

INSTITUTE OF COOPERATIVE MANAGEMENT, MADURAI - 22.

COURSE MODULE

1.	Name of the Training Programme	<b>Programme on Stress Management and Work Life Balance</b>
2.	Duration	26.07.2023 to 28.07.2023 ( 3 days)
3.	Capacity	30 Nos.
4.	Target Group	Officers of Khadi Federation/Textiles/Handlooms/Housing Cooperatives/ Social Welfare/ICDS/Milk Audit
5.	Age limit	Not exceeding 55 Years
6.	Objectives	The main objective of the programme is to inculcate the participants with Stress Management techniques and practices for better living.
7.	Methodology	1. Lecture cum discussion 2. Case study Method and Exercises 3. Role Play Method
8.	Content	1. Anatomy of Stress 2. Mind Relaxation Techniques and Stress management 3. Yoga for Better Living 4. Work Life Balance
9.	Course fee	Course material / Training Kit, Boarding & Lodging and working lunch will be provided to the participants by the institute as a part of the training. <b>Breakfast and Dinner cost shall be borne by the participants.</b>
10.	Location of the Institute	The Institute is located at Chinnaudaippu which is 13 kms from Periyar Shopping Complex Bust Stand, Madurai. There is a bus service bearing the number 10M at 09.00 A.M. from Periyar Shopping Complex Bus Stand to the Institute Campus. In case the participants miss this bus, they can board the city bus from Periyar Shopping Complex Bus stand bus nos. 10E, 37, 39, 56, 72 and 76 and get down at Chinnaudaippu bus stop. The campus is situated one kilometer from the Chinnaudaippu bus stop.
11.	For further details	Mr. G. Kathiravan, Faculty/Course Coordinator Phone Nos. 0452-2690056 Fax: 0452- 2690054 E-mail : <a href="mailto:icmmadurai@gmail.com">icmmadurai@gmail.com</a> , <a href="mailto:info@icmmadurai.in">info@icmmadurai.in</a>

