

# Report

## Management Development Programme on Stress Management

A management Development programme on “Stress Management” was organized at “Mahatma Gandhi State Institute of Public Administration”, Chandigarh from 26<sup>th</sup> March 2014 to 28<sup>th</sup> March, 2014. Dr. Sanjeev Chaddha, Prof and Head MDC was co-ordinator and Dr. Diljot was co-coordinator of this programme.

The program started on 26<sup>th</sup> march with ice-breaking session. The focus of all lectures was workplace stress and the coping strategies for the reduction of the same. Dr. Sanjeev, Dr. Diljot Kaur and Prof. Vidhu Mohan were the resource persons.

On Second day i.e.on 27<sup>th</sup> march Mr. Ravinder Singh, Living Skills Practitioner, engaged the participants in yoga and meditation exercises. Mr. Amit hans, Educational and corporate trainer delivered talk on “Time Management” and “Realistic Approach to Stress handling”. Dr. Diljot Kaur shared her views on need for socio-emotional training.

On concluding day Dr. Peetinder Mohan, trained the participants in Psycho-physio relaxation exercises. The last lecture was on “Money Management”. The Program ended with feedback session and distribution of certificates.

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