



तेजपुर विश्वविद्यालय
(केंद्रीय विश्वविद्यालय)

नपााम, तेजपुर - 784 028, असम, भारत

TEZPUR UNIVERSITY
(A Central University)

Napaam, Tezpur - 784 028, Assam, India

(सर्वोत्तम विश्वविद्यालय के लिए कुलाध्यक्ष पुरस्कार, 2016, भारत के 100 श्रेष्ठ उच्च शिक्षण संस्थानों में पंचम स्थान और 'नाक' द्वारा 'ए' ग्रेड प्राप्त विश्वविद्यालय)
(Awardee of Visitor's Best University Award, 2016, 5th among India's Top 100 Universities, MHRD-NIRF Ranking, 2016 and NAAC Accredited with 'A' Grade)



- ▶ MANAGEMENT DEVELOPMENT PROGRAMME ON “MANAGING STRESS IN WORKLIFE’ CONDUCTED DURING 30 JUNE 2016 TO 02 JULY 2016 FOR THE EXECUTIVES OF POWER GRID CORPORATION OF INDIA LIMITED.
- ▶ The Objective of the programme was to familiarize the participants with the spiritual orientation of mind and attitude towards work and societal needs. Focus will be made to explain how to manage time according to the activities in hand, how to prioritize and organize the activities, to get involved in extra co-curricular activities, to take care of health by exercising and eating food.
- ▶ There were 9 sessions in the 3 day programme which were taken by the faculty members of Department of Business Administration including external experts viz. yoga expert Bhaskar Sarma. IPS officer Sanjukta Parashar, Brahma Kumari Puspallata etc. There were altogether 30 participants in the programme.

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