

NATIONAL JUDICIAL ACADEMY

P-1049: National Seminar for Principal District and Sessions Judges on Stress Management

22nd – 24th September, 2017

Programme Coordinator : Ms. Paiker Nasir, Research Fellow, NJA, Bhopal

No. of Participants : 27

No. of forms received : 27

I. OVERALL				
PROPOSITIONS	To a great extent	To some extent	Not at all	Remarks
a. The objective of the Program was clear to me	96.30	3.70	-	-
b. The subject matter of the program is useful and relevant to my work	74.07	25.93	-	-
c. Overall, I got benefited from attending this program	77.78	22.22	-	-
d. I will use the new learning, skills, ideas and knowledge in my work	70.37	29.63	-	-
e. Adequate time and opportunity was provided to participants to share experiences	92.59	7.41	-	-
II. KNOWLEDGE				
PROPOSITIONS	To a great extent	To some extent	Not at all	Remarks
The program provided knowledge (or provided links / references to knowledge) which is:				
a. Useful to my work	70.37	29.63	-	-
b. Comprehensive (relevant case laws, national laws, leading text / articles / comments by jurists)	45.83	45.83	8.34	-
c. Up to date	53.85	46.15	-	-
d. Related to Constitutional Vision of Justice	21.74	60.87	17.39	-

e. Related to International Legal Norms	34.78	39.13	26.09	-
III. STRUCTURE OF THE PROGRAM				
PROPOSITIONS	Good	Satisfactory	Unsatisfactory	Remarks
a. The structure and sequence of the program was logical	85.19	14.81	-	-
b. The program was an adequate combination of the following methodologies viz.				
(i) Group discussions cleared many doubts	69.23	30.77	-	-
(ii) Interactive sessions were fruitful	68.00	32.00	-	-
(iii) Audio Visual Aids were beneficial	76.92	23.08	-	-
<i>(To be modified as per the sessions planned)</i>				
IV SESSIONS WISE VETTING				
Parameters				
Session	Discussions in individual sessions were effectively organized		The Session theme was adequately addressed by the Resource Persons	
	Effective and Useful	Satisfactory	Effective and useful	satisfactory
1	77.78	22.22	80.00	20.00
2	59.26	40.74	63.64	36.36
3	74.07	25.93	77.27	22.73
4	77.78	22.22	77.27	22.73
5	88.46	11.54	80.95	19.05
6	84.62	15.38	76.19	23.81
7	72.00	28.00	66.67	33.33
8	91.30	8.70	89.47	10.53
V. PROGRAM MATERIALS				
PROPOSITIONS	To a great extent	To some extent	Not at all	Remarks
a. The Program material is useful and relevant	88.89	11.11	-	-
b. The content was updated. It	72.00	28.00	-	-

reflected recent case laws/ current thinking/ research/ policy in the discussed area				
c. The content was organized and easy to follow	88.89	11.11	-	-

VIII. GENERAL SUGGESTIONS

a. Three most important learning achievements of this Programme	<ol style="list-style-type: none"> 1. Tips given to deal with adverse situation in court. 2. It was good. 3. To understand some ways to manage stress. 4. Perfection is journey practice make everything possible. 5. 1. To discuss and talk about stress in important; 2. There are strategies that would help in stress reduction; 3. These strategies are workable and can be tried out on return. 6. Learning to Cope with stress in both judicial & administrative work. 7. 1. Sensitized; Monitored us to mitigate self-stress. 8. Overall programme. 9. None. 10. 1. Organize yourself; 2. Do your best; 3. Balance work & family time. 11. To manage stress assign out judicial work. 12. The management system. 13. Stress reduce management; Strategy short out the problem; Culture development cooperation & coordination. 14. Participant did not comment. 15. Steps are taking to give platform to register our concerns. 16. None. 17. At last me most important way has been taken care of. 18. 1. Good management; 2. Good staff; 3. How to deal with judicial difficulties. 19. It will help me to remain happy speed quality time and enjoy my work. 20. How to remain happy; How to enjoy my work; Be empathetic to staff ethics. 21. 1. Learnt about general stresses of judges; 2. How to handle with stresses; 3. How to eliminate occupational stresses.
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	<p>22. How to manage stress free environment In office and other place.</p> <p>23. How to tackle stress.</p> <p>24. Got enhanced with the views/ openers of the speakers.</p> <p>25. 1. How to handle stress; 2. To know others; 3. Awareness/Balance/ control.</p> <p>26. Participant did not comment.</p> <p>27. 1. Higher authorities have also required the distress any sub-ordinate judiciary; 2. Some useful tips given to remove stress; 3. All participants emerged too actually above their views.</p>
<p>b. Which part of the Programme did you find most useful and why</p>	<p>1. Last part which was most pragmatic and useful.</p> <p>2. 1st and 2nd day.</p> <p>3. 2nd day- Session 4: Consequences of Occupational Stress in Judges. 3rd day – whole programme.</p> <p>4. Session 4: Consequences of Occupational Stress in Judges; Session 5: Stress Management through enhancing Emotional Intelligence and Session 8: Institutional Strategies to Identify and Combat Occupational Stress- found more useful as it give practical aspect of the problem.</p> <p>5. Session 4: Consequences of Occupational Stress in Judges; Session 5: Stress Management through enhancing Emotional Intelligence and Session 7: Judges’ Perspectives on Stress in the Courtroom; Session 8: Institutional Strategies to Identify and Combat Occupational Stress.</p> <p>6. All are good.</p> <p>7. All the sessions were wisely selected, so as to enable judicial officers to get – distressed & find means to mitigate Hess.</p> <p>8. Tops & loping.</p> <p>9. Session 1: Understanding ‘Stress’ and Session 7: Judges’ Perspectives on Stress in the Courtroom.</p> <p>10. The advices given by Hon’ble Justice Sarin. His experience in legal field appeared remarkable.</p> <p>11. NA. Every part was equally useful as it all provided the learnings to manage stress.</p> <p>12. All programme.</p> <p>13. Awareness; Balance; Control.</p>

	<p>14. Participant did not comment.</p> <p>15. To some extent all.</p> <p>16. <i>Session 4: Consequences of Occupational Stress in Judges; Session 5: Stress Management through enhancing Emotional Intelligence and Session 8: Institutional Strategies to Identify and Combat Occupational Stress-</i> found more useful as it give practical aspect of the problem.</p> <p>17. Each and every part.</p> <p>18. All</p> <p>19. All</p> <p>20. All parts.</p> <p>21. Presentation of Dr. Chandrasekhar Sripada who stated about the practical problems that usually cause stress to judges and the solutions of those problems.</p> <p>22. Consequences of occupational stress in judges.</p> <p>23. All</p> <p>24. Mr. Sampath Iyengar - <i>Session 4: Consequences of Occupational Stress in Judges.</i></p> <p>25. <i>Session 4: Consequences of Occupational Stress in Judges; Session 5: Stress Management through enhancing Emotional Intelligence.</i></p> <p>26. Participant did not comment.</p> <p>27. <i>Session 1: Understanding 'Stress'</i>- there parts of Day 1 and Day 2.</p>
<p>c. Which part of the Programme did you find least useful and why</p>	<p>1. Participant did not comment.</p> <p>2. <i>Session 2: Why and Wherefore of Stress in Judicial Officers.</i></p> <p>3. Nothing as such.</p> <p>4. <i>Session 2: Why and Wherefore of Stress in Judicial Officers; Session 3: Documentary Screening: Stress, Portrait of a Killer.</i></p> <p>5. <i>Session 2: Why and Wherefore of Stress in Judicial Officers; Session 3: Documentary Screening: Stress, Portrait of a Killer.</i></p> <p>6. None</p> <p>7. Participant did not comment.</p> <p>8. More explanation of stress.</p> <p>9. None</p> <p>10. None</p>

	<p>11. All programme was useful & worth learning.</p> <p>12. All programme.</p> <p>13. NA</p> <p>14. Participant did not comment.</p> <p>15. Session of Dr. Manju Mehta.</p> <p>16. None.</p> <p>17. Participant did not comment.</p> <p>18. None</p> <p>19. None</p> <p>20. Participant did not comment.</p> <p>21. No</p> <p>22. Participant did not comment.</p> <p>23. Participant did not comment.</p> <p>24. Participant did not comment.</p> <p>25. <i>Session 7: Judges' Perspectives on Stress in the Courtroom.</i></p> <p>26. Participant did not comment.</p> <p>27. NA</p>
<p>d. Kindly make any suggestions you may have on how NJA may serve you better and make its programmes more effective</p>	<p>1. Similar programme be divested to be arranged at state level and also to be High Court Judges.</p> <p>2. Spouse allowed.</p> <p>3. None.</p> <p>4. At the point of the have no suggestion programmes found effective.</p> <p>5. You are doing a wonderful job.</p> <p>6. None</p> <p>7. These type of refresher programmes be prescribed to all judicial officers of subordinate judiciary.</p> <p>8. Participant did not comment.</p> <p>9. None.</p> <p>10. Arrange for video conferencing sessions across the county on important topics.</p> <p>11. Permission to be accompanied by spouse.</p> <p>12. To provide other facility.</p> <p>13. NA</p> <p>14. Participant did not comment.</p>

	<p>15. Appearing opportunities to experts on self.</p> <p>16. Participant did not comment.</p> <p>17. Every judicial officer must be amicable in stress management regular joint seminar would help more an effectively.</p> <p>18. In future more training required.</p> <p>19. Participant did not comment.</p> <p>20. Participant did not comment.</p> <p>21. NJA has made the most useful and effective programme.</p> <p>22. Participant did not comment.</p> <p>23. By providing compact disk.</p> <p>24. More programme on required.</p> <p>25. To have more programmes like this in future.</p> <p>26. Participant did not comment.</p> <p>27. View of the delegates & participants be future.</p>
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