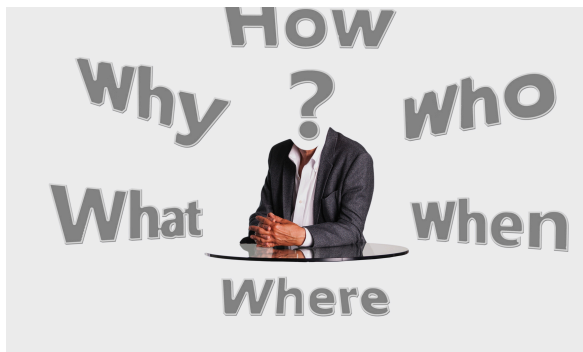


**Stress is simply  
the adaptation  
of our bodies and  
minds to change.**



### **Who can join:**

Military Personals, Police,  
Navy, Air Force, Fire  
Fighters.

### **Duration:**

1 Days

### **To Book, Visit:**

<https://www.pragyaan-nexus.org.in/stress-management-for-civil-service>

## **CONTACT US**



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**Pragyaan Nexus**

Change Your Story, Change Your Life

## **STRESS MANAGEMENT**

**FOR CIVIL SERVICES**



# Testimonials

"If you don't think you're under stress you're wrong."

"I would strongly recommend this program to anyone who has the opportunity to attend. This would be beneficial for everyone who is away from family for serving nation. A great program that focuses and uses tools to take care of yourself when you feel overwhelmed when you are taking care of others. "Trust him-It works!"

-Mr.Apte

## What Will You Get:

Instant Relaxation  
Meditations

Self Fitness

Understanding SWOT

Technique to Release  
Stress

Manage Time for Family

Subconscious Goal Setting

Yoga Nidra



**This workshop is specially designed for those who are working as employees in civil services, defense, Marine, Navy etc, to serve our Nation and also Protect Civilian.**

**While handling the balance between duties, family and self we know you go under a large stress.**