

Report of the course attended by me on  
"Stress Management" from 26<sup>th</sup> to 28<sup>th</sup> March 2014.

I have attended a course on "Stress Management" from 26<sup>th</sup> to 28<sup>th</sup> March 2014, at MGIPA, Sector 26, Chandigarh. It was a very useful course.

Course objectives:

- (i) Identify common stress indicators and stress related diseases.
- (ii) Measure and monitor their own stress levels.
- (iii) Review various strategies to help cope with stressors more effectively.

On the first day there were two sessions. In the first session Dr. Sanjeev Chadha talked about "Managing anger at work place" and Prof. Vidhu Mahan talked about causes, sources and effects of stress at work place. In the second session Prof. Vidhu Mahan talked about stress diagnosis.

On the second day, in the first session Ms. Ravinder Singh told us about the benefits of meditation and yoga and Dr. Diljot Kaur told us on "Social-Emotional Training". In the second session Ms. Anit Hans told us about the time management and realistic approach to stress handling.

on the last day i.e. on 28<sup>th</sup> March, 2014,  
Dr. Reetinder Mohan made us aware about  
the psycho-physio relaxation exercises and  
Dr. Sanjeev Chaddha told us about money management.

I hope to derive much benefits from this  
course.

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