



Dr. D.Y. Patil Pratishthan's
Padmashree Dr. D. Y. Patil Institute of Management Studies

(Approved by AICTE, recognized by Govt. of Maharashtra and affiliated to University of Pune)

Accredited By National Assessment and Accreditation Council (NAAC) with 'A' Grade

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Report on Management Development Program- “Stress Management”

We, at DYPIMS believe in creating a platform which will engage in management advocacy for all the professionals who have faith in competency development and its alignment with organizational objectives. The Programs will enrich the participants to augment the output and productivity, which will lead them towards inclusive growth through professional expertise. Keeping this in mind Padmashree Dr. D.Y.Patil Institute of Management Studies, Pune had organized a one day Management Development Program (MDP) on “Stress management” on 17th October 2015 from 10 am to 5 pm for the police personnel from Maharashtra Police Department. The program was organized considering the stress levels experienced by the police personnel.

The details of the workshop conducted are as follows:

- The Date and Time of the Workshop: 17th October 2015, 10:00 am - 4:00 pm.
- Facilitator of the Workshop: MDP Committee along with Prof Kunal Patil, Dr. Sweta Banerjee, Dr Priyanka Mishra, Prof Mangesh. A, Prof Sibi Abraham, Prof. Minal Waghchoure Prof Lalit Prasad, Prof Amitabh Patnaik and Mrs Harini Tripathi,
- Total No of Participants of the Workshop: 35.

The morning session started with a Welcome address by Prof. Nandini Desai, Chairman-MDP, DYPIMS and Prof Shilpa R Kankonkar, member MDP Committee. Dr. J. G. Patil officiating Director commence the workshop with interesting facts regarding the elements of stress and its implication on mental, physical and emotional wellbeing. Reiterating the aspect of the managing the stress for the most important societal stakeholders. Dr. J. G. patil highlighted the need for maintaining a healthy lifestyle through rainbow diet Prof Minal Waghchoure, Dr. Priyanka Mishra and Dr Sweta Banerjee deliberated some of the important pointers of managing stress. Prof Kunal Patil administered the Self-Stress assessment questionnaire followed with the session on feedback of the identified stress factors by Prof Amitabh Patnaik. Prof Mangesh and Prof Sibi Abraham enthralled the audience with interactive session on childhood memories with songs.

The Training Schedule conducted for Police Personnel was as follows:

- I. 1st Session (Introduction) Time slot: 10:30 - 11:30: -Prof. Nandini Desai and Prof. Shilpa R. Kankonkar. – 10 minutes
 - a. Welcome, introductions, review of objectives and agenda
 - b. Administer Pre-Test.
 - c. Expectations from participants
- II. What is Stress? – 10 minutes. –Prof. Minal Waghchoure
 - a. Definitions of stress
 - b. “Fight or flight” response.

- III. How Do We React to Stress, Exploring our Sources of Stress – 40 minutes- Prof Kunal Patil Dr. Sweta Banerjee, Dr Priyanka Mishra, Prof Nandini Desai, Prof. Mangesh. A.
- a. Participant activity (pairs) on positive/negative stress, Discussion of work-related stress. - Prof Sweta Banerjee.
 - b. Participant activity (role play) on positive/negative responses to stress Prof Nandini Desai and Prof Mangesh.A.
 - c. Discussion of stress (mind, body, Spiritual (soul)). - Dr J G Patil.
 - d. Introductory discussion on positive responses to workplace stress. - Dr Priyanka Mishra
 - e. Individual self-assessment activity, feedback.-Prof Kunal Patil.
- ** Tea Break – 15 minutes **
- IV. Stress Management Strategies – 60 minutes -11:45 – 12:45 Session by MrMarutiPadekar, Yoga Abhyasaachrya.
- a. Basic stress management techniques
 - b. Review of Stress Management Tips (Recognition, Self-Care)
 - c. Discussion/reactions to self-care ideas
 - d. Stress Reduction/Relaxation – Practical Exercises
 - i. Deep Breathing
 - ii. Progressive Muscle Relaxation,iii. Brief reflection on exercises.
- ** Lunch Break – 30 minutes **
- V. Session 2 : (Practical Exercises) Personal Goal Setting: “ Self-Care Prescription” – 20 minutes: Prof Shilpa R Kankonkar, Prof Minal Waghchoure, Prof Lalit Prasad & Prof Amitabh Patnaik, Prof Sibi Abraham.
- i. Visualization Exercise- Prof Shilpa R Kankonkar
 - ii. Individual exercise – “Self-Care Prescription” Prof Minal Waghchoure.
- VIII. Wrap up / Closing – 10 minutes
- a. Brief Group Evaluation Feedback about program: Prof Lalit Prasad & Prof Amitabh Patnaik
 - c. Revisiting participants’ training expectations. Prof Sibi Abraham
 - d. Encouragement for self-care and stress management efforts followed with Vote Of Thank:- Prof Harini Tripathi.

During the course of the workshop one hour session was conducted by MrMarutiPadekar, yogaacharyaon Participatory and mind exercises and Body exercises for reducing stress.

At the end, the participation certificates were distributed at the hands of facilitators from DYPIMS. The event had an overwhelming response from the police fraternity who had registered for the workshop. The overall coordination of the program was done by the MDP Committee. The highlights of the program included the integrated approach of all the faculty members of the institute to explain the concepts of stress management.

At the end Mr. Amaranth Waghmode appreciated the efforts taken by the institute in developing the training schedule and the execution of the same in a professional manner. All the participants expressed their heartfelt gratitude for the recognition given to them for their services. Mr. Amaranth Waghmode future emphasized the initiatives taken by the management for the overall development of the students. he recognized the fact that it was a cumbersome task to organize the programme at par with excellence. To capture the event Wg. Crd(Retd) P.V.C Patil graced the occasion for a formal group photo.

Glimpses of the Event:







