

National Judicial Academy

P-1021: Annual Conference on Stress Management

15th – 16th April, 2016

Programme Coordinator : Dr. Amit Mehrotra and Mr. Shivaraj S. Huchhanavar, Faculty,
NJJA, Bhopal

No. of Participants : 39

No. of forms received : 38

I. OVERALL				
PROPOSITIONS	To a great extent	To some extent	Not at all	Remarks
a. The objective of the Program was clear to me	89.47	10.53	-	-
b. The subject matter of the program is useful and relevant to my work	81.58	18.42	-	-
c. Overall, I got benefited from attending this program	76.32	21.05	-	-
d. I will use the new learning, skills, ideas and knowledge in my work	71.05	28.95	-	-
e. Adequate time and opportunity was provided to participants to share experiences	57.89	42.11	-	35. At least it should be 3 days training programme.
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	71.43	28.57		-
b. Comprehensive (relevant case laws, national laws, leading text / articles / comments by jurists)	29.63	51.85	18.52	37. Whether applicable to present programme.
c. Up to date	44.82	48.28	6.90	-
d. Related to Constitutional Vision of Justice	42.31	34.62	23.08	-
e. Related to International Legal Norms	23.08	53.85	23.08	-
III. STRUCTURE OF THE PROGRAM				
PROPOSITIONS	Good	Satisfactory	Unsatisfactory	Remarks
a. The structure and sequence of the program was logical	63.89	36.11	-	8. Duration of Sessions may be increased.

b. The program was an adequate combination of the following methodologies viz.				
Group discussions	35.29	44.12	20.59	-
Case Studies were relevant	15.62	50.00	34.38	
Interactive sessions were fruitful	36.36	48.48	15.16	-
Simulation Exercises were valuable	40.00	55.00	05.00	-
Audio Visual Aids were beneficial	51.16	48.84	-	-
IV. INDIVIDUAL SESSIONS				
PROPOSITIONS	To a great extent	To some extent	Not at all	Remarks
a. Discussions in individual sessions were effectively organized	50.00	47.06	2.94	-
b. The session theme was adequately addressed by the Resource Persons	76.32	23.68	-	-
V. PROGRAM MATERIALS				
PROPOSITIONS	To a great extent	To some extent	Not at all	Remarks
a. The Program material is useful and relevant	73.68	26.32	-	36. National data may be useful more.
b. The content was updated. It reflected recent case laws/ current thinking/ research/ policy in the discussed area	59.38	37.50	3.13	36. Better if Indian contemporary scenario be presented more.
c. The content was organized and easy to follow	68.75	31.25	-	36. Mostly foreign articles
VI. GENERAL SUGGESTIONS				
a. Three most important learning achievements of this Programme	<p>1. Identification of Stress problems by Hon'ble Courts; 2. NJA played pivotal role in organizing this programme; 3. All participants showed interest in Stress removal mechanism.</p> <p>2. Helpful to identify reason for stress; 2. Tips obtained for containing stress; 3. Advice for future.</p> <p>3. Taught positiveness have fun and be happy.</p> <p>4. Participant did not comment.</p> <p>5. Decision making factor may be enhanced; To be more kind towards subordinate.</p> <p>6. 1. Always remain positive; 2. Try to love everybody; 3. Do your job as duty allocated to you by divine power.</p>			

7. 1. Different kind of causes and effect of stress; 2. Some useful thereby for Stress; 3. Organizational Strategies.

8. Learn how to reduce Stress; Learn from their Lordships experience; Importance of health.

9. Participant did not comment.

10. Participant did not comment.

11. 1. Identify the Stress causes; 2. Handle the causes of Stress; 3. Be happy.

12. Participant did not comment.

13. Participant did not comment.

14. 1. Stress is not only to be viewed negatively; 2. The system of Stress; 3. How to cope up with Stress.

