

TRAINING ON "MASTERY OVER STRESS"

ORGANIZED AT  BY 

TRAINER: M.R.ARULRAJA

DATE: 13TH FEB, 2008 : NO OF TRAINEES: 20

On the 13th February, 2008, Aprameya Technologies Pvt Ltd. Organized a NLP based one-day training on Mastery over Stress.

NLP Master Practitioner M.R.Arulraja offered the Training.

Twenty persons attend it at Aricent premises, Bangalore.

For evaluation, trainees responded to nine suggestions on a given scale, and offered one line comments.

The five points scale was marked M, N, O, P, Q.

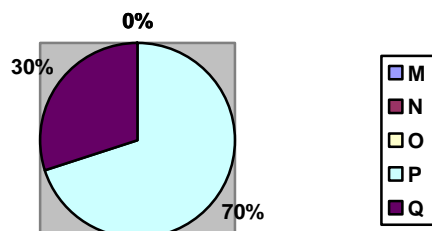
M represented "Strongly disagree", N "Disagree", O "Do not know", P "Agree", and Q "Strongly agree".

This is the report based on the response of trainees:

Suggestion 1: Today, I learned how to live relaxed amidst life's troubles and challenges:

Suggestion 1	M	N	O	P	Q	Total
Frequency	0	0	0	14	6	20

We may conclude that the objective of the training was achieved as all trainees agree they learned to live relaxed amidst life's troubles and challenges.

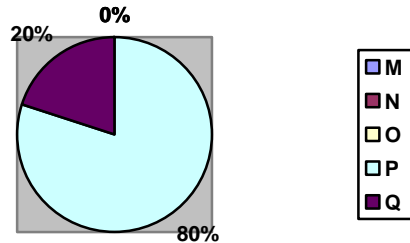


All the 20 trainees agree to the given suggestion! And, 30 per cent of them *strongly* agree.

NLP has powerful behaviour modification tools.
 In this training, trainees unanimously confirm its usefulness to help one to relax.

Suggestion 2: I find the NLP tools and exercises very powerful in helping me to relax:

Suggestion 2	M	N	O	P	Q	Total
Frequency	0	0	0	16	4	20

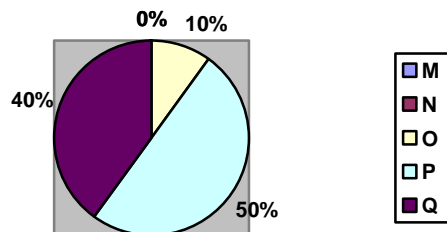


All 20 trainees respond positively to the suggestion, and 20 percent strongly agree to the suggestion.

Suggestion 3: I like the inputs on therapeutic self-massage: it is useful and necessary:

Suggestion 3	M	N	O	P	Q	Total
Frequency	0	0	2	10	8	20

Contrary to popular belief, Corporate staff do welcome therapeutic self-massage.
 A good 90 per cent find it useful and necessary!

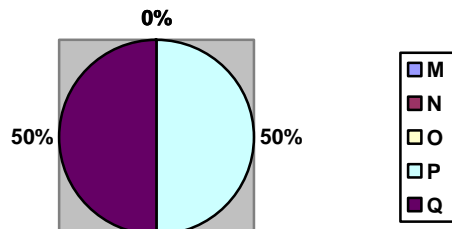


A total of 90 percent are in agreement, and ten are not sure...

Suggestion 4: I will use the simple massage techniques I learned in my daily life:

Suggestion 4	M	N	O	P	Q	Total
Frequency	0	0	0	10	10	20

Including the two who said "Do not Know" to the previous suggestion, all will be using the massage techniques they learned.



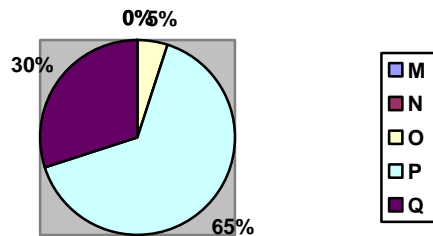
All agree that they will use the techniques; and fifty percent agree strongly.

I introduce Zen not as a tool for relaxing but as a way to help find one's centre... to help balance life...

Heartening that ninety-five percent of trainees appreciate the introduction to Zen!

Suggestion 5: I appreciate the introduction to just sitting in Zen meditation.

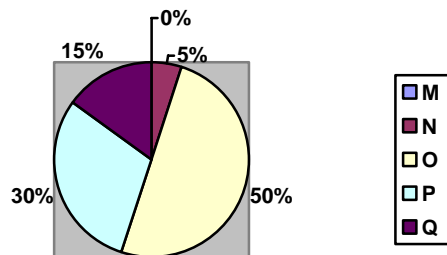
Suggestion 5	M	N	O	P	Q	total
Frequency	0	0	1	13	6	20



One is not sure. Others agree to the suggestion. And, 30 percent strongly agree.

Suggestion 6: I will sit in Zen Meditation every day for 10-15 minutes, at least.

