



# Al-Barkaat Educational Institutions

Post ADF, Anoopshahr Road, Aligarh-202122 (U.P.), India

## Technostress Involved In Work From Home Mode



### Free 4 Days Online Programme

For Learners, Teachers, Teacher Educators,  
Parents, Research Scholars and Academicians

(11<sup>th</sup> June to 14<sup>th</sup> June, 2020)



Organized by

**Al-Barkaat  
Institute of Education**

Recognized by NCTE & Affiliated to Dr. B.R. Ambedkar University, Agra  
NAAC Accredited Minority Institute

Registration Closes on 10.06.2020

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## ABOUT US

Al-Barkaat Educational Society is dedicated to the memory of renowned Persian and Hindi Sufi poet Syed Shah Barkatullah of Marehara in the District of Etah in Uttar Pradesh. It owes its inception to the profound vision of its Founder President Professor Syed Shah Muhammad Amin (Former Chairman & Professor, Department of Urdu, Aligarh Muslim University, Aligarh) the present Sajjadah Nashin of Khanqah-e-Barkaatia, and President of Dargah Syed Shah Barkatullah Committee. He is the moving spirit and the light behind this novel project in establishing various educational institutions in India. The Society came into existence in 1995 and presently it is running Al-Barkaat Play & Learn Centre, Al-Barkaat Public School (+2), Al-Barkaat Qadiriya Girls' Section, Al-Barkaat Afternoon School, Al-Barkaat Institute of Management Studies, Al-Barkaat College of Graduate Studies, Al-Barkaat Islamic Research & Training Institute, Al-Barkaat NCPUL Centre and Al-Barkaat Syed Hamid Community College including Al-Barkaat Institute of Education.

With a clear aim to establish and administer educational Institutions, the society established Al-Barkaat Institute of Education in 2008. It is NAAC Accredited Minority Institution, covered under section 2 (f) & 12 (B) of the UGC Act 1956, approved by National Council For Teacher Education (NCTE), Jaipur and affiliated to Dr. B.R. Ambedkar University, Agra. In 2016 it had added another feather in its cap by introducing one more teacher training course i.e. D.El.Ed. duly recognized by NCTE & affiliated to SCERT, Allahabad.

## ABOUT PROGRAMME

WFH (Work from Home) mode is the most contemporary trend the Indian society has confronted with during 2020 epidemic of Novel-Coronavirus. Immense transformations in the mode of work have been observed to sustain the expectancies of all stakeholders. Education sector too is not an exception. In order to encounter the rising expectations in the crisis, the learners and educators get muddled with excessive usage of technology. Numerous new online applications and sites were explored overnight to get back the track through online mode.

Instead of maintaining a good mental and emotional well-being the focus gets shifted to upholding a good track record and meeting the expectations of stakeholders during the lockdown.

Nevertheless it is a human tendency that one works the best under pressure; but in some way the obsessed use of technology created a state of technostress among many of us at all levels. The employee, the employer and ultimate stakeholder of each sector are facing the same problem. Severe headache, eye-strain, body ache, sleeplessness, fatigue, anxiety, irritation, dehydration etc. are some of the main symptoms arising from undue and overdue use of technology especially at odd times.

Since the lockdown period is increasing weeks over weeks, so is the undue pressure. Thus, an emergence is felt to render all stakeholders with adequate expertise of dealing significantly and efficiently with the WFH mode without getting affected their mental, emotional and physical well-being.

The focus of current platform is to sensitize the users of techno-stress and its adverse effect on our level of immunity and well-being. The program also proposes certain ways and techniques to cope and manage techno-stress whilst adopting the Work from Home mode.

The daily sessions are going to cover the following content:

Day 1 : Introduction to Stress, Technostress, & Issues related

Day 2 : Effect on Health and Well-Being

Day 3 : Coping with Technostress

Day 4 : Managing Technostress

The programme will be carried down through providing online link to the registered e-mail Ids/Whatsapp Number mentioned in the registration form. A link containing the content will be mailed/ messaged each day along with an assessment & attendance link to each participant. Participants are advised to submit each day assessment before 11:00 pm afterwards it would not be accepted.

### REGISTRATION

All the interested candidates can get themselves registered through the link given below till 11:00 pm IST, 10<sup>th</sup> June, 2020. Registration link will be withdrawn afterwards. **There is no registration fee for the programme.**

[\*\*Click here for Registration\*\*](#)

### CHIEF PATRON

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Al-Barkaat Educational Society, Aligarh

Al-Barkaat Institute of Education, Aligarh

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