



Practical  
Workshop

# STRESS ...the killer!

Science to Understand the Stress !  
Science to Manage the Stress !

Stress Can cause

- Diabetes
- High BP
- Heart Problem
- Obesity
- Ulcer
- Acidity
- Eczema
- Asthma
- Anxiety
- Depression
- Baldness
- Failure in Life



## Mission & Vision

Happy Life through  
Health Education



Dr. Ramesh Chaksota(Thakkar)  
M.B.B.S.,M.C.P.S.D.M.C.H., D.G.M.

## Causes of Stress

- 1) Overload : Work overload, Time overload, Finance overload etc.
- 2) Imbalance in Life : Physical, Mental, Social, Economical etc.
- 3) Day to day Stressors : Train, Traffic, Pollution, Cricket Match etc.

## WHO can Attend

All Adult Males & Females

Businessman, Entrepreneurs, Policeman, Doctors, C.A., Employee, Employer

All Patients with Diabetes, High BP, Heart Problem, Obesity, Anxiety, Depression

## कायदे

- ☞ आप तनाव रहित होना सिखेंगे।
- ☞ डायबिटीज, ब्लड प्रेशर, हार्ट प्रॉब्लम, मोटापा, अनिद्रा, डिप्रेशन आदिबिमारियों से बच पायेंगे
- ☞ मानसिक शांति पाओगे
- ☞ लोगोंसे अच्छी तरह निपटना सिख पाओगे
- ☞ जीवनमें सफल हो पाओगे
- ☞ रिश्तोमेंसे कडवाहट दूर कर पाओगे

## Contents

- "Jethabhai & Daya" - Stress drama
- Medical definition of Stress
- Causes of Stress
- Ill effects of Stress
- How to deal with the Stress
- How to Manage the Stress
- Meditation
- Laughter Therapy
- "Flush out" technique
- Other techniques
- "Harmony"



Dr. Ramesh Chaksota(Thakkar)

Sunder Nursing Home, Thane

Mob.: 9850907950

7738267208

Email : rschaksota@yahoo.co.in

Website : www.nityamhealthservices.com

- 30 Years of Clinical Practice
- Pediatric Consultant (Children Specialist)
- Geriatric Consulting (Old Age Specialist)
- Motivational Coach, Life Coach
- Diabetes, B.P. Obesity, Back-ache Prevention
- Life Style disorder Specialist. ● Health Motivator
- Qualified Nutritionist