

National Judicial Academy
P-1351: National Seminar on Stress Management
05th – 06th August, 2023

Programme Coordinator : Mr. Rajesh Suman and Mr. Krishna Sisodia
No. of Participants : 40
No. of forms received : 40

I. OVERALL				
PROPOSITION	To a great extent (%)	To some extent (%)	Not at all (%)	Remarks
a. The objective of the programme was clear to me	97.50	2.50	-	1. Its very useful.
b. The subject matter of the programme is useful and relevant to my work	82.50	17.50	-	1. Totally agree.
c. Overall, I got benefited from attending this programme	90.00	10.00	-	-
d. I will use the new learning, skills, ideas and knowledge in my work	90.00	10.00	-	1. Yes, do 28. Yes, for personal life also the programme was good.
e. Adequate time and opportunity was provided to participants to share experiences	87.50	12.50	-	28. Very interactive.
II. KNOWLEDGE				
PROPOSITION	To a great extent (%)	To some extent (%)	Not at all (%)	Remarks
The programme provided knowledge (or provided links / references to knowledge) which is:				
a. Useful to my work	90.00	10.00	-	1. Absolutely.
b. Comprehensive (relevant case laws, national laws, leading text / articles / comments by jurists)	71.88	25.00	3.12	1. Some areas can be covered. 2. No reference to case law and legal information was required. 28. Actually it is a programme of soft skills. Hence no case laws referred so much.

				40. Comprehensive for wellness.
c. Up to date	78.79	18.18	3.03	-
d. Related to Constitutional Vision of Justice	66.67	20.00	13.33	2. It was not within the scope of the programme.
e. Related to International Legal Norms	53.57	25.00	21.43	-
III. STRUCTURE OF THE PROGRAMME				
PROPOSITION	Good (%)	Satisfactory (%)	Unsatisfactory (%)	Remarks
a. The structure and sequence of the programme was logical	95.00	5.30	-	-
b. The programme was an adequate combination of the following methodologies viz.				
(i) Group discussion cleared many doubts	71.43	28.57	-	2. Not required. 28. About life style and work environment.
(ii) Case studies were relevant	41.67	58.33	-	2. Not required.
(iii) Interactive sessions were fruitful	88.89	11.11	-	-
(iv) Simulation Exercises were valuable	87.50	12.50	-	2. Not required.
(v) Audio Visual Aids were beneficial	86.11	13.89	-	28. Very much relevant.
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	87.18	12.82	96.43	9.57
2	91.43	8.57	100.00	-
3	97.14	2.86	100.00	-
4	100.00	-	100.00	-
5	100.00	-	100.00	-
V. PROGRAMME MATERIALS				

PROPOSITION	To a great extent (%)	To some extent (%)	Not at all (%)	Remarks
a. The Programme material is useful and relevant	82.05	17.95	-	1. Good
b. The content was updated. It reflected recent case laws/ current thinking/ research/ policy in the discussed area	76.47	20.59	2.94	1. Satisfactory. 28. Yes it is related to stress management.
c. The content was organized and easy to follow	89.19	10.81	-	1. Satisfactory.

VIII. GENERAL SUGGESTIONS

1. Three most important learning achievements of this Programme	<p>1. Much needed in present stressful work scenario. Helpful to balance family and work pressure. To maintain self-physical and psychological health.</p> <p>2. 1. Managing life and work balance is very essential to achieve happiness. 2. We need to look for joy and happy movements around. 3. It is not necessary to try changing somebody as per our own expectations.</p> <p>3. Practical tips to address challenges at work. On judicial stress and wellness. Self-awareness/Relationship management.</p> <p>4. Get to know the techniques to destress and acknowledge stress.</p> <p>5. Maintaining the balance judicial stress and wellness. Stress management relaxation techniques.</p> <p>6. New methods to remove stress will try to imbibe to which learned here and use in daily life.</p> <p>7. Learnt to manage stress. Learnt to handle situations. Learnt to manage time.</p> <p>8. 1. How to manage stress. 2. Identify stress. 3. Overcome stress.</p> <p>9. New experience in professional life journey.</p> <p>10. Understanding oneself. Self-reliance, Stress relief.</p> <p>11. Programme will add to work myself. Without having any tension.</p> <p>12. To remain stress free during work. Stress buster exercises.</p> <p>13. Removal of stress. Stress management tips. Tricks to manage stress.</p> <p>14. 1. Stress management to remove the stress from day to day activities. 2. Got tips for stress management. 3. Manage stress.</p> <p>16. 1. Self-awareness on stress. 2. Knowing the importance of not being bias. 3. Knowing how to lead a positive life.</p> <p>17. Focus. Identifying cases of stress. Developing methods to overcome stress.</p> <p>18. We understand how control over situation in court hall & manage the work.</p> <p>19. 1. Understanding what is stress. 2. How to manage stress. 3. Relaxation techniques.</p> <p>20. Stress, Self-management & relationship management.</p>
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	<p>22. New experience is the journey of any professional life.</p> <p>23. How to remove the stress is learnt.</p> <p>24. Really good for stress removal.</p> <p>25. Learnt lot of things from the programme will be quite useful in releasing stress at home as well at work place. It (Training) should be given to other. Judicial Officers also.</p> <p>26. Respecting others. Time punctuality.</p> <p>27. 1. Programme gave me different vision in my day to day life. 2. Knew that our behavioral aspects plays most important role in stress management. How to deal. Stress by DIY Methods.</p> <p>28. 1. How to deal in court. 2. How to divide our responsibility of work at home. 3. Our mental peace: How to maintain.</p> <p>29. 1. Stress free. 2. Good presentation. 3. Useful in workplace.</p> <p>30. 1. Very good atmosphere. 2. Stress free. 3. Help in working.</p> <p>31. Adjustment/balancing between work at office and personal life.</p> <p>32. 1. Self-assessment. 2. Tricks & techniques to manage stress. 3. DIY's to manage stress.</p> <p>33. 1. Work life balance. 2. De-Stressing. 3. Biases.</p> <p>34. A balance has to be created in professional & personal life. Change can start anytime. Enjoy small joys & events.</p> <p>35. Awareness of the bias. Learnt how to overcome. Stress was reduced.</p> <p>36. Understanding and identifying stress. Addressing the problem. Reflective approach.</p> <p>37. 1. Self-take. 2. Expressing feelings. 3. To analyse stress & rectify the same.</p> <p>38. Stress tools. Suggested readings. And physical, spiritual exercises suggested.</p> <p>40. To acknowledge, To Address, To overcome – Stress.</p>
<p>2. Which part of the Programme did you find most useful and why</p>	<p>1. Last session taught so many small things to de-stress ourselves.</p> <p>2. Sharing of practical realities of life by Dr. Shetty.</p> <p>4. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>5. Health issue and its impact on personal and professional sphere intrusive thoughts and emotional reactions.</p> <p>6. <i>Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>7. Dr. Harish Shetty session regarding skills of managing stress.</p> <p>9. Stress & impact on occupational efficiency.</p> <p>10. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>12. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>13. Life beyond dais. Most practically explained.</p> <p>14. <i>Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>15. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p>

