

PROFESSION-LED-STRESS MANAGEMENT &
MENTAL HEALTHCARE WORKSHOP +
WELLNESS RETREAT

FRIDAY

13TH DECEMBER 2024

DRAFT AGENDA



FOR
LAW ENFORCEMENT /
FORENSICS, ARMED
FORCES / PARAMILITARY
&
EMERGENCY / DISASTER
MANAGEMENT
PERSONNEL

Today's Special : Talent Night & Sit-down
Dinner
08:30 Pm onward...

08:00 Am - 09:00 Am : Breakfast & Registrations

09:00 Am - 10:00 Am : Inauguration Ceremony

10:00 Am - 10:30 Am : Keynote Talk on
Profession led Mental Stress & Mental Health
Issues faced by Law Enforcement, Armed
Forces & Emergency Management Personnel,
by : Brigadier Kuldip Singh [Retd.], Veteran,
Indian Army

10:30 Am - 11:00 Am : Pre-Workshop
Psychological Assessment Tests for all
Attendees

11:00 Am - 11:30 Am : Coffee Break

11:30 Am - 12:30 Pm : Keynote Talk on Mental
Stress / Post Traumatic Stress Disorder &
Human Psychology by : Prof. Dr. [Mrs].
Thenmozhi Somasundaram., Counseling
Psychologist, Former HOD [Retd.], Deptt of
Counseling Psychology., Univ. of Madras &
Lead Trainer for the Workshop

12:30 Pm - 01:30 Pm : Talk on Best Stress
Busting Therapies for Effective Stress
Management, Speaker : Ms. Kajal Singh,
Founder & Director, IIFSS, India

01:30 Pm - 02:30 Pm : Working Lunch

02:30 Pm - 03:30 Pm : Stress Management
Techniques & Mental Health Care - Part I, by
: Prof. Dr. Thenmozhi S., Counseling
Psychologist & Workshop Lead Trainer

03:30 Pm - 04:30 Pm : Stress Management
Therapy - I [Aromatherapy], Expert : Ms. Ritu
Jain, AT Expert

04:30 Pm - 05:00 Pm : High Tea

05:00 Pm - 06:00 Pm: Stress Management
Therapy - II & III [Aerobics & Yoga Session],
Expert : TBA

06:00 Pm - 06:30 Pm : Q&A, Open Discussion
& Round Up for the Day

JOIN
NOW

PROFESSION-LED-STRESS MANAGEMENT &
MENTAL HEALTHCARE WORKSHOP +
WELLNESS RETREAT

SATURDAY

14TH DECEMBER 2024

DRAFT AGENDA



FOR
LAW ENFORCEMENT /
FORENSICS, ARMED
FORCES / PARAMILITARY
&
EMERGENCY / DISASTER
MANAGEMENT
PERSONNEL

Today's Special : Cultural Events Evening,
Mocktails, Bonfire & Barbecue Dinner
08:30 Pm onward...

06:00 Am - 08:00 Am : Stress Busting
Therapy - IV [Silence Therapy] - Self guided

8:00 Am - 9:00 Am : Breakfast & Departure
for Field Trip

9:00 Am - 10:00 Am : Stress Busting Therapy
- V [Laughter Therapy]; Field Trip-Fun
Activities, Instructor : Not Applicable

10:00 Am - 11:00 Am : Stress Busting Therapy
- V continues [Laughter Therapy]; Field Trip -
Fun Activities, Instructor : NA

11:00 Am - 11:30 Am : Coffee Break

11:30 Am - 12:30 Pm : Stress Busting
Therapy - VI [Sports Therapy]; Field Trip-
Adventure Sports, Instructor : NA

12:30 Pm - 01:30 Pm : Stress Busting
Therapy - VI continues [Sports Therapy];
Field Trip-Adventure Sports, Instructor : NA

01:30 Pm - 02:30 Pm : Working Lunch

02:30 Pm - 04:00 Pm : Stress Busting
Therapy - VII [Expressive Art Therapy]. Instructor:
Ms. Swaha Mitra Basu, EAT Expert

