



# INDO-AMERICAN SOCIETY'S

*One-day workshop on*

## Stress Management

By

**Mr. G. Ajoy Kumar & Mr. Sandeep Yederi**

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**Date: May 16, 2015 (Saturday) 9.30 am to 5 p.m.**

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**Nomination Fees: 6,742/- (Basic Amount Rs. 6,000/- + S. Tax 12.36% Rs. 472/-)**

The fees include participation, course material, tea/coffee & Lunch. Cheque/draft is to be drawn in favour of "**Indo-American Society**" and sent to the IAS office with the registration form. Participation fees are non-refundable.

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**Venue: Lincoln Auditorium, Indo-American Society, Kitab Mahal, 5 D, Sukhadwala Marg, Near New Excelsior Theatre, Fort, Mumbai 400 001**

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- **The Key – Workplace Wellness!**

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The recent challenge for HR Heads and CEOs is Workplace Wellness. The mental health of employees is now as important as Succession planning, Competency development, Productivity enhancement, Business relevance cum Impact, Work-Life balance and Handling Gen X, Y, Z!

Stress at workplace is seen as one of the root causes of employee's mental ill health affecting Workplace Wellness.

"90% of medical visits are stress related and Stress is the 6th leading cause of death" - The Centre for Disease Control.

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- **Stress Biography**

Stress stays as a hidden enemy and is seldom acknowledged.

"Stress, anxiety and depression are relatively common but people who experience them are reluctant to open up to others as they fear discrimination, alienation and being stigmatised. In the work place, mental health conditions can be an elephant in the room" — Dr. Mark Winwood, Director of Psychological services, AXA PPP Healthcare.

70% of employees those who had experienced a mental health problem said they don't like people at work to know about it. 69% said they worry that they will be judged at work because of their condition. — AXA PPP Healthcare, Survey 2014 March.

The new science of Stress Management is an essential tool with the HR team to manage the real assets— People. It states that all kinds of stress are born inside the mind and not from external factors. We cannot control the external rapidly changing environment and work process but we can definitely control the internal processes in our mind to eliminate stress and lead a healthy life.

It is also seen worldwide that Stress is one of the main reasons for fall in Employee Productivity. According to WHO lost productivity due to deaths and disability cost India 9 billion dollars in 2005 and projected to be 237 billion in 2015!

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- **Myths of Stress**

- **Perception:** Stress is externally created by factors outside us.  
**Reality:** Stress is an internal creation by our mind which cramps our thinking and affects our health.
- **Perception:** External activities like drugs, music, movies, travel, shopping, holidays etc. can remove stress.  
**Reality:** The external environment remains where it is and the stress gets recreated in our mind when we resume work.
- **Perception:** There is something called 'Good Stress' or Eustress which is good for us.  
**Reality:** There is nothing called good stress. All Stress is bad for our health and a great demotivator.
- **Perception:** Stress is inevitable for a great career.  
**Reality:** Stress can be completely avoided even if one is highly career conscious and ambitious.

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- **Eliminating Stressful thoughts and processes in the mind at the work place thus:**

- Enhancing individual and Team Productivity
- Better listening and understanding
- Breaking interdepartmental silos
- Balance - Work/Life/Relationships/Emotions
- Look beyond boundaries and benchmarks

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- **Benefits to the Participants:**

1. High degree of receptivity, analysis and assimilation of facts and ideas
2. Better Touch time and improvement in personal productivity
3. Better team player and demolishing the interdepartmental silos
4. Higher Happiness quotient at work place
5. Creating their own work-life balance

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#### **Faculty Profiles:**

##### **Mr. G. Ajoy Kumar (Executive Director)**

*PGDM-Marketing & Sales, XIMB and BE (Electrical) from NIT Surat*

He has led a successful career of almost 20 years in Sales & Marketing at Senior Management positions with a great understanding of evolving markets & demanding customers. His ability to get the best out of the team made him a successful manager, mentor & coach. He has left an indelible mark in his industry with his strategic planning and strong execution skills which have benefitted Godrej & Boyce and alliance partners. He has also worked as the key member to the Business Excellence process of CII helping Godrej and Boyce run up to many Business Excellence Awards by CII thus having deep knowledge of people excellence to be followed in an organisation.

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##### **Mr. Sandeep C. Yederi (Executive Director)**

*Master's in Marketing Management and B.E.(Electronics) from Mumbai University*

With 23 years of successful experience in Sales & Marketing, Sandeep has worked in various companies like Panasonic, Reliance communications, Tikona Digital & Nelco with deep understanding of business development, team and partner management. His corporate experience has helped him mentor & coach various teams reporting to him during his tenure in the various organisations.

His unique style of taking the programs, understanding the participants' need with relevant examples, make the sessions highly interactive with the involvement of each member. He brings in the intensity and energy due to his practice of Kriya Yoga. A workplace Wellness professional, he helps people to be physically and mentally fit.

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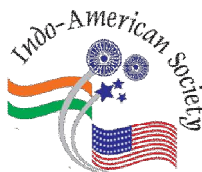
We would highly appreciate if you could send us nominations from your side and arrange to circulate this information to your contacts, who would be benefited.

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**Note:** If interested, kindly arrange for the payment at the earliest before the commencement of the Workshop. This will enable us to confirm your registration.

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For more details, please contact on Shobha Shetty / Rashmi Pawar at the Indo-American Society,  
Phone: 22074882/3, 2200 4769 - Email: [shobha@indoamericansociety.org](mailto:shobha@indoamericansociety.org) / [rashmi@indoamericansociety.org](mailto:rashmi@indoamericansociety.org)



**Registration Form**  
**One-day workshop on**  
**Stress Management**  
**May 16, 2015 (Saturday) (9:30am to 5pm)**

	Member-1	Member-2	Member-3
Name			
Designation			
Tel No.			
Mobile No.			
Email ID.			

**Organization Name & Address:**

**Name of Contact Person:** \_\_\_\_\_ **Contact Number:** \_\_\_\_\_

**Email ID** \_\_\_\_\_

<b>Nomination Fees</b>
<b>Fees: Rs.6,742/- (Basic Amount Rs.6,000/- + S. Tax 12.36% Rs.742/-)</b>

**Mode of Payment: By Cheque/Demand Draft.**

**Cheque/Draft No** \_\_\_\_\_ **Dated** \_\_\_\_\_ **Drawn on** \_\_\_\_\_

\_\_\_\_\_ **(Name of the bank) In favour of "Indo-American Society"**

**for Rs.** \_\_\_\_\_ **is enclosed along with the registration form to be couriered to**

**Ms. Kiran Kamath, Secretary General**  
Indo-American Society  
5, Kitab Mahal, 5 D, Sukhadwala Marg, Near New Excelsior Cinema,  
Fort, Mumbai 400 001.  
Tel.: 2207 4882/83, 2200 4769

Please mail the scanned copy of the registration form duly filled in to: [shobha@indoamericansociety.org](mailto:shobha@indoamericansociety.org) / [rashmi@indoamericansociety.org](mailto:rashmi@indoamericansociety.org) **\*Participation will be confirmed subject to receipt of participation fee.**  
The participation fees are non-refundable. However, participation by a substitute shall be allowed.

\_\_\_\_\_  
**Authorized Signatory**