



## Who can join:

Doctors, RMO's,  
General Practitioners,  
Surgeons,  
Medical Students, etc.

## Duration:

2 Days

## To Book, Visit:

[www.pragyaannexus.org.in/stress-management-for-medical-profe](http://www.pragyaannexus.org.in/stress-management-for-medical-profe)

## CONTACT US



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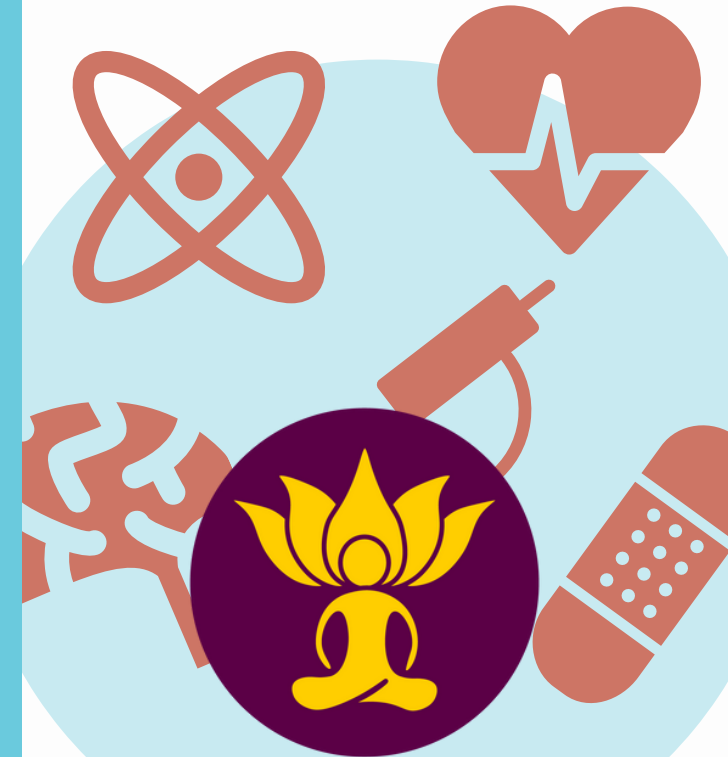
: [pragyaannexus.org.in](http://pragyaannexus.org.in)



: [anagha.a@pragyaannexus.org.in](mailto:anagha.a@pragyaannexus.org.in)

# STRESS MANAGEMENT

For Medical Professionals



Pragyaan Nexus

Change Your Story, Change Your Life

## TESTIMONIAL

I followed majority of the tips taught at Pragyaa Nexus's Stress Management for Medical Professional and my personal, professional and family life is now well balanced. I will always recommend this course for every medical professional

- Dr. Sirshat



## What Will You Get:

Exercise

Instant Relaxation  
Meditations

Manage time for family

Understanding SWOT

Instant Rapport with  
Patient

Balloon Technique to  
release stress

Time for regular self  
updating

Setting Goals

Healthy eating and  
sleeping habit installation

Almost all doctors are now a days going through very deep stages of stress, with the increasing work demands and changing psychology of the people towards doctors. The life is hijacked by many issues. After this course you will be healthy, wealthy and stress-free.

