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**WORRYING DOES NOT TAKE AWAY  
TOMORROW'S TROUBLES,  
IT TAKES AWAY TODAY'S PEACE.**

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## Statistics About Stress

To mark the World Suicide Prevention Day observed on September 10, the National Institute of Mental Health and Neurosciences (Nimhans) conducted a study that revealed that about 11 %of college students and about 7% to 8 %of high school students have attempted suicide in India. The survey comprised 1,500 school and college students.

In an earlier study, it was found that 20 percent of the children had subclinical depression (meaning they are almost depressed) and about 30 percent had mild to moderate depression. Here, about 800 students took part in the survey. A couple of years ago, it was reported that depression and stress were taking a toll on the students in the premier Indian Institutes of Technology (IITs). An IIT Council meet was also held in Delhi to look at the rising number of suicides among the students.



## Schedule of Simply Healthy Wealthy

### 4 hour session

- Ice breaking- with videos
- What is stress?
- Why stress happens?
- What happens when stressed?
- Reaction/Impact of stress
- Reducing/controlling stress
- Practical methods: Yoga, Meditation, Water Therapy, Mudras

## Schedule of Simply Healthy Wealthy

### 8 hour session

- Ice breaking- with videos
- What is stress?
- Why stress happens?
- What happens when stressed?
- Assessment of stress: Individual assessment of participants and further discussions
- Reaction/Impact of stress
- Reducing/controlling stress
- Time Management: (in details along with specified format to manage time efficiently)
- Practical methods: Yoga, Meditation, Water Therapy, Mudras





## Ashok Menon

Ashok Menon has an illustrious career spanning over 30 years of Corporate Professional Life, adding value to various sectors – Industrial (Chemical, Steel, Insulators), Infrastructure, Project Management etc. He has closely worked with World's renowned consulting firms like Ernst & Young and KPMG for implementing organizational development, changing the culture and putting new systems into place. He has led teams in some of the renowned corporate groups like Aditya Birla Group Companies (Grasim & Aditya Birla Nuvo), Suzlon, Welspun, Doshion Veolia, Sadbhav Group Companies, etc.

He skillfully administers “Breaking the Barrier” and “Out of the Box Thinking” for dealing with “Situations”. He loves to be referred as a “Business Enabler” rather than a consultant or a trainer. He is revered as a role model in the industry for his “Natural Mentoring Skills” which has helped many in overcoming their “Internal Barriers”.

A visiting Faculty at many reputed Management Institutes and Industries, he propagates Experiential Training Methods like “Simply Healthy & Wealthy”, “Stress Reduction through easy to implement ways” etc. With hands on experience in the Corporate World and Academia, Ashok is known variedly Trainer, Coach and Facilitator. Amongst the multi- skills he possesses, he is better known for his specializations in Motivation, Behavior and Leadership Development through mentoring and coaching.

*The **WORLD HRD CONGRESS** which is governed by GLOBAL ADVISORY COUNCIL has conferred Ashok Menon "**100 MOST INFLUENTIAL GLOBAL HR PROFESSIONAL**" as a part of the **GLOBAL HR EXCELLENCE AWARDS-2016**, "**MOST INFLUENTIAL HR LEADERS IN INDIA**" IN 2017 AND "**100 HR INNOVATORS (INDIA)**" IN 2018.*

## Some Facts and Study Data

School students in India have a high stress level and high rate of deliberate self-harm. The present study was conducted to find out stress, psychological health, and presence of suicidal ideas in school students and to find out any correlation between Setting and Design Cross-sectional study conducted on school students in urban area of Ahmedabad city.

**Materials and Methods:** Data was collected on 2402 students from classes VII to XII on socio-demographic scale, 12-item general health questionnaire, Money problem checklist, and suicide risk eleven -a visual analogue scale. Statistical analysis used was chi square and Spearman's correlation.

**Results:** Out of 2402 students, 1078 (45.8%) had psychological problems, half (1201 students) perceived problems in their role as students, 930 (45%) reported academic decline, 180 (8.82%) students reported that life was a burden, 122 (6%) reported suicidal ideas and 8 (0.39%) students reported suicidal attempt. There was significant correlation between student's perception of life as a burden and class they were studying, mother's working status, psychological problems and problems students experienced in relation to study, peers, future planning and with parents.

**Conclusions:** Students with academic problems and unsupportive environment at home perceived life as a burden and had higher rates of suicidal ideations.



