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I attended a workshop on stress management conducted by Dr. Ajay Kr. Singh in which we learned some practical tools to overcome stress which included some exercises and meditation.

Before the exercises demonstrated by Dr. Ajay my energy level was 5 out of 10. After the exercises, my energy level jumped up to 10 out of 10. I feel so relaxed. This class on stress management by Dr. Ajay has really given me firm faith that with positive attitude everything is possible. I now know that my purpose for this life will surely be meaningful with this key of positive attitude in solving the problems.