



International  
Stress  
Management  
Association  
**ISMA**<sup>INTL</sup>

**ICSM 2018**

10-11 November  
Hyderabad, India

# 5<sup>TH</sup> INTERNATIONAL CONFERENCE ON **STRESS MANAGEMENT**

(Assessments – Interventions – Technologies – Professionalism)

*Hyderabad is the second best place in the world  
that one should see ... (Travel Magazine, 2015)*



<http://www.isma.org.in/icsm2018/>

## Rationale

The negative effects of stress have considerable damage on the learning, work performance and wellbeing of all human beings in the society. 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. Stress management interventions will ensure safety, wellbeing, performance of workforce and improves productivity of an organization.

Against the above backdrop, International Stress Management Association organizing 5th International Conference on Stress Management on 10<sup>th</sup> and 11<sup>th</sup> November 2018 at The Manohar Hotel, Hyderabad, India. The overall theme of the ICSM 2018 conference is "Assessments – Interventions – Technologies – Professionalism"

## Methodology of the Conference

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. They can have informal get-togethers and interaction with leading scientists and practitioners which may provide an exciting forum for learning about the latest developments on the translation of research into practice. Delegates will be exposed to various workplace programs, policies, practices and other efforts to prevent stress in today's competitive environment.

## Who can participate?

The conference 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 and performance.

## Some of previous conference photos



## Topics / areas (brief)

Numerous topics of interest to industry, employees, and researchers are covered in the series including:

<b>Enterprise</b> PSUs, Training Insti. Multinationals Govt. Depts.	<b>Therapies:</b> Naturopathy Yoga, Ayurveda Homeopathy Allopathy	<b>Occupation:</b> Gender issues Information Technology Work place, Safety issues Work-life balance	<b>Health:</b> Lifestyle disorders Psychological problems Child health Geriatric Issues	<b>Family &amp; Relationship</b> Cross culture Parenting, Media Internet, Cell Phones	<b>Education:</b> School education College education Professional education
<b>Assessments &amp; Interventions</b> Scaling techniques, Tools Facilitations and systems Adaptogens, Biofeedback	<b>Cognitive &amp; emotional areas</b> Learning, Memory Perceptions Attitudes	<b>Neuronal &amp; physiological areas</b> Endocrines Organs Nervous systems Etc.	<b>Socio-organizational areas</b> Societal Norms Urbanization Cross Cultural Employment		

## Papers presentation

Delegates may present abstract, or attend the International Conference without presenting the abstract. Only one abstract is accepted per each registered delegate. The full Paper 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, "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.

### Publication of abstracts

Proceedings of the Abstracts will be published in book form (ISBN). By submitting an abstract, authors give permission for print, electronic and online publication of the abstract, as well as for a PDF version of the presentation slides to be made available online to all conference delegates following the conference.

## Presentation Types

**Paper presentations:** Oral presentations of 15 minutes organised into concurrent themed sessions. Presenters should aim for 12 minutes content, with up to 3 minutes for questions and discussion.

**Poster presentations:** The poster sessions enable direct interaction between presenters and congress delegates. Posters will be grouped according to themes.

**Paper presentation in absentia:** Those who cannot come to Hyderabad but wish to present a paper in absentia are allowed. A processing fee of US \$ 150 (foreign) or Rs. 3000/- (Indian) should be paid for each paper submitted for presentation in absentia. Abstracts of papers will be printed in the program bulletin and the author who registers in absentia will be sent the conference certificate and proceedings by November 30, 2018.

All accepted full papers will be certainly considered for review to publish in UGC Approved Journal : SMPIJ as per the terms and conditions. (visit : [www.smpij.org](http://www.smpij.org))

### Submission and review process

- Submissions will only be accepted through the online portal until 30 July 2018.
- Abstracts will be reviewed by the Scientific Committee and result will be notified from 30 June 2018 onwards.

## National Stress Management Awards

**ORGANISATIONS:** ISMA is recognizing India's best organizations with the National Stress Management Awards, which had an effective stress management policy and adopt efficient methods for preventing stress at work place. Participation for awards is open (2017-18).

**PROFESSIONALS:** ISMA is also recognizing India's best professionals with the National Stress Management Awards, who had contributed in the area of Stress Management and adopted efficient methods for preventing stress at work place. Participation for awards is open (2017-18).

Last date for nominations: 30th July 2018 (No Processing Fee)

To apply online visit : [www.isma.org.in/icsm2018](http://www.isma.org.in/icsm2018)

## International Awards

**PROFESSIONALS:** International Council of Stress Management (ICSMP), Australia is recognizing best professionals with the ICSMP Awards, who had contributed in the area of Stress Management and adopted efficient methods for preventing stress at work place. Participation for awards is open (2017-18).

Last date for nominations: 30th July 2018 (No Processing Fee)

To apply online visit : [www.isma.org.in/icsm2018](http://www.isma.org.in/icsm2018)

## Registration

Registration includes full access to all sessions and lectures, as well as Proceedings (abstract book) and other international Conference materials, bags, lunch and coffee-breaks.

