

Sugar Pills for Iron Men (for golden Ladies too)

(Conducted from 30th Aug 2011 to 20th Sept 2011 at Bangalore International Airport as first phase of experimental research)

The specialty of the **Sugar Pills** series of Stress management workshop is the effective usage of conditioning technique to directly push an idea to the subconscious of the participants through effective and powerful intermittent audio-visual shows depicting real incidents from history, from the life of celebrities etc. The program is highly interactive to generate creative ideas, free thought process and expression of thoughts & views.



Yoga Session at Bangalore International Airport

(Yoga for Stress Management: conducted from 29th Sept 2011 to 1st Dec 2011 as second phase of experimental research)



Inauguration of session by Shri. J.N. Bhavani Prasad, Ex. DGW, GoI. In picture: Sh. M.S.N. Swamy, President, ISLE, Sh. Bhaskar Bodapathi, Dir (Fin), BIAL and Sh. K.N. Suresh, AVP(Proj) with Hari Kumar Parameshwar.