04:00 Pm - 04:30 Pm: Stress Management
Techniques & Mental Health Care - Part II, by
Prof. Dr. Thenmozhi S., Counseling
Psychologist & Workshop Lead Trainer

04:30 Pm - 05:00 Pm : High Tea

05:00 Pm - 05:30 Pm: Stress Management
Techniques & Mental Health Care - Part II
[continues], by Prof. Dr. Thenmozhi S.,
Workshop Lead Trainer

05:30 Pm - 06:30 Pm : Pre-Workshop
Assessment Test Report Analysis & Group
Counseling session - Part I, by Prof. Dr.
Thenmozhi S., Counseling Psychologist &
Workshop Lead Trainer

06:30 Pm - 06:45 Pm : Q&A, Open Discussion
& Round Up for the Day

JOIN
NOW

PROFESSION-LED-STRESS MANAGEMENT &
MENTAL HEALTHCARE WORKSHOP +
WELLNESS RETREAT

SUNDAY

15TH DECEMBER 2024

DRAFT AGENDA



FOR
LAW ENFORCEMENT /
FORENSICS, ARMED
FORCES / PARAMILITARY
&
EMERGENCY / DISASTER
MANAGEMENT
PERSONNEL

Today's Special : Farewell Dinner Party
08:30 Pm onward...

JOIN
NOW

06:00 Am - 08:00 Am : Stress Busting
Therapy - IV continues [Silence Therapy] -
Self Guided

08:00 Am - 9:00 Am : Breakfast & Departure
for Activities

09:00 Am - 10:00 Am : Stress Busting
Therapy - VIII [Nature Walk] - Mountain Hiking
/ Orchard or Farm Visit/ Bird Watching] - Field
Trip, Instructor : NA

10:00 Am - 11:00 Am : Stress Busting Therapy
- VIII continues [Nature Walk] - Mountain
Hiking / Orchard or Farm Visit/ Bird Watching]
- Field Trip, Instructor : NA

11:00 Am - 11:30 Am : Coffee Break

11:30 Am - 12:30 Pm : Stress Busting Therapy
- IX [Prayer Therapy] & X [Meditation Session]
- Instructor : TBA

12:30 Pm - 01:30 Pm : Pre-Workshop
Assessment Test Report Analysis & Group
Counseling session - Part II, by Prof. Dr.
Thenmozhi S., Lead Trainer

01:30 Pm - 02:30 Pm : Working Lunch

02:30 Pm - 03:30 Pm : Pre-Workshop
Assessment Test Report Analysis & Group
Counseling session - Part III, by Prof. Dr.
Thenmozhi S., Lead Trainer

03:30 Pm - 04:00 Pm : Talk on Importance
of Diet & Nutrition in Stress Management,
Speaker : TBA

04:00 Pm - 04:30 Pm : Keynote Talk : Mental
Stress / Post Traumatic Stress Disorder & its
Psychiatric Implications, Speaker : TBA

04:30 Pm - 05:00 Pm : High Tea

05:00 Pm - 05:30 Pm : Stress Busting
Therapy - XI [Writing Therapy] - Instructor :
Ms. Kajal Singh, Founder & Director, IIFSS

05:30 Pm - 06:00 Pm : Post Workshop
Psychological Assessment Tests for all
Attendees.

[Assessment Report to be shared via email]

06:00 Pm - 06:30 Pm : Q&A, Open
Discussion, Round Up for the Day &
Feedback

07:30 Pm - 08:30 Pm : Valedictory Ceremony

PROFESSION-LED-STRESS MANAGEMENT &
MENTAL HEALTHCARE WORKSHOP +
WELLNESS RETREAT

THURSDAY

12TH DECEMBER 2024

DRAFT AGENDA



PRE-WORKSHOP EVENT

08:00 Pm onward : PARTICIPANT
INTRODUCTIONS / ICE BREAKING SESSION &
RECEPTION DINNER [By Separate Invitation
Only]

JOIN
NOW

MONDAY

16TH DECEMBER 2024



POST-WORKSHOP EVENT

08:00 Am - 11:00 Am : Breakfast Meetings
- To be announced [Not Applicable to Workshop
Participants]

JOIN
NOW