

National Judicial Academy

P-1277: National Seminar for Principal District and Sessions Judges and Additional District Judges on Psychosocial Adjustments and Stress Management
15th – 16th January, 2022

Programme Coordinator : Ms. Nitika Jain & Mr. Shashwat Gupta, Faculty
No. of Participants : 35
No. of forms received : 14

I. OVERALL				
PROPOSITION	To a great extent	To some extent	Not at all	Remarks
a. The objective of the Program was clear to me	92.86	7.14	-	12. The subject-matter of the programme had been very useful and being the Principal District Judge, I would communicate the concepts discussed to the judges working under my control.
b. The subject matter of the program is useful and relevant to my work	92.86	7.14	-	-
c. Overall, I got benefited from attending this program	100.00	-	-	-
d. I will use the new learning, skills, ideas and knowledge in my work	92.86	7.14	-	-
e. Adequate time and opportunity was provided to participants to share experiences	92.86	7.14	-	-
II. KNOWLEDGE				
PROPOSITION	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	92.31	7.69	-	-

b. Comprehensive (relevant case laws, national laws, leading text / articles / comments by jurists)	71.43	28.57	-	-
c. Up to date	84.62	15.38	-	-
d. Related to Constitutional Vision of Justice	58.33	33.34	8.33	-
e. Related to International Legal Norms	58.33	25.00	16.67	-
III. STRUCTURE OF THE PROGRAM				
PROPOSITION	Good	Satisfactory	Unsatisfactory	Remarks
a. The structure and sequence of the program was logical	100.00	-	-	-
b. The program was an adequate combination of the following methodologies viz.				
(i) Case studies were relevant	84.62	15.38	-	12. The meditation session conducted by Dr. Aruna Broota deserve special mention.
(ii) Interactive sessions were fruitful	85.71	14.29	-	-
(iii) Audio Visual Aids were beneficial	92.86	7.14	-	-
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	85.71	14.29	83.33	16.67
2	85.71	14.29	83.33	16.67
3	85.71	14.29	75.00	25.00
4	78.57	21.43	75.00	25.00
V. PROGRAM MATERIALS				

PROPOSITION	To a great extent	To some extent	Not at all	Remarks
a. The Program material is useful and relevant	85.71	14.29	-	-
b. The content was updated. It reflected recent case laws/ current thinking/ research/ policy in the discussed area	85.71	7.14	7.15	-
c. The content was organized and easy to follow	78.57	21.43	-	-

VIII. GENERAL SUGGESTIONS	
1. Three most important learning achievements of this Programme	<p>1. Programme gave me different vision to work in the court. It will be very useful in my life.</p> <p>2. Effect of stress in health; Effect of stress due to advance circumstance; How to balance between judicial stress and wellness.</p> <p>3. Bench and occupational stress management; Impact on personal and professional sphere; Adopting to change- psychological adjustments.</p> <p>4. After hearing judges from all over India. I have learnt to handle my stress comfortably as all the judges are going through it.</p> <p>5. 1. Stress in faced by everyone; 2. Focus should be on duty; 3. Awareness in key.</p> <p>6. Relieving stress, time management and behavioral attitude.</p> <p>7. 1. Relaxation techniques in managing stress; 2. Changing of the behavioral attitude and managing emotions; 3. Positive actions during stress both in the office and at home.</p> <p>8. 1. Relation with Bar, litigant public surety; 2. How to manage the things; 3. How to control emotions.</p> <p>9. 1. How to weed out the stress; 2. To identify the triggers for stress; 3. Balancing the stress and wellness.</p> <p>10. 1. Stress in natural and normal; 2. Management of stress is the core issue.</p> <p>11. 1. Life is a onetime offer. Use it well; 2. Planning and execution are two mantras for the successful personal and professional life, so meticulously plan your day in advance and make it successful; 3. Health is wealth.</p> <p>12. 1. Impact of stress in health, personal and professional life and work efficiency; 2. Tackling with stress through mindfulness, relaxation techniques and other stress management techniques; 3. Managing stress during the trial of cases involving high security risks.</p> <p>13. 1. Health issues and impact on personal sphere; 2. Emotional reactions due to stress; 3. Relaxation techniques.</p> <p>14. 1. Our behaviour aspect plays most important role in stress management; 2. Time management is the key to remove stress; 3. Change your life style to be fit.</p>

<p>2. Which part of the Programme did you find most useful and why</p>	<ol style="list-style-type: none"> 1. Entire programme was useful. 2. Maintaining the balance; Judicial stress and wellness due to well practicing of speakers. 3. Stress management and relaxation techniques; Because it would be useful in my professional duties. 4. Lecture by Dr. Aruna Broota. 5. Dr. Shetty's commando comment and Dr. Broota's frankness. 6. The presentation by Madam Dr. Aruna Broota and Justice Ved Prakash Sharma were found most useful, as they taught how to relieve stress and stress less behaviour both in home and court. 7. The sessions of both madam Dr. Aruna Broota and Hon'ble Justice Ved Prakash Sharma were found most useful as because they explained very effectively how to relive stress, control emotions and have positive actions always. 8. All the sessions. 9. Session 3: Effects of Stress on Health, Performance & Personal Sphere and Session 4: Maintaining the Balance: Judicial Stress and Wellness –by Dr. Aruna Broota because of her inner action with trainee judges was live in nature. 10. None. 11. The entire programme was useful and salute to Dr. Aruna Broota, who taught us the most valuable lesson of life that your strong will power is panacea to all the problems of life. 12. The meditation session conducted by Dr. Aruna Broota were the most useful as the same were very impactful and enabled easy understanding of the concepts discussed during the session? 13. 1. Staying focused & on task – to avoid diversions; 2. Psychosocial adjustments – to have balance in personal and professional work; 3. Controlled empathy- to eradicate stress factors. 14. Session 1: Personal and Professional Triggers for Stress in Judicial Officers– It was very comprehensive and connected.
<p>3. Does the programme need further modulations or change</p>	<ol style="list-style-type: none"> 1. No. 2. NA. 3. No. 4. No. 5. Could be none focused on the topic. 6. No. 7. No. 8. If it is provided with me week, it will be more beneficial. 9. Not necessary. It is already in an out breaking modulations, that is much enough to follows. 10. None. 11. No. 12. No. 13. No.

	14. None.
4. Kindly make any suggestions you may have on how NJA may serve you better and make its programmes more effective	<p>1. No.</p> <p>2. NA.</p> <p>3. Programme is effective.</p> <p>4. None.</p> <p>5. It is doing a good job already! Thanks.</p> <p>6. The NJA should induct some eminent Advocates of the Hon’ble Supreme Court, Hon’ble High Court and even District Court in the programme.</p> <p>7. Training programmes on such very important aspects of life should be conducted by the NJA with regular intervals. Programmes through virtual mode has proved very effective for which the same may be continued during pandemic situation.</p> <p>8. None.</p> <p>9. Hon’ble NJA, has already provided its valuable concern over the judges by providing better braining.</p> <p>10. None.</p> <p>11. If the strength of the officers (On-line) could be increased, more officers shall be benefited. Such programmes can be held state-wise for the batches of minimum 100 officer. Technology can make it possible.</p> <p>12. It may be mentioned that a programme which cover important aspects related to stress management should be conducted in offline mode. Although, online sessions were in no way less impactful but given the nature and subject-matter of the seminar offline sessions could have left a deep impression on the participants.</p> <p>13. No Suggestions.</p> <p>14. None.</p>