



UTSAV-E

*Corporate Stress
Management Program*

www.piyas.org

Spirituality

Ayurveda

Astrology

Naturopathy

Yoga

Vaastu

PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

Introduction

Man with his aspiration for material riches and with the help of technological advances, creativity and innovations has created a corporate world that nurtures not only his personal prosperity but also nurtures the society, nation and the world at large. Stress that arises from the intense competition and the desire to excel has brought in its share of problems.

The Corporate Stress which is rampant in organisations enters easily where people from different backgrounds, expertise, values and cultures work on machines of different quality, quantity and magnitude. It is the relationship between man and man, man and machine and aspirations to achieve, compete and excel, manifests stress at different levels in the corporate sector.

According to one conservative estimate stress costs the economy more than \$600 billion a year due to compensation claims, reduced productivity, absenteeism, health insurance, anger, conflicts, professional maladjustments etc. The Stress costs companies in terms of employees' health and vitality, capacity for critical thinking, innovative competencies, and competitiveness. In 8 out of 10 companies, stress leads to increase in absenteeism, affects performance, productivity and creativity.

Corporate Stress

Modern world especially the corporate world is increasingly becoming aware of its responsibilities in managing Human Resource capital. It is very easy in the world guided by Information Technology to install and operate

machines of any magnitude but extremely different to manage people working in various departments of an organization, having different cultural and social backgrounds. It is only when human resources are regularly exposed to programs like, Stress management, Motivation seminars, Healthy lifestyle management Workshops, Individual and Collective counseling and Guidance, they will deliver their best to an organization in achieving its goals.



Every human resource suffers from stress and stress-induced disorders at some time or the other. Even if it is personal or social stress, it still manifests at the workplace. It is true that any stressed employee can not be as productive and efficient as a contented employee. The vicious

How UTSAV-E Works ?

circle of stress will continue and aggravate if not attended urgently. In the modern world of stiff competition, it becomes difficult for a stressed employee to ignore his duties. But if he continues, he compounds his problems, affects his surroundings, relationships with colleagues, decreases his efficiency and creativity and fails to meet the expectations of the management. PIYAS has designed UTSAV-E, a unique program that helps one to move from inside to outside (Awakening of Self Awareness) that allows the manifestation of love, energy, peace, harmony and health in life which transforms the negative traits. All factors of stress are dissolved. The program is a union of the ancient wisdoms of India with the modern science and its applications.

UTSAV-E is more than a stress management program offering a comprehensive solution through different sessions on physical, mental and emotional well being. It offers relaxation and motivation techniques, dietary regimens, management of interpersonal relationships and emotional integration. This along with tools and practices for health, harmony and happiness, increases ones efficiency, stamina, creativity.

Through different practices and sessions, UTSAV-E takes one into a conscious journey within oneself and into the world, exploring and dissolving the various causes of stress and stress-induced disorders, thus beginning the process of transformation.

The program specially designed, developed and experimented on corporate executives consists of a collection of practices that are simple to follow, easy to practice, and participatory in nature. These help managing day to day stress and which benefits both oneself and the organisation at large.

UTSAV-E Programs are customised to suit the needs of divergent groups. These are conducted in a fun and interactive manner using accelerated, regular, short term and long term learning modules.

The practices are conducted informally by inviting each and every participant to experience the various stress reduction techniques at physical, mental and emotional level. It also includes talks and discussions, which help one, understand the real purpose of life and to move into a higher level of awareness through esoteric practices.

Participants are given adequate take-home materials that help and guide them to practice the various technique they have learnt.

Feedback and follow-up sessions, which are part of select programs, along with individual and group counselling / guidance help one pave the way to Joy of Conscious Living (JOCL)

The program is based on fundamental understanding of Life and designed scientifically for different groups. All practices are a perfect union of ancient wisdom i.e. Yoga, Nisargopachar, Ayurveda and Allied sciences and modern knowledge of medical science especially the preventive, curative and promotive healthcare means. Every session/ practice explores consciously the causes of physical, mental and emotional problems, dissolves them and helps to achieve Health, Harmony and Happiness. The program is participative in nature and seeks active participation so that everyone attending will discover the ways and means to manage stress and experience Love, Energy, Awareness and Peace (LEAP) in life.

Uniqueness about UTSAV-E

This program changes the inner and outer orientation of Human resources in the corporate world by awakening to a reality i.e. living and working in a group with efficiency, dedication, performance, motivation and excellent interpersonal relationships that is essential for peace, prosperity and success (PPS) for both, individual and the organization. This is achieved gradually and progressively by practices aimed at releasing the in built inhibitions, managing stress and strain, dropping negative habits and traits, improving and maintaining physical health, living in harmony individually and collectively.

The program is entirely an effortless process as every practice / session has been simplified to such an extent that majority of practices can be practiced in the midst of life anywhere and everywhere. Further, the practices taught in the program can be done at times when one is surrounded by negativity, pessimism, anxiety, stress and interpersonal problems. Every practice /session is an integral approach towards whole of life of an individual/group that aims at personal, professional, social and spiritual excellence (PPSS).