## **Simply Healthy Features:**

- This workshop will focus and monitor each student individually.
- Designed by Mr. Ashok Menon, expert trainer for Stress Reduction.
- Highly beneficial program for all students, parents and schools functionaries.
- Process includes understanding and assessing stress, effective time management, meditation, music games, practical remedies, videos, interactive session and easy to do yoga and mudras.
- A complete single point package solution for stress relief.
- Enable students to lead a balanced study life.
- Follow up sessions if required.

## **Who should attend why should someone attend**

Stress reduction is the ability to maintain control when situations cause us to feel stress symptoms. Thus students, parents, teachers and individuals who are facing stress in their lives, and are not being able to maintain control over their body, mind and soul should attend this program.

This program will enable them to have a better understanding of how to control the inner environment of their mind and body rather than trying to control the exterior environment.

## What is Stress?

Stress is a part of everyday living. It is not necessarily the events in our life that cause stress, but how we react to the events. Stress is a wear and tear on the body and it is your body's way of responding to any kind of demand. The threat or event or changes are commonly called stressors. They can be internal i.e. thoughts, beliefs, attitudes or external i.e. loss, tragedy, change. Symptoms of stress can include mental, social and physical issues like exhaustion, changes in appetite, headaches, crying, and changes in sleep patterns, using drugs or alcohol.

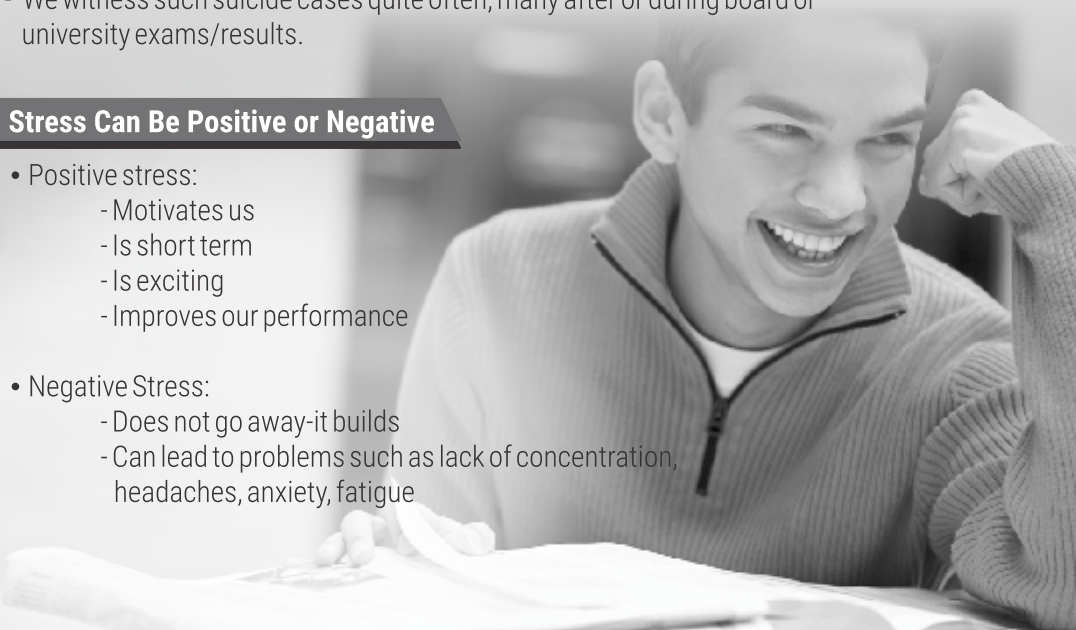
Stress and anxiety in children and teenagers are just as prevalent as in adults. Negligence of parents, high expectations in academic or other performances, abused childhood, growing up tensions and demand for familial responsibility etc. are the main causes of childhood and teen stress.

Parents, who are not emotionally available for their children or lack positive coping mechanisms themselves, often spur stress in their offspring.

- Mostly students fail to share their issues with a confident.
- There is no one to guide and counsel them.
- This leads to increased stress levels which gradually results in to depression.
- This depression and pressure makes them take drastic steps like committing suicide.
- We witness such suicide cases quite often, many after or during board or university exams/results.

## Stress Can Be Positive or Negative

- Positive stress:
  - Motivates us
  - Is short term
  - Is exciting
  - Improves our performance
- Negative Stress:
  - Does not go away-it builds
  - Can lead to problems such as lack of concentration, headaches, anxiety, fatigue





“ Working hard for something  
we don't care about is called stress;  
Working hard for something we love  
is called passion. ”

**Ashok Menon**

B-201, Serenade Ventura, Next to Hotel Ginger, B/h Auda Garden,  
Bodakdev, Ahmedabad, Gujarat- 380054  
e-mail: [smashmenon@yahoo.co.in](mailto:smashmenon@yahoo.co.in) | mobile: +91 7567161616