National Conference on "Stress Management and Related Musculo-Skeletal Disorders and Ailments"
27th & 28th February, 2020

Organized by
Department of Family Resource Management & Consumer Science
Ethelind College of Home Science
Sam Higginbottom University of Agriculture, Technology And Sciences
Prayagraj (Allahabad) - 211007
ABOUT THE ORGANIZING UNIVERSITY

Sam Higginbottom University of Agriculture, Technology and Sciences was established in 1910 and is India’s pioneer institute of Agricultural Sciences and Agricultural Engineering and Home Science. In recognition of its high standards and its outstanding contribution to the nation, State Government of India, awarded the status of Sam Higginbottom University of Agriculture Technology & Sciences on 29th December, 2016. The University has over 11000 on campus full time students on its rolls and over 100 scholars’ pursuing doctoral studies in various disciplines. The University is located on a pastoral 600-acre campus on the bank of river Yamuna. The University comprises eight faculties, sixteen colleges and auxiliary units engaging in imparting education in Forty Two (42) undergraduate, 101 postgraduate, Sixteen undergraduate diplomas and six postgraduate diplomas and doctoral programmes and Post Doctoral Fellowship (PDF) in various disciplines.

The University is Awarded with 'A' grade by the statutory regulatory bodies — The NAAC and the MHRD; the accreditation by the ICAR, and certified by ISO9001-2008), Our University is also a member of the International Association of Universities as well as the Association of Indian Universities.

ABOUT PRAYAGRAJ

Prayagraj (Allahabad) stands at the confluence of three of India’s holiest rivers, the Ganga, the Yamuna and the Saraswati. Sangam, as the confluence is called, is the venue of many sacred fairs and rituals, and attracts thousands of pilgrims throughout the year. This number swells to millions during the world famous Kumbh Mela. An annual Magh Mela is also held in month of January. Other places of interest are Sangam, Prayagraj (Allahabad). High Court, Allahabad Fort, Anand Bhavan, Allahabad Planetarium, Allahabad Museum, New Yamuna Bridge, Allahabad University, Patthar Girja, Alfred Park, Minto Park, Khusro Bagh, Bare Hanuman Ji Temple, and Tallest Hanuman Mandir, Harishchandra Research Institute of Mathematics.
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  Power Engineering, SHUATS, • Dr. Ajeet Kumar Rai, Assistant Professor, Department of
  Mechanical Engineering

For Further Information Please Contact:

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National Conference
on
“STRESS Management and Related Musculo-Skeletal Disorders and Ailments”
27th & 28th February 2020

REGISTRATION FORM
(Please write in block letters)

1. Name: Mr./Ms./Dr.: .......................................................... ..........................................................

2. Designation: .................................................................................................................................

3. Departments and Institution: ........................................................................................................

4. Address for Communication: ........................................................................................................

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Phone: ..................................................................... Mobile: .................................................................

E-mail: ..............................................................................................................................................

5. Lodging facility required: Yes / No

6. Accommodation: Guest house, Hotel, Hostel, Personnel arrangement

7. Payment of Registration fee: Cash/Draft

DD No. .......................................................... Dated ..........................................................

Payable at: ........................................................................................................................................

8. Date and Time of Arrival: ............................................................................................................

9. Date and Time of Departure: ........................................................................................................

10. Presentation of Paper: Oral/ Poster

Signature of the participant: .................................
<table>
<thead>
<tr>
<th>Category</th>
<th>On or before 15th Feb, 2020</th>
<th>After 15th Feb, 2020</th>
<th>Spot Registration</th>
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<tbody>
<tr>
<td>Delegates (academics/private institutions)</td>
<td>₹ 2000.00</td>
<td>₹ 2500.00</td>
<td>₹ 3000.00</td>
</tr>
<tr>
<td>Students delegates</td>
<td>₹ 1000.00</td>
<td>₹ 1200</td>
<td>₹ 1500.00</td>
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**Place of Registration:** Dept. of Family Resource Management & Consumer Sciences, Ethelind College of Home Science, SHUATS, Prayagraj (Allahabad).