Suggestion 6	M	N	O	P	Q	Total
Frequency	0	1	10	6	3	20

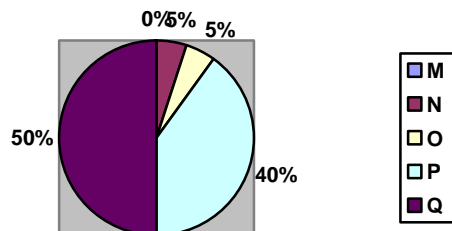


Trainees missed a short session of sitting in Zen for want of time. In spite of that, 45 percent hope to practice Zen.

Ten are not sure; one disagrees; nine (45 per cent) agree.

Suggestion 7: I found the teaching simple and easy to follow, devoid of technical jargons.

Suggestion 6	M	N	O	P	Q	Total
Frequency	0	1	1	8	10	20



Women released from bonded labour gave up practices that led to indebtedness and bondage, after Arulraja's Training.

And, International Labour Organization got him to author a Training Manual for these simple folks!

[\[Click here for that manual\]](#)

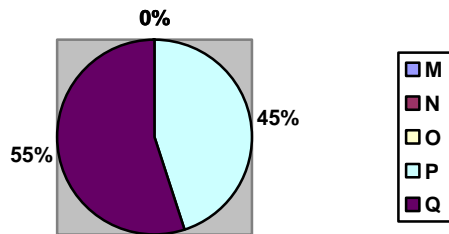
One disagrees. But fifty percent strongly agree that the training was simple and easy to follow. One is not sure. And a total of 90 per cent agree to the suggestion.

Suggestion 8: I found the teaching interesting, and enjoyed it very much.

Suggestion 8	M	N	O	P	Q	Total
Frequency	0	0	0	9	11	20

This suggestion has the largest number 'strongly agreeing'.

Arulraja believes people will be interested, if they find training really useful; And, that there are no difficult audiences for a good trainer.

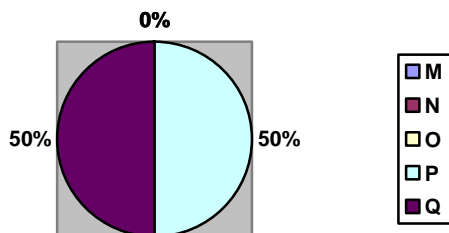


All agree; And the majority, 55 per cent *strongly* agree that they found the teaching interesting and that they enjoyed it very much.

Suggestion 9: I recommend this training to all those working in Modern Companies.

Suggestion 9	M	N	O	P	Q	Total
Frequency	0	0	0	10	10	20

Having experienced a good training, trainees at Aricent unanimously recommend it!



All agree. And, 50 percent strongly agree that this training will benefit all those working in the modern corporate environment.

Suggestion 10: My one line comment on this training: In all, 17 comments were received.

- I really enjoyed attending this training. It is very useful. Specially I liked the trainer's way of conveying what he wants to. - P.Mihra, Senior Technical Leader
- Before entering the room, I was disturbed. After it's over, I am happy and relaxed. - Pooja Mittal
- It should be supported by more audio & visual programmes - I.Jafri
- Effective to enhance knowledge - Sathish Srinivasa
- The program is fine. I would like it more if it details about how to handle stress situation. - G.Murali Krishna Yadav
- Way to avoid stress, to start new career - Rajasekhar Reddy, L

To organize Arulraja's NLP
for "Mastery over Stress",
Contact:

Aprameyah Technologies
No. 48, 9th A Main
Indiranagar 1st Stage
Bangalore 560038
INDIA

Phone:91-80-1515020/21
Mail: info@aprimeyah.com

Visit:<http://aprimeyah.com>

- Take this training and leave happily – Praveen Ulhas Pavaskar
- It was a nice program to de-stress – Venkatesh. K.R.
- Simply great and wonderful!!! – Cicelia Stephan
- Sleeping by relaxing and get rid of negative energy – Kamlesh K Pant
- It is really helpful for each and every person in their day-to-day life to relax from the stress - A.Venkateswara Rao
- The training was informative and useful. – Hema Vijayan
- "Wonderful" – R.Gopinath, Engg Project Manager.
- Have bigger (longer) sessions on massaging. M.P.Nanda Quality Lead.
- GOOD ONE – S.Prajwal
- Effective – Anuroup.R Technical Manager
- I NEVER USED TO SIT FOR MORE THAN TWO HOURS. AFTER THAT I WOULD LOSE INTEREST IN THAT SESSION. BUT TODAY I WAS ACTIVE FOR THE WHOLE SESSION WHICH IS REALLY GREAT EXPERIENCE - Yathish Krishna

**You might also want to address
The psycho-social blocks to the development of
Individuals and organizations**

**Using Arulraja's NLP training on
"Personal Mastery" and
"Leadership"**

**That aim precisely at a transformation of
Culture-based mindsets
Using NLP, Fifth Discipline and Appreciative Inquiry**

Contact: Aprameyah Technologies

"Using a psychological tool – Neuro Linguistic Programming – Mr. Arulraja has effectively proved that it is possible to address the challenges arising from the mind." – *Dr. Varghese Kurien, [Founder-Chairman AMUL Dairy]*