Contents

EDITORIAL CORPORATE STRESS

8

Stress And The Human Body by: Mr. Sridhar Deshmukh

12

² Role Of Emotional Intelligence In Managing Work Place Stress by: Ms. Geetha Ramakrishnan

- 18 Understanding And Managing Organizational Stress by: Dr. Rajeev Mishra
- 24 Lonely At The Top-Stress And Its Management At Senior Levels by: Mr. K. Raghavendra
- 28 25 Stress Buster Strategies To Counter The 'Chakravyuh' Of Life by: Mr. Ajoy Chawla
- 32 Is Gen X Better At Handling Stress Than Gen Y.? by: Mr. Rahul Kulkarni
 - 36 Past Life Regression Approach To Corporate Stress by: Ms. Shubha Yeri
 - 40 The Fine Art Of Managing Stress-The NLP Way by: Mr. K. V. Vishwanathan

BOOK REVIEW

23 "Resilience At Work"- How To Succeed No Matter What Life Throws At You by: Sneha. K and Nitisha Aneja

> 35 Being Buddha At Work by: Sneha. K and Nitisha Aneja



FACE TO FACE

- 48 Are You A 'Captain Cool'? (Interview with Dr. Thimappa Hegde)
 - 52 Managing Occupational Stress The 3H Way (Interview with Dr. D. M. Pestonjee)

WELL BEING

58 Say Good Bye To Stress by: Ms. Vaidya Smita Naram

INCEPTION

64 Small is Beautiful by: Nandini Chawla

PEOPLE PRACTICES &

TALENT MANAGEMENT

68 Differentiating Star Performers From Average Performers: by: Dr. Raju Rao

72

Creating A Talent Pipeline-The Development Center Approach by: Ms. Pooja Bansal

BOOK REVIEW

 Getting Things Done: The Art Of Stress-Free Productivity Don't Sweat The Small Stuff-And It's All Small Stuff
Sneha. K and Nitisha Aneja

