

Workshop 2:

Topic:TRL! Total Relaxation Live:

Number of participants: 25(max)

Time duration:08 hours (one day)

Speaker

Dr.Nipun Choudhry



Today's corporate world is full of challenges like mental stress and fatigue.

The growing awareness among corporate to provide services that increase productivity, decrease absenteeism are becoming paramount in maintaining a competitive edge.

Our session on stress management will help you to manage stress through meditation and an extremely advanced session on relaxation. Come de-stress. Through a progressive relaxation exercise (**Meditation**), learn how to reverse the physiological effects of stress. Time management techniques are incredibly helpful but all of us will still encounter stress. During this session, learn stress-management techniques that will improve your quality of life and decrease the damaging effects of stress on your body. Learn to manage the Work-life balance, the art of Positive thinking

This session will help you know about the type of personalities & its importance and its management. This part of the session deals exclusively with types of personalities and measures you can take to change the personality to distress yourself and prevent lifestyle diseases.