



Confederation of Indian Industry



To Yi Members,

Seminar on Stress Management

Saturday, 22 August: Rudra Spa, Kemp's Corner, Mumbai

Stress that most of us have is self-generated, this gives us a measure of choice and control that we do not always have when dealing with day-to-day situations acting on us. Stress, beyond a certain level is detrimental for one's physical and mental well-being. A person should know the scope of his strengths and weaknesses and adaptability to the surrounding environment.

Against this backdrop, Yi Mumbai is organizing a Seminar on Stress Management, on Saturday, 22 August 2009, from 1600 hrs to 1800 hrs at the RUDRA Spa, Kemp's Corner.

I'd like to extend a warm welcome to all our Young Indian members to attend this important and interesting Seminar on Stress Management by Dr Hozefa Bhinderwala, Consultant Psychiatrist & Honorary Psychiatrist, Prince Aly Khan Hospital.

Objective of the Seminar

- Reasons for Stress
- Dealing with Stress
- Relaxation Techniques
- Relevant Life Examples

Details:

Date: Saturday, 22 August 2009

Time: 1600 hrs onwards

Venue: Rudra Spa, Aambir, 2nd floor, Kemp's Boulevard,
1-3-5 Kwaliti House, Kemp's Corner.



You are requested to kindly take advantage of this unique programme, by confirming your participation at the earliest to alisha.ojha@cii.in or call on 022 24931790 Extn 454

Cheers!!!

Sweta Mangal

Co Chairman,
Mumbai Chapter

Supported by :