Benefits of UTSAV-E

- Helps organisations in reducing losses due to stress
- Reduces loss of man days
- Reduces absenteeism from work
- Reduces compensation claims
- Measurable benefits for Human resources
 - Higher performance, productivity, excellent interpersonal relationships ,
- Increased effective utilisation of Human resources - Focussed attention leads to increased performance and productivity while working independently and collectively.
- Assessment of employees at various levels
- Alleviate organizational symptoms of stress
- Audit workplace characteristics that affect employee health and productivity
- Measurably decrease the negative impacts of Stress on your organization



UTSAV-E

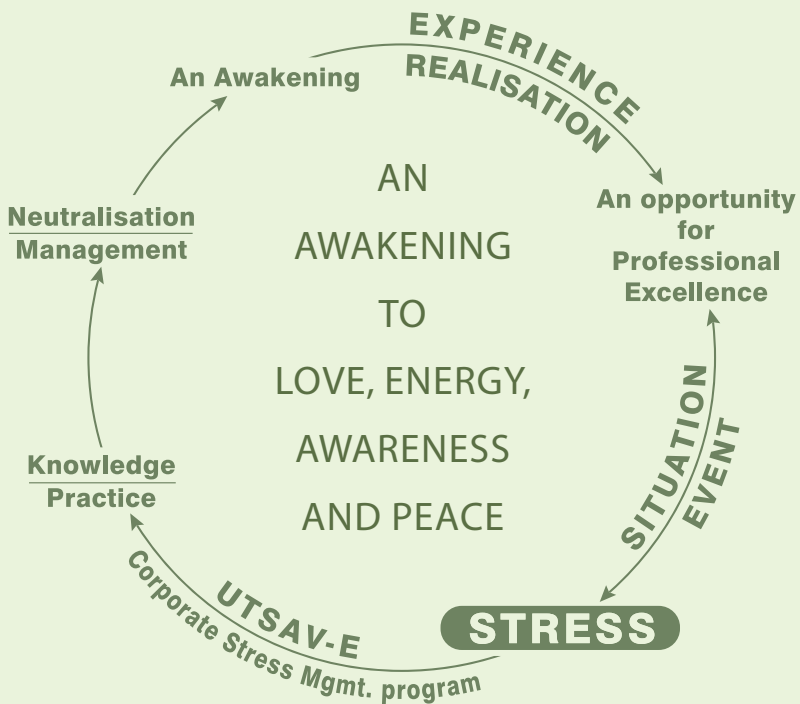
The PIYAS Team believes in a pragmatic approach and invites all executives for a 30-minutes intensive session of selected practices of UTSAV-E program in an Introductory Session known as UTSAV-E@Work. The session is better known as **"Better Experience and Realize"** in which self assessment of stress is done followed by an Experiential session. Feedback

from participants is taken which helps in customising the program according to the needs and demands of different groups.

UTSAV-E program is offered in different modules that contain information about relaxation, stress coping skills and ultimately taking personal responsibility for changing the things that we can change.

UTSAV-E offers a wide range of programs at the workplace, which can be practiced around meetings, lunchtimes, etc; so that the participants can take a few minutes out of their day to find some relaxation, increase awareness, attention and energy levels, induce peace, and awaken to love.

PIYAS Team will walk one through a comprehensive, accurate insightful self assessment which measures their levels of stress, their coping abilities and corresponding levels of life satisfaction. The Team deals with the issues affecting afflicting the group and offer practices for coping and resolving problems. Furthermore, every participant takes a Personalised UTSAV - E program which helps them to behave and think more effectively in the coming weeks, months, and years to follow. The program awakens a deeper awareness about living in Love, Energy, Awareness and Peace (LEAP) by taking some time out to cope with stressors in life.



Programs can be customised to suits the various needs of the organisation and its employees.

What PIYAS offers to Corporate and its Human Resources?

An Invitation

Any person working in the corporate who constantly confronts with problems related

UTSAV-E (Corporate Stress Management Program)*

Name of the Program	Venue	Duration (30 min + 15 min + 15 min)			Value Added Service
Introductory UTSAV-E program (Min.30 people)	In House	30 minutes intensive	15 minutes presentation of UTSAV-E	15 min. counselling for PPSS excellence	<ul style="list-style-type: none"> Self Assessment of stress
Name of the Program	Venue	Duration	Module	Session / Every Day	Value Added Service
Beginner's (Min. 20 people and Max. 60)	In House	5 hours	15 minutes presentation of UTSAV-E	1 hr. / day (Monday to Friday)	<ul style="list-style-type: none"> Stress Assessment Group Counselling
Seminar and workshop (Min. 20 people and Max. 60)	In House / Out House / residential	20-25 hours	5 days 3 days	5-9 hours per day	<ul style="list-style-type: none"> Stress Assessment Individual / Group Counselling Diet Plan
Seminar and workshop with Add on Services (Min. 20 people and Max. 60)	In House / Out House / residential	20-25 hours	5 days 3 days	5-9 hours per day	<ul style="list-style-type: none"> PPSS Profile based on Psychology, Astrology, Nature Cure, Yoga etc 2 - Follow Up for 1 hrs

