

Report on **WORKSHOP ON STRESS MANAGEMENT**

CONDUCTED BY LATE S G PATEL INSTITUTE OF MANAGEMENT STUDIES, Dharmaj for M/S ONGC.

As part of Industry Institute interface, our institute organized a comprehensive workshop on Stress management was conducted on 18th Sept 2012 at Institute's premises. Employees of ONGC took part in the workshop.

The faculty members welcomed Mr. G Bamode (Chief Engineer-Drilling)



Mr. G Bamode (Chief Engineer-Drilling) , also the Chief Training Co ordinator.

Details of the proceedings:

Firstly, Mr. Bamode highlighted the need to address the issue of stress management and informed his colleagues that such opportunities do not come very often , in one's career and urged the participants to take full advantage of this opportunity . He also urged them to make proper notes of all the suggestions which will come in handy in times to come and sincerely follow them at home and works too .

The meeting then started with registration and self introduction by the participants and faculty.



Prof Dr M R Brahmachari, Director SGPIMS addressing the gathering

Prof Dr M R Brahmachari welcomed the guests from M/S ONGC and delivered a talk on “Introduction to stress management.” His introductory speech broadly covered issues like why stress?, what are the symptoms? , what remedy ?.He also highlighted the fact that there are two types of stresses - positive and negative, Eustress and distress, Challenger stresses and hindrance stresses. He mentioned few remedies like time management, discipline in life, work life balance , carrying out simple physical exercises regularly , improve upon inter personal relation ship, Team work , positive thinking and so on.

The workshop was broadly divided into two parts:

A: Physical exercise

B: Psychometric analysis exercise

All the participating faculty members took part in the proceedings very enthusiastically and helped /guided the members

The topics covered are tabulated below:

Activity	Faculty
Introduction to stress Management	Dr M R Brahmachari
Know Your current stress level (Exercise)	Mrs. Shweta Patel and Ms. Priyanka Patel
Introduction to Role of Physical Exercise	Ms. Darshita Mirani Mrs. Shweta patel
Meditation (Actual exercise)	Ms.Darshita Mirani
Cleansing Chakras (Actual exercise)	

Yoga Demonstration	Ms. Priyanka Patel
Role of Mental Exercise in Stress Management	Dr M R Brahmachari
Under the Concept “know Your Personality” few Psychometric Tests like assess your personality, Leadership style, Emotional intelligence, JoHari window were carried out.	Dr M R Brahmachari
Each participant was then confidentially given a profile of his personality and few tips to overcome the short comings.	-



Miss Darshita Mirani conducting the exercise of Cleansing Chakra



Miss Darshita Mirani , Faculty , addressing the Audience



**Miss Priyanka Patel , Faculty ,
Addressing the audience**



**Mrs. Shweta Patel, Faculty
addressing the audience.**



**One of the participants , giving
the feedback.**



A section of the audience.

At the end of the workshop , participants left with battery fully charged and suggested for more such workshops!

