

Relaxation of Working Stress

Netaji Subhas Administrative Training Institute, West Bengal conducted training course on Relaxation of Working Stress during 14-16 March 2023 under State Category Training Programme (SCTP), DoPT, GoI.

17 Government officials attended the said training course.

The course covered following topics:

- Psychosomatic symptoms of Stress
- Therapy and mindfulness
- Music therapy and guided imagery
- Relaxation technique
- Decoding the Dynamics of Stress through Thoughts and Feelings
- Dance Movement Therapy
- Conflict and Stress
- Time and Stress
- Thriving under Stress

Shri Manick Lal Maitra, WBRS, Additional Director acted as the Course Director.

