



ICMA
Pakistan

Institute of Cost and Management Accountants of Pakistan

Faisalabad Branch Council 2015
CPD Committee of Faisalabad

THE MINI WORKSHOP ON "STRESS AND COPING"

LEARNING OBJECTIVES

- Become familiar with symptoms of stress because the stress is silent killer.
- Learn method to determine the level of stress.
- Understand the causes of stress and coping mechanism for alleviating stress.

BRIEF PROFILE OF THE SPEAKER

Mr. Muhammad Nisar Bhatti, Masters in Sociology (Industrial) from Punjabi University Patiala India, Post Graduate Diploma in Personnel Management & Industrial Relations, having more than 28 years of experience in Industry (Crescent, Kohinoor, Comfort Knitwear etc.), Management Consultancy and Teaching. Many articles of the speaker have been published in various newspapers, magazines and trade bulletin of FCCI. Presently, he is working as an assistant Professor/Chairman Humanities & Social Sciences in National Textile University, Faisalabad.

EVENT DETAIL

EVENT	: WEDNESDAY 20 TH JAN-2016 (The session will be followed by dinner)	
CPD HOURS	: 4 Hours	
INVESTMENT	: MEMBERS OF ICMA/ICAP/PIPFA/CORPORATE PARTNER REGISTERED STUDENTS –ICMA/CA/ACCA NON MEMBERS	RS. 200/= RS. 100/= RS. 200/=
VENUE	: 335-B Peoples Colony near MacDonald's Faisalabad.	

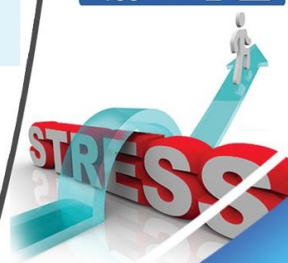
LAST DATE FOR REGISTRATION
TUESDAY 19TH JANUARY 2016

With warm regards:

Abdul Shakoor, FCMA
Chairman, CPD Committee
Faisalabad Branch Council
Cell # 0323-5007878

Shahid Irshad, FCMA
Chairman
Faisalabad Branch Council
Cell # 0300-8651857

Note: Please get yourself registered till Dec 19, 2015 to avoid any inconvenience.





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REGISTRATION FORM

NAME _____ Event Name _____

MEMBERSHIP NO. (For Members) _____ REGISTRATION NO. (For Members) _____

DESIGNATION _____

ORGANIZATION _____

ADDRESS _____

PHONE NO. _____ Cell. _____ FAX NO. _____

E-MAIL: _____

SIGNATURE OF PARTICIPANT

----- **Payment Details** -----

RECEIPT NO. _____ DATE ____/____/____ AMOUNT _____

SIGNATURE