

# STRESS MANAGEMENT



**A programme on Stress Management was organized by the Medical Department at the Auditorium of Central Hospital, GRC, SER on 12.03.2025 at 15:00 hrs.**

**Mrs. Eshita Sanyal, eminent Clinical Psychologist, Dr. Carrie, Chair, Department of Learning and Teaching Associate, Professor & Fountain House Manhattan, New York and a team of management professionals from New York were invited for the talk show under the initiative of Dr. Anjana Malhotra, PCMD/SER.**



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**Doctors from all disciplines of this hospitals along with the nursing fraternity, paramedics and the entire ministerial workforce of the department had ensured their spontaneous attendance to the programme.**

**Mrs.Sanyal the Clinical Psychologist initially disseminated known facts in a newer model about handling the patient stress quotient, its importance – both to the care giver as well as the receiver. It was explained why and how the patient should be made to feel at home while in a hospital and how the exercise of relieving his / her stress would ensure better management in an environment of faith and trust.**



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**The talk was followed by several stress relieving exercises with a tinge of fun, fiesta and cheer. The members of the audience voluntarily participated in more than a couple of games, thus making the stress relieving management exercises more interactive and educative. Each and every exercise was well explained by the coordinator in the beginning and summarised at the end.**

**The overall concept of this stress management session proved to be very beneficial for the entire workforce from all levels of the Medical Department who dedicate themselves day-in and day-out to thrive for excellence in rendering blemish free, State of the Art and satisfactory care giving services.**

**More and more programmes of such nature are being planned for the future to keep the workforce motivated.**