15. Causes of Stress; Effect of Stress on my work; How to overcome Stress.

16. To forget, forgive, ignore & move on in life.

17. How to Manage Stress; Understand ourselves; Importance of our own health.

18. Overall good.

19. Learn & have positive attitude.

20. 1. Identify the cause of Stress; 2. Take it as challenge; 3. Try to solve it.

21. Increase self-confidence; Collection of new techniques.

22. Positivity, Calmness and Stresslessness.

23. Participant did not comment.

24. Knowing the unknown.

25. Enjoy the work.

26. I will do my work in stress free environment.

27. Give time to my own-self; To develop positive attitude; Handle the situation calmly and coolly

28. Skill of leading quality life; 2. The way to handle difficult situations in our work field; 3. The way to encourage my juniors.

29. All the programme is most useful.

30. To overcome stress.

31. Participant did not comment.

32. How to reduce stress.

33. 1. Be positive; 2. Stress has become a part of our life (judicial officers) but there are many ways to reduce it which I learn through NJA.

34. Prompt in your duty; enjoy your job and duty, i.e. legal, moral, social and pious.

35. Importance of Stress; to manage stress; How to overcome it. The methods.

	<p>36. How to reduce stress in judicial services; Spiritualism and Meditation; Consequences of Stress.</p> <p>37. 1. We can manage stress; 2. Sharing reduces stress; 3. Assume problem; Ask: Solution.</p> <p>38. How to lead a stress free life.</p>
<p>b. Which part of the Programme did you find most useful and why</p>	<p>1. All parts. 2. Practical tips given by Justice R.C. Chavan. 3. All the programmes. 4. Participant did not comment. 5. Participant did not comment.</p> <p>6. Mr. Sampath Iyengar: way to tackle the different situations? 7. All Parts, because it has a great effect on day to day work.</p> <p>8. Interactive part with participants. 9. Justice R.C. Chavan.</p> <p>10. Participant did not comment. 11. All 12. Participant did not comment.</p> <p>13. Session-1: Understanding 'Stress' and Session-4: Stress Management: Relaxation Techniques.</p> <p>14. Interactive part though no special session was allotted.</p> <p>15. Session-4: Stress Management: Relaxation Techniques and Session-6: Managing Judicial Stress: Methods and Techniques.</p> <p>16. The entire programme. It would help me to tackle the problems of Stress both at work and at home.</p> <p>17. Interactive Sessions; Participative Sessions. 18. Participant did not comment.</p> <p>19. Mr. Sampath Iyengar and Hon'ble Justice R.C. Chaven gave practical solutions to my problems.</p> <p>20. Session-4: Stress Management: Relaxation Techniques- on the first day; Session-2: Consequences of Occupational Stress-on the Second day.</p> <p>21. Session-1: Understanding 'Stress', Session-4: Stress Management: Relaxation Techniques.</p> <p>22. Stress releasing techniques 23. Overall</p> <p>24. Session -7: Institutional strategies to prevent/alleviate occupational stress---since this programme is somewhat repetition of Session-3: Personal and Professional triggers for Stress in Judicial Officers.</p>

	<p>25. Session -4: Stress Management: Relaxation Techniques – To come out from stress in a next situation; Session -6: Managing Judicial Stress: Methods and Techniques—useful in daily work.</p> <p>26. Shri Sampath Iyengar.</p> <p>27. Interaction with audio visual aid.</p> <p>28. Session-4: Stress Management: Relaxation Techniques—since it was very realistic.</p> <p>29. All.</p> <p>30. Techniques of stress management.</p> <p>31. Participant did not comment.</p> <p>32. Be normal, Be positive. Don't take unnecessary stress; Keep yourself physically fit.</p> <p>33. All progreammes were equally useful to me.</p> <p>34. NA.</p> <p>35. The lecture by Shri Sampath Iyanger because it is very simple and pragmatic.</p> <p>36. All the speakers dedicated very nicely but little and great tips by Hon'ble Kurian Joseph that clear mind with clear conscience and work with clear thought.</p> <p>37. Session -2: Consequences of Occupational Stress.</p> <p>38. Mr. Iyengar lecture.</p>
<p>c. Which part of the Programme did you find least useful and why</p>	<p>1. N.A.</p> <p>2. Nothing particular</p> <p>3. None.</p> <p>4. Participant did not comment.</p> <p>5. Participant did not comment.</p> <p>6. Regarding the data of foreign States regarding stress statistics.</p> <p>7. None</p> <p>8. Participant did not comment.</p> <p>9. Participant did not comment.</p> <p>10. Participant did not comment.</p> <p>11. None</p> <p>12. Participant did not comment.</p> <p>13. All parts are ok.</p> <p>14. None</p> <p>15. Session 5: Stress Management through enhancing Emotional Intelligence.</p> <p>16. Nil</p> <p>17. Participant did not comment.</p> <p>18. Participant did not comment.</p> <p>19. None</p> <p>20. Participant did not comment.</p> <p>21. Participant did not comment.</p> <p>22. Only reading out the PPTs.</p>