**Best Paper presentation Award**

**Best Poster presentation Award**

**SUBMISSION OF RESEARCH PAPERS/ ARTICLES/ INVITED PAPERS**

**Abstract**
Participants are requested to send their abstracts for oral/ poster presentation not exceeding 250 words. The abstract should contain Title, Authors Name, Affiliation, Contents, and key words. The presenting authors name should be underlined. It should be sent to the Organizing Secretary by on or before 30th December 2019, both in hard copy and electronically as an e-mail attachment in an editable format along with the duly filled application form to

ethelindshiats@gmail.com.

The hard copy along with the bank draft and the duly filled application form should be sent to the organizing secretary.

**Full paper**
Full length paper should contain abstract as mentioned along with the introduction, materials and methods, results and discussion and conclusion. Full length paper should not exceed 6 pages (A4 size), typed in double space. The mode of presentation should be mentioned. Authors are encouraged to submit their papers electronically as an email attachment in an editable format (MS- word is preferred). Alternatively, papers may be submitted in original hard copy along with soft copy in the form of CD. While submitting the CD the authors name and abstract title should be written on the label. The full length paper along with abstract should reach the Organizing Secretary by 15th January 2020.

**LANGUAGE** English

**ACCOMMODATION & TRANSPORTATION**
Accommodation will be provided to the delegates on request in the nearby hotels and guest houses and hostels on payment basis (1200/- and 500 per day for delegates and students, respectively) and will be informed in their confirmation letters of participation. An advance payment through D.D. in favour of the Registrar, SHUATS, Prayagraj (Allahabad) up to 15th January, 2020 will be made. The request for accommodation should reach at least 15 days before the Conference so that the arrangement can be made accordingly. Local transportation by taxi/hired vehicle will be arranged on payment basis. No T.A. and D.A. will be paid to the participants.
PROLOGUE:
The modern world, which is said to be a world of achievements, is also a world of stress. One we find stress everywhere, whatever it is within the family, business organization/enterprise or any other social or economic activity. Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situations. Thus, it is not surprising and the interest in this issue has been rising with the advertisement of the present century which has been called as the Age of ‘Anxiety and stress’.

Stress is a subject which is hard to avoid and difficult to tolerate. The term is so wide and discussed not only in our everyday conversations but has become enough of a public issue to attract widespread media attention whether it be the radio, television, newspapers or magazines, the issue of stress figures everywhere. Different people have different views about it as stress can be experienced from variety of sources and activities which are performed by us. It is very difficult to work in stressful situation and prolonged stress lead to severe and chronic musculo-skeletal disorders and ailments. Therefore, in today’s context it is essential to assess the extent of stress, how it can be reduced and what coping strategies should be adopted to overcome the stressful situations. With this intention the present Two days’ National Conference on Stress Management and Related Muscular-Skeletal Disorders and Ailments is planned with the following themes.

OBJECTIVES:
1. To identify stress induced by home, farm and allied activities and their assessment.
3. To identify the causes of stress, reduction and its coping strategies.
4. To discuss muscular stress and related muscular-skeletal disorders and ailments.
5. To formulate the guidelines and interventions for proper body mechanics.

THEMES:
Through this conference, our attempt is to provide an insight into the following themes.
1. Stress and stress management in all the age groups of all sectors of community in the present scenario.
3. Muscular/postural stress or discomfort and related musculoskeletal disorders.
5. Stress management and healthy nutrition: Concepts and measures...
7. Organizational stress in women and in people of with special needs.
8. Role of government and non government agencies in stress management and body mechanics.

VENUE:
Conference Hall of Jacob School of Biotechnology & Bioengineering, SHUATS, Prayagraj (Allahabad).

REGISTRATION:
Participants may send the details in the given format or may register online www.shuats.edu.in along with the registration fee as mentioned below, through demand draft in favour of the Registrar, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj payable at Prayagraj Allahabad.

Date of Registration : 1st December 2019- 15th February 2020
Registration Fees (To be registered before 15th February, 2020)