



**BSSS
INSTITUTE
of Advanced
Studies**

...in pursuit of Managerial Excellence!



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MDP

Managing Work Stress with Mental Health

11 - 12 November, 2025

About BSSS IAS

The BSSS Institute of Advanced Studies (BSSS IAS), an AICTE-approved institution, is engaged in education, research, training, and consultancy activities in the areas of management, sustainable development, rural development, social sciences, etc. It strives to provide a comprehensive platform for growth and empower individuals to thrive in their respective fields. It is one of the best Professional Management Institutions engaged in multidisciplinary activities and has collaborated with Assumption University, Thailand, and Synergy University, Russia, for joint research, training, and management education. The Institute envisions emerging as a top Professional Management Institution in Central India by playing a pivotal role in professional management education in the coming years and adorning a path with an undivided focus on quality education and excellence, thereby placing itself as an institution of national and international importance. Its excellent infrastructure provides an environment conducive to academic activities, professional deliberations, and social interactions.

BSSS IAS has a strong portfolio of multidisciplinary faculties, experience in national and international consultations and the best training Institute in Central India. As a part of the Executive Training programme, we have proposed many Management Development Programmes which are focused to increase managerial business skills and leadership capabilities of managers who aspire to be among the top leadership in their organizations. BSSS IAS is organising a series of training programmes for corporates and also for govt. employees.

Rationale of the Programme

In today's fast-paced and demanding work environment, stress has become an inevitable part of professional life. Prolonged stress without effective coping strategies can negatively impact mental health, productivity, and overall well-being. This Management Development Programme (MDP) is designed to help professionals recognize the signs of work-related stress, understand its impact on mental health, and develop practical strategies to manage it effectively.

The programme combines scientific insights, psychological tools, and practical exercises to build resilience, improve emotional regulation, and foster a healthy work-life balance. By addressing both prevention and intervention, participants will gain the skills to manage their own stress and support mental well-being in their teams.

Programme Objectives:

- Understand the Dynamics of Work Stress: Identify sources, triggers, and patterns of workplace stress.
- Enhance Self-Awareness: Recognize early warning signs of stress and mental health concerns.
- Learn Stress Management Techniques: Apply evidence-based methods such as mindfulness, breathing exercises, and cognitive reframing.
- Build Emotional Resilience: Develop personal coping strategies for high-stress situations.
- Promote Mental Well-being at Work: Foster a supportive environment that prioritizes mental health.
- Integrate Work-Life Balance: Create sustainable routines that reduce burnout and improve overall quality of life.



Programme Components:

- Understanding work stress and its impact on mental health
- Stress physiology and psychology: how the body and mind respond to pressure
- Self-assessment tools for stress and mental well-being
- Mindfulness and relaxation techniques for daily use
- Time management and prioritization strategies to reduce workload stress
- Building supportive workplace cultures and peer support systems
- Coping with change, uncertainty, and high-pressure situations
- Long-term resilience planning and self-care strategies

Duration - 2 days

Who Should Participate

This programme is ideal for executives, managers, team leaders, and employees across all sectors who wish to enhance their ability to manage stress, improve mental well-being, and maintain high performance in challenging work environments.

Programme Coordinator(s):



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Registration Fees

- Online - 2000/-
- Offline (Non- Residential)- 4,000/-
- Offline (Residential - Double) - 7,000/-
- Offline (Residential - Single)- 8,000/-

Registration fee includes the study material, practice handouts, working lunch, & tea.

Certificate will be issued to the participants who have attended the complete Programme.

For further details, please contact:

Chairperson - MDP
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