

# National Judicial Academy

## P-974: Stress Management Workshop

27 – 28, February 2016

<b>Prog. Coordinator</b>	Mr. Shivaraj Huchhanavar, Research Fellow	
<b>No. of Participants</b>	09	
<b>No. of forms received</b>	09	
<b>General Suggestion</b>		
4	<b>Give your views on the structure of the programme and sessions included:</b>	<ol style="list-style-type: none"> <li>1. It should address problem that Judges face.</li> <li>2. I have felt the programme is very useful. I enjoyed the classes immensely.</li> <li>3. Very good.</li> <li>4. Very good.</li> <li>5. Excellent.</li> <li>6. Respondent did not comment.</li> <li>7. This in fact was a very educative programme for us. The resource persons were highly qualified and experienced. The programme as a whole was quite successive.</li> <li>8. It was quite outstanding and really useful.</li> <li>9. Respondent did not comment.</li> </ol>
5	<b>What are your gains/learning from this programme?</b>	<ol style="list-style-type: none"> <li>1. I felt knowledgeable.</li> <li>2. I have come to learn some of the technicalities. I can employ in my day to day work in my discharging the function as a Judge.</li> <li>3. Excellent.</li> <li>4. Good.</li> <li>5. Challenges of stress.</li> <li>6. A very learning experience.</li> <li>7. I have learnt so many things including that stress can't be our enemy but friend. I will certainly be benefitted from this programme in the discharge of my duties.</li> <li>8. Gained experience, has to be acted upon.</li> <li>9. Learning.</li> </ol>
6	<b>Kindly make and Suggestion you may have on how NJA may Serve You better and make the Programme more effective:</b>	<ol style="list-style-type: none"> <li>1. NJA should be more practical and less theoretical.</li> <li>2. Respondent did not comment.</li> <li>3. I will send later.</li> <li>4. Nothing.</li> <li>5. Respondent did not comment.</li> <li>6. Respondent did not comment.</li> <li>7. I feel that such type of programme are much beneficial to Judges and should not only be held regularly in NJA but also State Judicial Academies.</li> <li>8. It is in line, already under going.</li> <li>9. Respondent did not comment.</li> </ol>
7	<b>Any other Suggestion / Remarks</b>	<ol style="list-style-type: none"> <li>1. None.</li> <li>2. Respondent did not comment.</li> <li>3. I will send later.</li> <li>4. It is superb.</li> <li>5. Excellent.</li> <li>6. Respondent did not comment.</li> </ol>

7. Nil.  
8. No. It has to be maintained.  
9. Respondent did not comment.

<b>Programme &amp; Hospitality Feedback</b>											
<b>Mark Your Satisfaction, ranging from 1(Very Poor), 2 (Poor), 3 (Fair enough), 4 (good), 5 (Excellent), for the following:</b>											
<b>No. of Participants</b>		<b>09</b>									
<b>No. of forms received</b>		<b>09</b>									
<b>Respondent No.</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>Total marks out of 45</b>
<b>No.</b>	<b>Subject</b>										
<b>1</b>	<b>Reading Material</b>	4	4	4	5	4	4	4	4	4	<b>37/45</b>
<b>2</b>	<b>Travel</b>	0	4	5	4	5	5	5	4	4	<b>36/45</b>
<b>3</b>	<b>Protocol</b>	5	4	5	5	5	4	5	4	4	<b>41/45</b>
<b>4</b>	<b>Reception</b>	5	4	4	5	5	3	5	4	4	<b>39/45</b>
<b>5</b>	<b>Cleanliness</b>	5	5	4	5	4	4	3	4	4	<b>38/45</b>
<b>6</b>	<b>Food</b>	4	5	4	4	4	5	5	5	4	<b>40/45</b>
<b>7</b>	<b>Hygiene</b>	5	4	4	4	5	4	3	4	4	<b>37/45</b>
<b>8</b>	<b>Staff Behavior</b>	5	4	4	5	5	5	4	4	4	<b>40/45</b>
<b>9</b>	<b>Hospitality</b>	5	4	4	5	5	5	5	5	4	<b>42/45</b>

Prepared by the Documentation/Communication &PR Unit of the National Judicial Academy