNTUH:

Jawaharlal Nehru Technological University, Hyderabad (JNTUH), the First Technological University of India was established in 1972. The University College of Management Hyderabad (UCMH) was created in the year 1989. The first batch of MBA students were admitted in 1990. During the last 30 years, UCMH has evolved into a knowledge hub with emphasis on quality education and all round development. Today, UCMH is a preferred destination for students of BBA(DA), MBA Program and Research Scholars pursuing Ph.D. program in the field of Management. UCMH works with a conviction to explore new frontiers of knowledge, develop new managerial practices and set new standards of excellence. UCMH believes in bringing out the latent potential in every student by offering a contemporary and comprehensive curriculum and focus on all round development. UCMH JNTUH leaves no stone unturned to provide world class management education by bridging the gap between management theory and practice. The school consolidates industry institute activities and strives to develop and apply new management paradigms in today's competitive environment. UCMH is headed by the Principal who has autonomy in designing market related programs. UCMH operates within the framework of UGC guidelines in the delivery of BBA (Data Analytics), MBA program. It offers full time and part time Ph.D. programmes in several areas of Management and thus emerged as a premier management institute in the state through quality teaching, training, research and consultancy.

## Organizing Committee

Prof. K. Ramachandra Reddy (Patron)  
Dr. B. Udaya Kumar Reddy (Conference Chair)  
Prof. Sindhu, UCMH, JNTUH, India  
Prof. Sir Cary Cooper, Lancaster University, UK  
Mr. Ian Shakespeare, SMG Health, Australia  
Prof. K. Nageswara Rao, ISMA, India  
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Prof. K. Jayashankar Reddy, Christ University, India

## ICSPW 2023 Secretariat

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Visit Congress Website: [www.isma.org.in/icspw2023](http://www.isma.org.in/icspw2023)

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