	<p>16. Dr. Harish Shetty.</p> <p>17. I found them all useful as they are inter related.</p> <p>18. Dr. Harish Shetty.</p> <p>20. Life beyond dais – because it, teaches on health issues & its impact.</p> <p>21. The entire programme I found useful and added great value but I liked the classes of Dr. Shetty.</p> <p>22. Dr. Harish Shetty Sir session.</p> <p>23. The <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness</i> – Which gave the idea as to how to adapt to changer.</p> <p>24. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>26. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness-</i> It is very practical & lively.</p> <p>27. Dr. Shetty and Dr. Samindara Sawant both session.</p> <p>28. Dr. Harish Shetty, Justice Chavan, Justice Gokani and Justice Shalini P. Joshi are very much effective & relevant.</p> <p>29. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>30. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dias: Judicial Stress and Wellness.</i></p> <p>31. De-Stress.</p> <p>32. The <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dais: Judicial Stress and Wellness-</i> as these sessions were based on doing activity as well & more engaging.</p> <p>33. Dr. Shetty and Justice Gokani and Justice Menon (Very practical & witty).</p> <p>34. Understanding stress, its cases, effects on body, mind work & life and methods to reduce/control stress.</p> <p>35. All session were good.</p> <p>36. <i>Sesion-4 Maintaining the Balance: Judicial Stress and Wellness. Session-5 Life Beyond Dais: Judicial Stress and Wellness</i> – As they were based on how to address the issue of stress.</p> <p>37. Dr. Harish Shetty the small things to be taken care of in life.</p> <p>38. The programme was useful. All the parts were equally useful.</p> <p>40. <i>Session-5 Life Beyond Dais: Judicial Stress and Wellness</i> – By Dr. Harish Shetty-very practical.</p>
<p>3. Does the programme need further modulations or change</p>	<p>1. Can be to some extent like working conditions residence, etc.</p> <p>2. Broad perspective and treatment of the subject is quite good.</p> <p>7. It must have continued for another 2 days it was quite useful.</p> <p>17. There is always scope for improvement but the present programme is good.</p> <p>23. The programme was very useful.</p> <p>31. At least 3 days programme.</p> <p>35. Duration be increased for at least three days.</p> <p>37. It is an excellent endeavor.</p>

	38. Period for the programme can be extended and some exercises can also be done.
4. Kindly make any suggestions you may have on how NJA may serve you better and make its programmes more effective	<p>1. Periodical arrangement of similar programme all over the country. It will be more beneficial if introduced during induction programme of newly appointed judges.</p> <p>2. Things are quite good, do not require any fundamental or structural change.</p> <p>3. Experienced. Excellent sessions.</p> <p>5. To call all Judges in NJA for this programmes.</p> <p>13. Stress management programme to so given to all judicial officer.</p> <p>14. This programme of stress management to be given to all are judicial officers in India. Because they are more under stress.</p> <p>16. All the topics may be practical and related to law.</p> <p>17. Digitization of library and more programmes.</p> <p>18. Two days full session; do more activities.</p> <p>23. Arrangements were good.</p> <p>24. By repeating such type of programme.</p> <p>32. We find the programmes very effective, the way they are organized.</p>