

# Management Development Program: Ergonomics in Stress Management

at

Save Microfinance PVT. LTD.

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Stress is a very serious though underestimated word in today's world. In this busy world we are over occupied with number of tasks be, it household ones or official projects at our workplaces, the deadlines, file submissions, fearful influence of superiors and unhealthy completion as well as relationship with colleagues, makes your work life hostile and induce a lot of stress detrimental to individual's health. The interpersonal behaviour an individual is facing at his workplace has the potential to disturb individual's productivity day by day which in turn impact his/her livelihood. In Indian scenario females are taken for granted to take care of household and family, for a working women it will become difficult to excel in both and fulfil the needful, failure in which impacts lady's mental health. To address these issues and tackle stress at workplace ergonomically, Banarsidas Chandiwala Institute of Physiotherapy, New Delhi, in association with Banarsidas Chandiwala Institute of Professional Studies, Dwarka conducted an Management Development Program at Save Microfinance PVT. LTD. Dwarka. The session was encountered in three subsets of stress, i.e., scientific aspect of stress, spiritual aspect of stress, medical aspect of stress and ergonomics for stress management.

