

## Guest Lecture on 'Integral approach to stress management'

RUHS CMS organized a guest lecture on 1<sup>st</sup> February 2016 at 2 p.m. in LT-2 of administrative block, RUHS CMS. The guest speaker was **Dr. Jaya Pancholi** who spoke on '**Integral approach to stress management**'. It was attended by the faculty and undergraduate and post graduate students of RUHS and its constituent colleges.

Honorable Vice Chancellor of RUHS, Dr. Raja Babu Panwar welcomed Dr. Jaya Pancholi who is a Wellness Expert from Menlo Park, California, USA. He expressed his concern over the ever-increasing incidence of acute stress and stress-related problems amongst the healthcare providers and medical students. He then invited Dr. Jaya for her oration on this much needed topic.



**Dr. Raja Babu Panwar, Honorable Vice Chancellor, RUHS in the audience to Dr. Jaya Pancholi during her talk**

Dr. Jaya started her talk by defining wellness as the inner and outer felicity, which an individual feel in the act of living, working and interacting in a community. She explained the importance of maintaining good physical, vital, mental and spiritual health. Dr. Jaya suggested simple ways of managing stress like regular exercise, right nutrition, a gentle, pleasing and harmonious material environment, lots of fresh and clean air, sunlight and open space, clarity and mutual understanding, a certain amount of rest, relaxation and leisure and awakening of the spiritual self in us.

After her talk, Dr. Jaya eagerly discussed with the audience different ways of implementing the concept and practice of holistic wellbeing in their day-to-day life. She was very delighted and overwhelmed to witness the active participation of both the faculty and students in sharing with her their stressful situations and promptly suggested solutions to such circumstances. The talk which had started as a monologue

ended up in a very healthy and light-hearted discussion which benefitted everyone present.

Vice Dean, Academics and Research, RUHS CMS expressed his sincere thanks to Dr Jaya Pancholi for her talk and expressed his commitment to make stress management an integral part of the education and training program for students and employees at all the levels of the organizational hierarchy. He shared with her the fact that in order to promote well-being of its students and employees, RUHS CMS organizes camps on Indian yoga on a regular basis and everyone actively participates in the same.