NATIONAL INSTITUTE OF TECHNOLOGY TIRUCHIRAPPALLI

THREE DAYS WORKSHOP ON

RESEARCH INDUCED STRESS AND COPING MECHANISM FOR Ph.D SCHOLARS IN ARCHITECTURE

DEC 16TH TO 18TH, 2019

BY
DEPARTMENT OF ARCHITECTURE

Topic Selection

Paper Presentation

Submissions

Research Supervisor

Research Analysis

DC Meetings

Questionnaire

Publications

Viva

Program Coordinators: Dr. K. Premkumar & Prof. G. Sangeetha

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Introduction

A Ph.D, is considered as the highest degree one could earn in their academic career. Also, it facilitates the societal right to be addressed as "Doctor". On the other hand, there lies lot of stress hidden behind the glory of having a doctoral degree. The shocking fact is that in the present day environment, Ph.D students face a large number of challenges during their candidature which poses threat to future aspirants too. Studies reveal that psychological stress is highly prevalent among Ph.D students which is a great hindrance for their research. Thus, this workshop is designed to deal with the factors that induce stress during the research tenure and provide appropriate coping mechanism to achieve overall physical and mental well-being among the scholars in Architecture.

NIT - Trichy Overview

The National Institute of Technology, Tiruchirappalli (NIT-T), formerly known as Regional Engineering College, Tiruchirappalli (REC-T) is one of the finest universities started by the Government of India. RECT was started in the academic year 1964-65 and has been imparting quality education since inception. In 2003, the institution was granted Deemed to be University status with the approval of UGC/AICTE. With a cream of engineering and management talent, encompassing both students and faculty, coupled with state-of-the-art infrastructure facilities, NIT-T today stands out as one amidst the elite institutions in the country.

About DOA - NIT - Trichy

The Department of Architecture was started in the year 1980. The Department offers the Bachelor of Architecture (B. Arch) program of 10-semester duration and the Masters Program (M. Arch.) of 4-semester duration in Energy Efficient and Sustainable Architecture. The program is approved by the Council of Architecture, New Delhi. The department also offers a Doctor of Philosophy in Architecture (Ph.D.) degree. The department's core curriculum is implemented by a team of faculty from a variety of specialization in architecture, including Landscape architecture, city planning, Project Management, urban development, and construction technology. The department has earned a remarkable reputation over the years through persistent commitment towards architectural education.

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The Program

Being a Ph.D scholar in prime institutes that might hold nations highly intellectual brains, it is the need of the hour that the research scholars should be a balanced individual to do a quality research in the stipulated time without much stress. This program is devised as a Student Development Programme which offers the Ph.D scholars of Architecture, an aspirational set of principles and values that would help them to achieve a stress free research period and thereby they can productively, efficiently contribute to their research followed by a meaningful professional life.

Course Content

- Stress management and its importance
- Shift from IQ to EQ to AQ
- People Environment Behavior Theory
- Psychology and Physiological effects of Stress
- The challenges faced by Research scholars.
- Coping Mechanisms

Class Format

- Talks and Lectures by Professors and Professionals
- Videos – Podcasts, DVDs
- Group Discussions, Presentations, Site Visits
- Progressive Meditation Sessions

Registration Details

Fee Details:		
Category	Individual*	Group Registration**
Research Scholars	4,500	4,000

- ** If 2 or more persons jointly registers.
- The registration fee includes programme kit, refreshments and working lunch. Registration fee is to be paid through SBI collect Payment portal only.
- Accommodation will be arranged in the Institute Book house rooms/Hostel rooms at a nominal fee for the outstation participants. Normally it will be twin shared accommodation. For Book house rooms: Room rent per day/per individual is Rs.200/- For Hostel rooms: room rent per day/per individual Rs.70/-

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REGISTRATION FORM

Date: _____

Name : _____

Designation : _____

Department : _____

Institute/Organization : _____

Email : _____

Ph. No. : _____

Registration : Individual ☐   Group ☐

Category : Academician/Research Scholar/Industrialist/**Student**

Accommodation Required : Yes ☐   No ☐   **If Yes,** Book House Rooms ☐   Hostel ☐

SBI collect payment details : _____

SBI collect reference number : _____ Amount : _____

Signature of the Applicant

Kindly send the registration form and the e-Receipt for
State Bank Collect Payment to the following address:
For SBI collect payment visit the link:
https://www.onlinesbi.com/sbicollect/icollecthome.htm
Dr. K. Premkumar, Associate Professor, Department of Architecture,
National Institute of Technology, Tiruchirappalli – 620 015
Email: prem@nitt.edu

For any clarification, contact:
Elakkiya Kaviya: +91-7598276924,
M. Mithun: +91- 9597796388

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Resource Persons

Shri. S. Prakash, CEO, See Change Consultant, Chennai.

Prof. P. Manickavachagam, Professional Artist & Retd. Professor (NIT-Trichy.)

Dr. Jayanandhini, MD, DPM, FIPM, Retd. Professor of Psychiatry MMC Chennai.

Prof.G.Sangeetha, Assistant Professor, Department of Architecture,
National Institute of technology, Tiruchirappalli.

Dr. K. Premkumar, Associate Professor, Department of Architecture,
National Institute of technology, Tiruchirappalli.

Target Audience

Current Ph.D scholars and prospective scholars.

Important Dates

Last date for receiving the Payment for registration and the form is **12.12.2019.**

Address for communication

Kindly send the registration form to following address

Dr. K. PREMKUMAR, Associate Professor, Department of Architecture,
National Institute of Technology, Tiruchirappalli- 620015
Email: prem@nitt.edu

Prof. G. SANGEETHA, Assistant Professor, Department of Architecture,
National Institute of Technology, Tiruchirappalli- 620015
Email: gsangs@nitt.edu
Mob: +91 9894058347

For further clarifications contact:
Elakkiya Kaviya 759827 6924
M. Mithun : 95977 96388

To download the registration form and for latest updates, please refer www.nitt.edu