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CSI Delhi Chapter



Computer Society Chapter  
IEEE Delhi Section



IITP New Delhi



IETE New Delhi



IEEE Delhi Section

Invite you for a Free **Webinar** on **25-03-2022, the Saturday**, at **06:00 p.m.** as per the details given hereunder:-

**Speaker**

**Mr. Daman Dev Sood**

International Trainer & Consultant

**Date and Time Schedule**

**25-March-2022, the Saturday, from 06:00 p.m. to 07:30 p.m.**

**Title of the Talk**

**Manage Stress & Be Resilient**

**Venue and Contact Details**

**CISCO WebEx Meeting Platform**

CISCO WebEx Event ID and Password shall be sent on E-Mail to the registered participants, at-least one day in advance. Please check your Spam and other folders also for our emails and mark it as SAFE / NOT SPAM.

**Programme Schedule**

**05:30 p.m. to 06:00 p.m. – Login, online Networking and Tea (at Home)**

**06:00 p.m. to 07:00 p.m. – Technical Talk**

**07:00 p.m. to 07:30 p.m. – Q & A Session followed by Certification**

**Registration Link and Fee**

**Registration Link: <http://bvicam.ac.in/webinars/>**

**No registration fee. It is absolutely free for the members of IEEE, CSI, IETE, ISTE, ISCA, IITP and Bharati Vidyapeeth, with pre-registration**

**Abstract of the Talk**

As the world progresses, the stress levels go up! This has been proven by science, research and personal experiences. Past 2.5 years of Covid-19 Pandemic had direct (people were sick and lives were lost) and indirect (jobs were lost) impacts on people across the globe and adding to stress. This weekly webinars series was started just to provide a means for stress management. In this session, our expert, Daman Dev Sood, will talk how we can enhance our resilience by managing stress – his principle ‘Resilient People make Resilient Organisations – Resilient Organisations make Resilient Communities – Resilient Communities make a Resilient Planet’. This adds to the importance of the subject. He will provide quick and simple tricks for stress management – some that can be implemented in no time and can be exercised at any time-any place. Daman will take the audience through some live exercises to enhance the learnings. Some of the anecdotes have been taken from his latest book ‘My Experiments with Organisational Resilience’. One trick, he says ‘Have a break – have a KitKat’ (without endorsing the product).

**All are welcome:**

Please circulate this to all your interested colleagues, associates and friends. Please register in large numbers and derive maximum benefit. **Advance registration is mandatory for participation. Participants will also get Participation Certificate.**

**(Prof. M. N. Hoda)**

Director, BVICAM, New Delhi

**(Prof. Subrata Mukhopadhyay)**

Chairperson, CNA Group, IEEE DS