### Registration fee and dates

Type of Registration	Super Early Bird (1 <sup>st</sup> Jan. - 15 <sup>th</sup> April 2018)		Early Bird (16 <sup>th</sup> April - 30 <sup>th</sup> July 2018)		Regular (1 <sup>st</sup> Aug. - 30 <sup>th</sup> Oct. 18)		Spot (1 <sup>st</sup> - 10 <sup>th</sup> Nov. 18)
	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign(\$)	Indian(Rs.)	Foreign(\$)	Indian(Rs.)
Individual Delegate	4,000/-	250	4,500/-	300	5,500/-	375	6,000
Regular Student*	3,250/-	200	4,250/-	250	5,000/-	300	5,500
ISMA Member	3,500/-	225	4,000/-	275	4,500/-	325	5,000

Note: Group Delegates (> 4 No.) 15% discount will be given. For each accompanying person Individual Delegate (guest /spouse) an amount of Rs.3,000/- (Indian)/150\$ (foreign) is charged. \*Students are requested to submit a bonafide studentship certificate from their respective Heads of the Departments concerned. Visit: [www.isma.org.in/icsm2018](http://www.isma.org.in/icsm2018)

## Accommodation

Adequate accommodation is available at Hotel The Manohar. Plan Early and book online for better deals.

## Benefits of attending the conference

- Participants will get insight about stress dynamics and coping methods at various working conditions
- Participants will get an opportunity to understand various techniques and strategies for organizations
- Participants will get exposed to the latest Stress Management technologies and Interventions
- Participants can build good professional network

## Important Dates

- Abstract Submission & Registration : Open
- Abstract Submission deadline : 30th June 2018
- Acceptance of Abstract : 30th June 2018 onwards
- Full paper Submission deadline : 30th Sept.2018
- Super Early bird Registration deadline : 15th Feb. 2018
- Early bird Registration deadline : 30th July 2018

## Conference Venue Address

Hotel The Manohar,  
Begumpet, Hyderabad  
500016, Telangana, India



## 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 promote competencies among stress management professionals in the society. It has organized Stress Awareness Month (SAM) on 2012, 2013 and 2014 during the month of April and National Stress Awareness Day on 6th November 2012, 2013 and 2014 throughout the country. It has conducted National Conference on Stress Management Professional (6-7 Nov. 2013). So far, ISMA conducted four International Conferences on "Stress Management" during (6-8 Nov 2014), (7-8 Nov. 2015), (4-5 Nov. 2016) and (3-4 Nov. 2017) successfully. (visit : [www.isma.org.in](http://www.isma.org.in))

## Organizing Committee

Sri PVRK Prasad, IAS (Retd.)(1941-2017) (Patron)  
Dr. B. Udaya Kumar Reddy (Conference Chair)  
Mr. M. Rajender Singh, SML, Hyderabad, India  
Ms. B. Radha Devi, ISMA, India  
Mr. Ian Shakespeare, SMG Health, Australia  
Prof. Cary C. Cooper, Lancaster University, UK  
Prof. Dominique Steiler, GEDM, France  
Prof. Brian Hughes, NU of Galway, Ireland  
Dr. Anna Maria, ISMA, Brazil  
Prof. K. Jayashankar Reddy, Christ University, India  
Prof. Nov Rattan Sharma, M. D. University, India

Prof. K. Chandralah, S.V. University, India  
Prof. Urmi Nanda Biswas, M.S. University, India  
Dr. Ritu Sharma, PDP University, India  
Dr. P. Swathi, Osmania University, India  
Dr. Sujata Satapathy, AIIMS, Delhi, India  
Dr. Uday K. Sinha, IHBAS, Delhi, India  
Dr. P. Shahaida, ASCI, Hyderabad, India  
Dr. Parag Kalkar, SIOM, Pune, India  
Dr. G. V. Prabhu, GSL, Goa, India  
Dr. Vasuki Mathivanan, CCF, Chennai, India  
Ms. Amita Quenim, GPA, Goa, India

## Pre & Post Conference Workshops



Pre-Conference Workshop 1  
Stress Safety Net for  
Organizational Excellence  
(Feb. 2018)



Pre-Conference Workshop 2  
Stress Audit and Stress Counselling  
for Attitudes and Emotions  
(Feb. 2018)



Pre-Conference Workshop 3  
Buildback for  
Stress Management  
(Feb. 2018)



Post-Conference Workshop  
Stress Management  
Professional Certification (Step 1)  
(13-14 Feb. 2018)

For any further details, please contact :

ICSM-2018 Conference Secretariat

**International Stress Management Association (ISMA™)**

4-6-22/1/B, 103, Trinity Complex, Attapur, Hyderabad – 500048, India

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[www.isma.org.in/icsm2018](http://www.isma.org.in/icsm2018)