

**“The greatest weapon against stress is our ability
to choose one thought over another!”**

DMA

DELHI MANAGEMENT ASSOCIATION

P r e s e n t s

**“A to Z of Stress Management, for your
Happiness & Well being for ever”
WORKSHOP**

**To hone your corporate image,
to prepare you to be a global combatant,
to transform your tomorrow into today.”**



February 18, 2012

India Habitat Centre, Lodi Road, New Delhi

WHY STRESS MANAGEMENT

Recent estimates suggest that job stress cost Indian business more than \$100 million a year in absenteeism, compensation claims, increased health insurance costs, and lowered productivity. Even when workers show up, a poor mental outlook or mounting stress takes its toll. A 2008 study defines “presenteeism” as the invisible loss when workers are at work but are unable to function to their potential. Ailments such as depression, fatigue, backaches and stomach maladies cost employers more than \$50 million annually in lost productivity. As the president of one company puts it, “When a key manager is stressed out and frazzled, he isn’t going to be productive even though he shows up for work every day.”

GAINS FROM THE PROGRAMME

- Improved Mood and Performance
- Improved Health
- Strengthened Immune System
- Cost Reduction and Productivity
- Better Interpersonal Relationship
- Improved Looks
- Improved Love Life

WHAT IS OUR APPROACH TO STRESS MANAGEMENT TRAINING

Our workshops emphasize a proactive approach to stress management- that is, teaching stress management techniques that can be used as part of one’s daily routine, even when things are going well. This approach is used because:

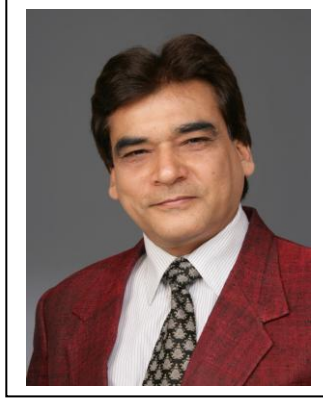
- Practicing stress-management and relaxation techniques on a regular basis can make you relatively impervious to stress.
- The proactive approach to stress-management lowers your risks.
- Stress-management and relaxation techniques which can be practiced throughout the day having continuous benefits for mood, performance and health.
- With proactive methods as your first line of defense, you can still fall back on reactive methods whenever you need them.

We teach managers how to better communicate with others to reduce stress in themselves and in employees.

PROGRAMME DESIGN

The workshop is conducted in a highly interactive environment. The programme delivery is accompanied by presentations, creative role-play and live demonstrations. In order to ensure optimum effectiveness and personalized attention, the group size has been kept small.

FACILITATORS BEHIND THE SHOW



Raj Gupta

Raj Gupta is an **Image Builder** and Expert Consultant on Stress Management being trained at the world famous Finishing School from Paris, France Equipped with a Diploma in Finishing, he is a Corporate Trainer on **Personality Development Etiquette, Grooming & Image Enhancing & Stress Management.**

Presently engaged as Director HR, Air Liquide E&C Delhi, has more than two decades of experience with large MNCs and Indian Organisations

A TV Actor, acted in about 20 Teleserials, Films & Video Albums. A Singer, A Martial Artist & A Former Model who has the following credentials.

- Post Graduate Diploma in Human Resources Management and a Law Graduate
- TQM Trainer from QCFI
- Blue Belt in Karate from School of Budokan Karate

Raj is a regular columnist with a number of magazines. His famous program, “**ROADMAP TO SUCCESS**” is a major hit with Corporates, Institutes. Having worked with Top Brass Executives, Middle management Executives, Ground level Executives, college and school students makes him truly a very versatile Personality.



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EDIFICATION

Extensively trained at Reebok University in professional courses,

- Core Pilates
- Martial Arts(Kick Boxing)
- Flexible Strength
- Final Cuts
- Aerobics & Steps

A Systems Engineer having a Degree in Systems Engineering in 1992 with a Gold Medal from Georgian Technical University.

OCCUPATIONAL CONTOUR:

A Super Model for 15 years, having scorched the ramp and stormed the Fashion industry with poise, charm, beauty, attitude & glamour.

Worked with “Who – s – Who” of the designer fraternity and endorsed scores of Indian and International brands.

Last 10 years working as a fitness trainer & Grooming Expert with very high profile clientele including Celebrities, Movie Stars, Industrialists etc.

WHO SHOULD ATTEND

The programme has been structured for Business Managers, entrepreneurs and professionals.

A Few Testimonials

- This is a workshop that I would recommend every working professional.
Rachna Barwal



- Small things make HUGE Differences
Rakesh Verma, Manager, Operations Finance



- Very good, informative, different from other training programs.



Rajendra Mukadam

- Crisp, Effective and Simple!! My life is changed both personally and professionally.



Vineet Garg, Managing Director, Graphonix Infotech (P) Ltd



- The gains are instant and the results are priceless.

T.K.Naha, Vice President (Iron Zone), JSW Steel Ltd.

“The only difference between a diamond and a lump of coal is that the diamond had a little more pressure on it.”

Administrative Details:

- Date : February 18, 2012 (Saturday)
- Registration : 9.30 a.m.
- Programme timing : 10.00 a.m. to 05.00 p.m.
- Venue : India Habitat Centre, Lodi Road, New Delhi

Participation Fee (Per Participant):

Category	For One or Two	For Three and More
AIMA-DMA Members	Rs 3500/-	Rs 3000/-
Non Members	Rs 4000/-	Rs 3500/-

Fee covers tuition fee, cost of luncheon, refreshments, reading material and organisational expenses. Nomination fee is non-refundable. However, participation by a substitute is allowed. Workshop is non-residential. Demand Draft and Cheques are to be made in favour of "**Delhi Management Association**" Payable at "New Delhi".

**Hurry! Limited Seats only.
So rush your nominations before its too late.**

Please send your registration form alongwith participation fee to:

Ms Tanya Bhatnagar
Programme Executive
Delhi Management Association
India Habitat Centre, Core 6A, 1st Floor, Lodi Road
New Delhi - 110 003
Phone: 011- 24649551, 24649552 **Telefax:** 24649553
Email: Info@dmadelihi.org or dmadelihi@sify.com

Registration Form



Workshop on

"A to Z of Stress Management, for your Happiness & Well being forever"

February 18, 2012

Name

Designation

(1)

(2)

(3)

(4).....

(5).....

Organisation

Communication Address

Phone:..... Fax:..... Email:.....

Enclosed is a cheque/draft for Rs..... being Registration fee for the program

Authorised Signatory, Name & Designation

Date.....

Please make cheque/draft payable to **Delhi Management Association** and send it along with Registration Form to DMA.