UTSAV-E Annual Plan*

Name of the Program	Venue	Duration	Module	Session / Every Day	Value Added Service
(Min 50 people)	In House	8 hours per month	2 sessions / 1 hr / week	96 - 100 hrs per year	<ul style="list-style-type: none"> Quarterly Health Profile IQ, EQ and SQ Personal Counselling Disease management sessions A booklet / CD on UTSAV-E Follow up quarterly

UTSAV-E Exclusive Services*

Personal Counselling	5 hours	Number of hours per session will be decided mutually depending upon the problem
Group Counselling cum workshop (Min 20 persons)	10 hours	Number of hours per session will be decided mutually depending upon the problem
Motivational Lectures cum workshop (Min 20 persons)	6 hours	With material on Professional Excellence and Audio-Video CD of practices

* Fee structures of all the above programs is available on a separate leaf

to man and man, man and machine can join this program for learning new skills, managing stress and stress induced disorders, and for attaining professional excellence. An executive who faces difficulty in keeping pace and balance with the fast changing external professional environment and internal state will discover a New Paradigm of Living to meet the objectives of both i.e. his/her and the organisation. Further, aspiring executives will find the integral practices of UTSAV-E as important physical, mental and behavioural tools to reach to the summit of their profession. The program can be easily customised to meet the needs of an individual or a corporate group into different modules and duration in order to effectively break the vicious circle of stress and stress induced disorders

UTSAV-E @Work is set to begin a New Paradigm of Living (NPL) in the corporate world as practices /sessions can easily be incorporated in the lifestyle for living a life free of stress and stress induced disorders.

PIYAS Services for Corporate

Contact PIYAS to discuss customised programmes for your organisation, including Training Sessions which can show your employees Self-help techniques that will help them cope with stress.

Performance, Relaxation, Memory Enhancement, Motivational training / lectures are available and have been used by major corporations to increase efficiency, satisfaction and productivity.

Both individual and group consultation are offered.

List of Services:

- Personal Stress Evaluation & Management (anxiety, indecisiveness, irritability, forgetfulness, insomnia, emotional outburst, physical exhaustion)
- Stress Management Training
- Self Biofeedback / Relaxation
- Physical Yoga Program
- Meditation Program
- Diet and Nutritional Counselling
- Integral therapy / management of
 - Migraine
 - Tension Headaches
 - Smoking
 - Weight Management (under / over)
 - Insomnia
 - Diabetes
 - Alcohol / Drug Abuse Management
 - Back Pain / Muscle Spasm
 - Respiratory Disorders like Asthma, C.O.P.D. etc.
 - G.I.T. Disorders like constipation, indigestion, colitis, gastritis, hyper-acidity, ulcer, piles etc.
 - Cardio-vascular disorders like hyper / hypo tension, angina etc.
 - Sexual disorders
 - Endocrinal disorders
 - Spinal disorders like Cervical / Lumber / Sciatica pain and Joints pain, etc.

Join the world of PIYAS for making your entire life a celebration !

About PIYAS

PIYAS is an institution beyond all religions, race, and creed. It aims at Conscious Human Evolution and sets the journey of life to integrate the outer with inner riches, bring success, enhance creativity, develop leadership, Self-management, Self-actualisation and Self-realization. Infact, it leads everyone to Aspire, Surrender and become the very Existence as expressed by Evolved persons all over the world for evolving into better individuals, society and the world.

सत्यं शरणम्	I take refuge in TRUTH
बोधं शरणम्	I take refuge in PURE CONSCIOUSNESS
ज्ञानं शरणम्	I take refuge in Absolute KNOWLEDGE
प्रेम शरणम्	I take refuge in ETERNAL LOVE
आनन्दं शरणम्	I take refuge in BLISS

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Conceived: www.utsavlife.com

PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES

DELHI - I

C-632, New Friends Colony
New Delhi - 110 065, INDIA
Phone : +91-11-2691 9466
Fax : +91-11-4162 8071
Cell : +91-93505 08396
+91-98114 01473
Email : info@piyas.org

DELHI - II

**New Delhi Consultation
and Councelling Centre**
Flat No. 704, Adishwar
Apartments, 34 Firozshah
Road, New Delhi - 110 001
Cell : +91-98114 01473
Email : info@piyas.org

BANGALORE

20/63, NR Colony,
5th Cross, Bull Temple Road,
Bangalore - 560 019
Karnataka, INDIA
Tel. : +91-80-5669 5185
Cell : +91-94480 51306
Email : info@piyas.org

CHENNAI

36, Roypetha High Road,
Chennai - 600 014
Tamil Nadu, INDIA
Tel. : +91-44-42150445
Fax : +91-44-55773355
Email : info@piyas.org