

Police Deptt.

HPA/M

**Programme for Ethics & Stress Management for NGOs**

	<b>Period-I 10.00 to 10.45 AM</b>	<b>Period-II 10.45 to 11.30 AM</b>	<b>11.30 to 11.45 AM</b>	<b>Period-III 11.45 to 12.30 PM</b>	<b>Period-IV 12.30 to 1.15 PM</b>	<b>Period V 1.15 to 2.00 PM</b>	<b>02.00 to 03.00 AM</b>	<b>Period VI 3.00 to 3.45 PM</b>
Day 1	Registration	Inauguration & Stress Management- An Overview	<b>TEA- BREAK</b>	Forms and stages of Stress	Causes of Stress	<b>LUNCH</b>	Effects and strategies	
Day 2	Case Study on Stress			Stress among Police personnel, its causes and remedies.	Feed- Back/Valediction			

MBN

<b>Period VII</b> <b>3.45 to 4.30 PM</b>
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