

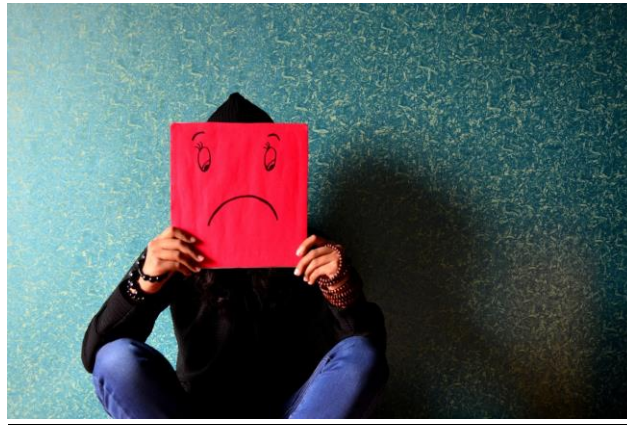
Webinar on Stress Management

Date & Time: - 17.05.21, 3:00-4:00 PM

Expert Speaker: - Dr. Sachin Goyal, Physiotherapist & Corporate Trainer, Certified CRANIO-SACRAL therapist

Fee: ₹ 354/- incl. GST

Organised by: HRM Group, National Productivity Council, New Delhi



In this tough times, we are dealing with mental stress almost everytime. This is resulting in various symptoms like body disorders, anxiety, depression which consequences in decrease productivity and quality too. At this time, it is very crucial to fight with this Mental stress effectively as not to let ourselves down. In this short session of Stress Management, effective techniques of Stress Management will be taught which comprises all domains like physical, mental, social and spiritual. A perfect combination of all techniques is required to fight against stress effectively.

Module of the session:

1. Common Issues in today's time- Physical, Mental and Social
2. Learning the Physical ways of maintaining the health during WFH
 - a.) Posture correction and workplace modifications
 - b.) Nutrition during lockdown
 - c.) Physical activities engagement
3. Implementing the mental ways
 - a.) Issue of Stress during lockdown and management
 - b.) How to balance work during home activities
 - c.) Coping strategies of Lockdown
 - d.) Maintaining enthusiasm and motivation
4. Implementing the Social and Spiritual ways
 - a.) Role of family
 - b.) Maintaining relationships during lockdown

- c.) Responsibilities handling
- d.) Self discipline

Learning of the Webinar session:

After this session, participants will be able to:

1. Handle stress more efficiently
2. Avoid work related injuries
3. Handle the balance between work and family
4. Will increase the productivity and quality
5. Self Explore in an efficient way
6. Strengthen the relationship between self and society

Mode of the session: Active; The session is delivered through activities and polls to engage the interest of the participants. It comprises

- Concept of Stress and techniques to manage
- A short session of meditation
- Practical tips of day to day life
- QA for brainstorming

Programme coordinator: **D K Rahul, DD (HRM), Contact: 9971468180, dk.rahul@npcindia.gov.in**

For further info, please visit: <https://www.npcindia.gov.in/NPC/User/webinarpage>

Webinar registration link:

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