

Panel discussion on

Management of Human stress

Interventions/solutions through modern management, spiritual

and alternative techniques

event brought to you by



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IMRT Business School

Venue: IMRT Business School, Vipul Khand -6, Gomti Nagar, Lucknow

Date/ Time: 5-2-11, Saturday from 2.30 pm to 5.30 pm

Introduction :

To help modern men /women (executives / entrepreneurs) effectively deal with his 'acute stress levels, obesity and lack of energy', Mental and spiritual levels where awareness of the body, alertness and meditation help bring about a complete transformation. It helps modern man effectively deal with his 'acute stress levels, obesity and lack of energy'. We all know that the Corporate World is all about Performance, but performance at the cost of what? Stress? Health hazards? Mental & Emotional breakdown?? In this rat race, the body and mind reach a state of "burn-out" which is often recognized only when a medical condition manifests. The World Health Organization (WHO) calls *Stress the epidemic of the new Millennium*. Stress is an unavoidable part of our lives and keeps on accumulating in the body. Some of the signs are fatigue, insomnia, blood pressure, anger and irritation, pain in the neck and back, and headaches. Every progressive Corporate has to respond intelligently to this crisis. Simply, because: A Healthy Individual = Healthy Team = A Healthy Company

Corporate Wellness deals with 3 aspects mainly: Healthy Staff (physical, mental & social), Stress-Management and Team-Building.

Resource Persons :

1. **Mr Ajai Kumar**, CMD, Scooters India Ltd, Lucknow
2. **Mr Krishan Gupta**, M.D & Global CEO, Organic India Pvt. Ltd.

Gold Medalist from LIT Nagpur in Chemical Technology , Krishan started his career in India with Colgate-Palmolive in May'88 and has worked in companies like Gillette, Godrej, Benckiser in

India as well as handling critical assignments in Europe and USA. MBA (Masters in business administration) from Amity Business School. Krishan enjoys working in a multi cultural environment and at one point in his career was leading a team of 20 different nationals as NPD (New product development) leader based out of Brussels. Krishan is well travelled nationally as well internationally leaving his foot prints in over 40 countries. He has won Awards like The Mother Teresa Excellence Award, The Royal Leader Award , Young Achievers Award, Lufthansa - ET Now Pioneering spirit award, Transformation Leadership Award and Excellence Award for Dynamic Leadership 2009-10. He has written a book "[Clear Your Bottlenecks](#)" on his experience on how to be a successful person.

3. Dr Rukmani Sawhney, MD (Medicine), Former Dy CMO, with specialization on alternative system of medicines. On panel as specialist on Emotional Freedom Technique, for stress control

4. Mr Ajai Kumar Chaudhary: Head of Yog Vigyan sanstahn was established in the year 1996. Teaching workshop seminars symposia have been organized throughout the year. It has taken thousands of yoga sessions within the country and abroad. Atleast 400 yoga sessions has been taken in IIM, Lucknow under management development program it has also contributed many articles regarding yoga and ancient Indian sciences in leading magazines and newspapers.

5. Prof (Dr) Manju Agrawal, Director Amity institute of Behavioral and allied Sciences, Amity University, Lucknow

For whom:

Members of AKWL, IIA and National HRD Network , invitees , entrepreneurs, and professionals from faculty from academics and executives from industry, Students of IMRT Business School etc

Delegate fee: NIL

Delegates prior registration is compulsory, as we have 50 number limited seats, excluding students of IMRT B School

Communication Addresses:

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