

MDP on Stress Management and Work Life Balance 12th and 13th March'20

IIHMR Bangalore in association with IIHMR Jaipur organised management development programme on Stress Management and work life balance on 12th and 13th March 2020

The major objective of the programme was to help participants recognize stress, understand its nature and learn to manage it. 7 participants attended the programme.

Lectures and practical sessions were conducted by experts including Dr. Usha Manjunath, Director IIHMR Bangalore who inaugurated and started the session on stress & its types. IIHMR University President Dr. Pankaj Gupta took online session on significance of mindfulness. The session was continued by Mr. Madaiah, who spoke about self awareness and emotional boundary management. Day 1 of the programme was ended with practical session on body stress management by Dr. Richa Singh, Body Posture expert.

Day 2 ,interactive session was conducted by Mr. Soumitra Kumar Das, Global HR Leader and CEO who stressed upon work life balance, exposed participants to real life situations and games to understand work life balance. Online session was conducted by Dr. Vijay Pandey, Head of Assessments, The Psychometric world, about Dharma and Swadarma concept to understand nature of work.

Dr. Usha Manjunath expressed her gratitude for all the participants and speakers

