

## **Professor from Great Lakes Institute of Management Conducted Stress Management Programme for the Women Officials working in the Ministry of Finance**

**11<sup>th</sup> March, Gurgaon:** On the occasion of International women’s day, Prof. S. K. Palhan, Professor – Operations Management, Great Lakes Institute of Management, Gurgaon conducted a program on Stress Management for the Women officials working in the Ministry of Finance.

Known as a widely acknowledged Self Effectiveness trainer, Prof. S. K. Palhan, Professor – Operations Management, Great Lakes Institute of Management, Gurgaon was invited by National Institute of Financial Management (NIFM), Faridabad on the occasion of International Women’s day to conduct a Stress Management Programme for the Women Officials working in the Ministry of Finance.

The programme was attended by 82 women officers and the activities included talk on Self-effectiveness and practice of meditation for stress management. The participants appreciated the relaxation of mind and body after the programme.

***“Most of the stress comes from past worries and anxiety for the future. There is a little stress related to the work in the present moment. Meditation helps one to live in the present moments and focus on the work at hand. This improves self-effectiveness in performance of work and at the same time the quality of life improves significantly,” expressed, Prof. Palhan, Professor, Operations Management, Great Lakes Institute of Management, Gurgaon.***

A leading expert in the field of Operations Management, Prof Palhan has conducted more than 250 programmes on Self Effectiveness & Team Building in large number of software companies, banks, leading management institutes, scientists of national labs and judges of Delhi courts. He is also an Advisor to Centre for Joint Warfare Studies in Ministry of Defence and Managing Trustee of Pathfinder Trust. Recently, Prof Palhan also conducted a retreat program for the senior officers of the Ministry of Finance, Government of India prior to the budget announcement, organized by NIFM Faridabad.

**Great Lakes Institute of Management, Gurgaon** is a unique Center of Excellence in India focused on nurturing managerial and leadership talent for our Country, specifically in fast growing and dynamic sectors like Energy, Digital Commerce and Data Analytics. The Institute’s activities include full and part time post graduate management programs in Energy and General Management, corporate training programs, consulting services and independent research to enhance the intellectual capital and knowledge base in its areas of focus. The Post Graduate Programs seek to develop motivated management professionals equipped with comprehensive

domain knowledge and capable of being productive from their first day of engagement with the corporate world. More details can be found at [www.greatlakes.edu.in/gurgaon](http://www.greatlakes.edu.in/gurgaon)

**About Great Lakes Institute of Management:** Great Lakes was founded in 2004 by Padma Shri Dr. Bala V. Balachandran with a vision of becoming the leading Management Institution in India providing Quality Education at an affordable cost and Human Capital for Emerging Economies. In 2014, Great Lakes was accredited by Association of MBAs (AMBA, UK) for its PGPM and PGXPM programs and became the youngest B-school in India to receive this prestigious international accreditation. In 2015, Great Lakes received international SAQS accreditation from AMDISSA making it one of the few B-Schools in India to receive two prestigious international accreditations. Led by exceptional academic faculty, steered by an outstanding advisory council and buoyed by the international collaborations, Great Lakes has, within a short span of 10 years emerged as a top-ranked business school. For the year 2015, Great Lakes has been ranked No.1 for its Analytics program by Analytics India, 5th among private B-Schools in India by Careers 360, 7th among India's top one-year executive MBA/PGP programmes by Business Today, 9th under the category top one-year programs in the country by Business World, 9th among one year MBA program by Outlook India, and 10th among top ten B-Schools in India by Business India.

Great Lakes has 50+ full time faculty and 130+ visiting faculty including over 20 international faculty from top global schools like Yale, Kellogg, Stanford, etc. Further collaborations with world's leading institutions like Georgia State University, Nanyang Technological University, University of Houston, University of Bordeaux, Hongkong University of Science & Technology (HKUST) etc.; have helped Great Lakes in globally benchmarking its programs. Great Lakes has a 27.5 acres LEED Platinum rated green campus in Chennai and a second campus in Delhi-NCR. Great Lakes offers One Year full time MBA for experienced professionals, Two year MBA with focus on Emerging Markets, Part Time Executive MBA Program, Weekend Executive MBA Program, Specialized sectoral management programs in Information Technology, Retail, Analytics, Health Care and Energy. Students graduating from Great Lakes are recruited by world renowned organizations both in India and overseas.