

Residential Stress Management Program for Executives

Government of Nepal, Ministry of Health and Population, National Ayurveda Research and Training Center (NARTC), Kirtipur, Kathmandu conducted Residential Stress Management Program for Executives. The purpose of the training was to spread the knowledge to the participants regarding the importance of ayurveda in daily life and to remove the stress of daily life. The training was conducted from 2081.10.04-2081.10.06 at training hall of NARTC in Kirtipur.

The specific objective of the training workshop was:

- Understanding of Stress and the negative impacts of stress on job efficiency and health.
- Understanding strength of Yoga and Ayurveda in the management of stress.
- Residential approach in the management of stress and prevention of stress induced diseases.

Name List of Participants

S.N	Name	S.N	Name
1	Dr. Rupesh Kumar Thakur	13	Dr. Sharad Panthi
2	Dr. Maharudra Kumar Thakur	14	Dr. Sarbindra Prasad Yadav
3	Dr. Subodh Mishra	15	Dr. Shankar Gautam
4	Dr. Santosh Poudel	16	Dr. Jyoti Sah
5	Dr. Ashish Kumar Chaudhary	17	Dr. Mahesh Prasad Sah
6	Dr. Shivam Deo	18	Dr. Ram Pukar Yadav
7	Dr. Samjhana G.C.	19	Dr. Seema Jha
8	Dr. Prabhakar Manu	20	Dr. Dipendra Prasad Yadav
9	Dr. Deepak Acharya	21	Dr. Surendra Ray
10	Dr. Aanchal Shrestha	22	Dr. Rajeev Ghimire
11	Dr. Laxmi Prasad Sharma	23	Dr. Sudarshan Pokhrel
12	Dr. Bishal KC	24	Dr. Saroj Kumar Ray

