



Atria Institute of Technology
Department of Computer Science & Engineering

Report
of
One Day Workshop
on
“Stress Managment”
[21/12/2019]

Conducted by:

Suja Warriar
Lead-CSR Activites
Infosys
&
Mr.Ajay Kumar
Art of Living

Hosted by:

Department of Computer Science & Engineering

Schedule

Start time	End Time	Session	Anchor
10:30	11:30	Introduction and ice breaker with group discussion	Suja
11:30	12:30	Yoga and meditation as a tool for stress management	Ajay-AOL
12:30	12:45	Q&A	Ajay-AOL
12:45	13:30	Lunch break	
13:30	14:30	Fun games -Out door	Infosys Volunteers
14:30	15:30	How creative you are/Group activity	Infosys Volunteers
15:30	15:45	wrapping up with feedback	Participants

Speakers:

Suja warriar-Infosys



Suja warriar, is a post graduate with diploma in management from Symbiosis, Pune

She works with Infosys limited as a Leader CSR and Employee Volunteering with Corporate Sustainability Reporting and Governance Team along with her role in Diversity and Inclusion, HRD, she has over two decades of experience in corporate functions and community interventions.

She anchors various CSR initiatives both within and outside the organization and received Infosys excellence awards many times for her contribution to the social sector initiatives.

She had taken sabbatical for 2 years to work with tribal community in Bodoland near Indo Bhutan boarder in the state of Assam.

She also worked on the ground level for relief and rehabilitation for Tsunami in Nagapattinam, Uttarakhand flood and Bodoland violence.]

Suja advocates sustainability and CSR through her lectures at universities including IIT's and BHU. She also represents many **NGO panels** in an advisory capacity including CSR panel for Confederation of Indian Industry, Karnataka chapter.

She is a certified DNV auditor for sustainability and also a qualified social auditor from social audit network. She is a speaker in various national and international CSR conferences; the last one to her credit is Indian Science congress at LPU Punjab as an invited speaker. Recipient of many national and international awards for her contribution in social space, she supports parents with child adoption through CARA.

Single parent with a 15-year daughter Ameya, Suja loves to work on ground level to promote sustainability initiatives of organization and the community around.

Picked up as 101 Most Impactful CSR Leaders in the global listing by World CSR Congress in the year 2019.

The team members along with suja from Infosys are

- 1.Soumya
- 2 .Shashikala
- 3 .Kavitha
- 4 sweetie

2. Ajay Kumar



Ajay has been associated with Art of Living for over ten years. He has conducted stress management, mind management and workshops on health and well-being for thousands of people across all age groups.

He is also an IT professional, having worked in Cisco and Alcatel Lucent.

About workshop:

Atria Institute of Technology has organized one day workshop on **“Stress Management”** in association with **Infosys** and **Art of Living** hosted by the **Department of Computer Science & Engineering** on **21/12/2019-Saturday**

Faculty from Engineering Branches, M.B.A, and Basic sciences are the attendee for the workshop

Resources persons are from Infosys and Art of Living (AoL) and started by Sri Suja warrior by addressing the gathering on stress relieving importance and necessity in todays life style

Workshop includes a yoga session from Mr.Ajay Kumar from AoL. He took over the session on Desktop Yoga which is a series of exercises based on yoga and designed specifically for working people. Simple and easy modified yoga exercises help you to calm, invigorate and relax.

Desktop Yoga is the perfect solution for those who want a simple, relaxing workout which they can perform while sitting at their desks. It is excellent for reducing stress during a long workday. This programme targets the muscles that are mostly affected while sitting for a long period of time. It is divided by body part, so you can choose how long you want to work out.

Mr.Ajay thought simple Techniques/Pranayamas for the faculty on to combat stress like Bastrika asan, Release the Neck, Shaking out Tension ,Back Exercise (Forward Bending), Tad Asana (Tree Pose) Hand Exercises etc.

Post Lunch Workshop is concluded by the Activity planned by the Suja and her team here the faculty are provided with plain bags and the stencils created by vegetables with colors where faculty have explored their creativity by painting on the bags and fun games.



Atria Faculty with Suja –Infosys & Ajay AOL



Atria Faculty attending the workshop



Group pic with Suja and team



Faculty being briefed about the activity



Session by Ajay Kumar on Desktop Yoga





Faculty enjoying the painting on bags as part of workshop



Pic: outcome of the activity