

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 course was targeted to High-Level Executives of different Government Institutions of Kathmandu Valley who were interested to get knowledge regarding the importance of Ayurveda and to get relief from their daily stress which may occur in their workplace or at their home. Participants were expected to have both theoretical and practical knowledge of yoga therapy so that they could perceive all the contents of training with ease and understand to its depth. Thirty-one participants attended the training. Participants were from Office of Prime Minister and Council of Ministers, Minister of Health and Population, and District Treasury Controller Office, to get relief from their everyday stress.

The financial support for the training was provided by Government of Nepal, Ministry of Health and Population. The arrangement of the training was managed and conducted by the training section of NARTC, which include organizational and logistics management of training materials, refreshment arrangement, coordination with staffs, etc. Facilitators were yoga experts having sound knowledge and long clinical experience.

The program was conducted according to the developed design assigning sufficient time for different training activities. Facilitators presented concepts which were followed by discussions and explanations. To make more familiarize with the topic, practical sessions were conducted at Yoga Hall of National ayurveda research and training center (NARTC), Kirtipur. Participants were also provided with training materials for future use.

1.1 Objectives

The general objective of the advanced training workshop was to upgrade the knowledge and skills of the participants in yoga therapy through learning by doing approach.

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.

1.2 Expected outcome

At the end of the training sessions participants were expected to get impression on the following:

- This program includes meditation, tuning to nature, understanding of stress and its effects, worksite healthy behaviors, lifestyle consultation with doctor.
- It will also provide a forum for executives to share their work places stress due to various reason and discuss the simple ways to tackle.
- Techniques for stress management at workplace to increase the efficiency at workplace and prevention of Stress induced diseases.
- The program will offer practical and theoretical classes focused on stress and healthy lifestyle management.

2. Training Workshop Design



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

Photographs

