

**Rediffmail**

Mailbox of spfu\_haryana@rediffmail.com

JDC (Dev.)  
 AS (Dev.)

**Print****Cancel****From:** Mamta Masiwal <masiwalmamta@gmail.com>**To:** sethi\_harmeets@rediffmail.com, sethiharmeets@gmail.com, spfu\_haryana@rediffmail.com, highereducation\_haryana@yahoo.com**Subject:** "Managing Stress for Personal Efficacy" from October 18 - 22, 2010.**Date:** Tue, 14 Sep 2010 12:33:53 IST**HARYANA INSTITUTE OF PUBLIC ADMINISTRATION : GURGAON****Ref. No. FBS/MS/10-11/****Dated: 14.09.2010**

US (AS)  
 [Signature]  
 14/9

**Subject:Reminder for one week training course on "Managing Stress for Personal Efficacy" from October 18 - 22, 2010 sponsored by DOPT, Govt. of India**

Dear Sir/Madam,

Haryana Institute of Public Administration is organising a one-week training course on "**Managing Stress for Personal Efficacy**" from **October 18 - 22, 2010** sponsored by **Department of Personnel and Training, Government of India, New Delhi** for the officers of various Departments, Boards and Corporations of the State.

The objectives of this course are to acquaint the officers with the nature and meaning of Stress, which is used very frequently and is a cause of concern for most people. The participants would be able to identify the causes and sources of stress in their life through tests and questionnaires. They would be able to explore effects of stress on health, relationships and emotions. The participants would be equipped with tips to manage their stress through techniques like yoga, meditation and time management etc.

No nominations have been received till now, you are, therefore, requested to kindly nominate 10-12 officers of your Department/Board/Corporation for the above said course. No course fee will be charged for this programme.