



Uka Tarsadia University
The Center of Humanities & Development
Industrial Training 2018-19



As industry academia training Dr. Rozy Patel, H.O.D of Center of Humanities and Development, UTU gave training on Stress Management.

The following are the details for Stress Management.

Date: 18th March 2019

Venue: Kakrapar Atomic Power Station

Timing: 8.00am to 5.00 pm

Total Participants: 26 Faculties

Expert: Dr. Rozy Patel

Schedule

- + 9:45 am to 10:30 am : Team task on identification of physical stress
- + 10:30 am to 11:30 am : Pair task on identification of mental stress
- + 11:30 am to 12: 30 pm : Cross pair team task on situation
- + 12:30 pm to 01:30 pm : Lunch Break
- + 1:30 pm to 2: 30 pm : Defining Stress
- + 2:30 pm to 3: 30 pm : Video inputs
- + 3:30 pm to 4:30 pm : Eliciting ways to manage stress by participants from video
- 4:30pm to 5:00 pm: Feedback

The UTU team was received sharp at 8.00 am at UTU gates by a convoy of chauffer driven car and Mr Shailesh who is a sports coach at KAPS. The drive from UTU to KAPS is of 50 minutes but the security check in at 2 posts took another 35 minutes. So the training which was supposed to start at 9:00, started on 9:45. The training participants were from 6 different departments like IT, Technical, Sr. Scientists and so on. There was an assortment of young and experienced participants. The most aged was of 68 years and youngest was of 24 years. The youngest was the only female participant of the batch.

The session started with warm welcome by Sr Training Superintendent and Chairman CSR Mr.M.V. Parikh to Dr Rozy Patel and Roshni Panwala through beautiful bunch of

flowers. Informal round of introduction went on during the tea and snacks that followed. Initially there were 28 participants but somehow 2 could not join because of some contingency. From UTU end the facilitator was Miss Roshni Panwala and from KAPS end it was Mr Paurush

The training was fusion of group discussions, pair tasks and team tasks based on questionnaire, video and PPTS. The training went on till 5pm sharp with 2 tea breaks for 15 minutes and a lunch break for 45 minutes.

Though most of the participants were very experienced and learned, they were humble, polite, enthusiastic and probing. They have shown a real inclination towards learning stress handling. 5 to 6 times real life scenarios and problems were discussed. Individual problem sharing was done freely. Such sharing helped to build a rapport amongst participants and trainer which resulted in very fruitful training program.

There were 2 main sessions pre and post lunch. At the very end some feedbacks were shared and all feedbacks were recorded in a feedback form. Just to mention a few, one senior participant declared "that after attending this training I am feeling stress free." Another said that there has to be hands on training on situational handling so another day of training is required.

Eventually all parties felt elated to have spent a constructive day and parted ways with a promise to stay in touch and keep on working towards stress elimination.

Glimpses





