

## **Stress management Bust the stress!**

**All work and no play can take its toll. Stress management workshops are thus doing the rounds**

*Antara Ghosal, Gurgaon*

Technology and capital can be accessed and acquired but work force needs to be nurtured as it is the most critical asset for any organisation. Realising this fact are the corporates in Gurgaon who have been making serious efforts to make lives simpler and easier for their employees. Mixing business with pleasure is all fine but these corporates have gone a step further to de-stress the professional lives of their people. Along with de-stressing these measures are also aimed at increasing their productivity.

"We strongly believe in de-stressing our employees to generate better work environment and increase productivity. We have a young team with the average age of 23 and have identified events and sports activities to de-stress our people in the office. The ongoing table tennis competition has 80 per cent participation from both male and female employees. We have in-house dance, drama and guitar clubs. Being a technical company Sudoku and Puzzle contests are a huge draw. Soccer and cricket are the most popular sports. We are in the process of setting up the e-games room with PSII and XBOX 360 stations" says Manmohan Gupta, CTO and head - HR, Nagarro Software Pvt. Ltd.

"As a company we are acutely conscious of the work life balance. Instead of promoting drinking binges in the form of parties every week, we try to get our employees involved in various sport activities such as cricket, badminton (courts built within the campus), table tennis (available in house) etc. In addition, special activities such as paint ball shooting, bowling, pool, valley crossing, picnics etc. are organised for employees off and on" says NPS Sethi, VP HR and administration, Jindal Intellicom. Indeed in their pursuit of pampering

employees, organisations are now looking beyond normal perks and parties and deliberately resorting to some out of the box retreats. Here are unique ones:

Tarot card reading sessions Who is not interested in knowing what the future holds? Indeed the corporate executives are no exception. At least records say so. "We arranged a tarot reading session for Bharti Airtel few days back. We arranged the session for just 45 minutes between consecutive conferences. The response was so enormous that we had to extend the show for four and a half hours" shares Anjali Pashicha, MD CS Direkt, a Gurgaon based event management company. Good way, to make work fun!



Reiki sessions, meditation The art of living, Reiki and meditation have a world wide following and are now getting recognised and practiced widely in different corporate companies. Its followers claim it stands to heal everything you can virtually think of - the body, the mind, character, relations or even the house you live in. "And while you're at it, pranic healing can also help you heal yourself." says Dharam Arora, expert

in holistic therapies. A communication group arranged a business conclave in Goa in recent past where they called in for art of living sessions to de-stress the CEOs. "The session was really fruitful and all the corporate came back fresh to the conferences. The whole exercise turned fruitful," says Pashicha.

comedy shows Stand up comedy shows are making rounds in the corporate forays. Various national and international artists are invited to conduct comedy shows. These humorous shows are not just a balm to the fatigued mind; they also perk up the mood. After all, laughter is still the best medicine.

Feng shui sessions Vaastu Shastra and Feng shui- the ancient Indian theories are a big hit among corporate bigwigs. The paint industry is a big time enthusiast of Vaastu and Feng Shui. Certain knowledge about such therapies helps them answer customer queries about what colour to use in which room so as to ensure health and wealth. Office etiquettes are a must for all corporate personnel and the companies realise its importance. Other than normal grooming sessions and etiquette classes, professional wine tasters are often invited to give lessons on the range of flavours, aromas and general characteristics of wine.

nutrition programmes Dieticians are often called in by different companies to tell their employees how to manage their body and mind well and remain energetic throughout the day. "My company often gets a psychiatrist to help us open up. It gets food experts from time to time to update us about the food we eat. We get mails about nutrition," says Varun, an employee with GE.