	<p>23. Participant did not comment.</p> <p>24. Session -7: <i>Institutional strategies to prevent/alleviate occupational stress.</i></p> <p>25. Session -7: <i>Institutional strategies to prevent/alleviate occupational stress</i></p> <p>26. Nil</p> <p>27. Nothing. Everything was useful</p> <p>28. Session-5: <i>Stress Management through enhancing Emotional Intelligence—since it was too much data based.</i></p> <p>29. No</p> <p>30. Participant did not comment</p> <p>31. Participant did not comment</p> <p>32. Participant did not comment</p> <p>33. Participant did not comment</p> <p>34. NA</p> <p>35. NA</p> <p>36. Foreign material is to some extent least useful.</p> <p>37. Session-3: <i>Personal and Professional triggers for Stress in Judicial Officers.</i></p> <p>38. Prof. Radha Sharma.</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. All Sessions on own, there should be some transportation for around the campus and for local site visiting.</p> <p>2. Kindly try to make such programmes more judge- oriented, Management experts are ignorant of needs of Judges.</p> <p>3. No.</p> <p>4. Participant did not comment.</p> <p>5. Academic discussion should be included in Sessions.</p> <p>6. Regarding the seminars on any topic then the seminar should be in a more practical manner rather than a simple lecture of PPTs. Practical work should be there not the way of routine Academic lectures.</p> <p>7. By organizing programme dividing in to Zones, using Regional Language especially Hindi for Hindi speaking area.</p> <p>8. Participant did not comment.</p> <p>9. Focus should be more on finding solutions and less emphasis on data.</p> <p>10. Participant did not comment.</p> <p>11. Stress management programme time need to be increased to 2½ days.</p> <p>12. Participant did not comment.</p> <p>13. Hard work & positive thinking reduces Stress.</p>

14. The Stress Management should be specifically directed toward the Stress in the Administrative of Justice (Judiciary) and based on the research and statistics from Indian Judiciary.
15. More time be given for the programme.
16. Programme could have been some more duration in which physical exercises to cope up with site stress could have been shown.
17. Participant did not comment.
18. Participant did not comment.
19. Participant did not comment.
20. Participant did not comment.
21. Participant did not comment
22. The programme shall contain actual stress releasing activities.
23. Participant did not comment
24. Participant did not comment
25. Participant did not comment
26. Meditation and yoga should also be included in stress management programme.
27. Please keep going. Thank you
28. Nil
29. Participant did not comment
30. No suggestion
31. Participant did not comment
32. Participant did not comment
33. Through various programmes, like present, all problems of judicial officers have come into the knowledge of NJA, so effective steps may be taken to remove these problems and mere discussions is not sufficient.
34. To provide more useful personal suggestions which help the functions of judges.
35. Regular training programmes for at least 3 days.
36. With profound respect, NJA may invite confidentially more and more questions (i.e. questionnaire form all states High Courts and then discuss in general with answers.
37. Bio-metric examination of the participants may be done, to measure their level of stress. It will enhance their interest in the programme.
38. Day be increased.