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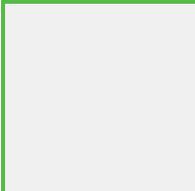
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- Spotlight

Indian stress guru shows the way in Canada

Relax. Spend time with kids. Watch comedy show on the TV, or take a walk with friends, suggests Indian motivational speaker Nikhil Desai

By Ajit Jain
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Indo-Canadian motivational speaker Nikhil Desai (right) at the ICCC event on stress management

Toronto: There is an increasing degree of stress, more so at your workplace, says Nikhil Desai, who is a widely acclaimed stress management teacher, trainer and motivator, invited widely by the corporate world to lecture their staff members.

Desai was the keynote speaker at the Indo-Canada Chamber of Commerce Oct 31, first such event held at the newly acquired building of their own in suburban Etobicoke, West of Toronto.

Amongst a number of factors contributing to our stress level, Desai said human beings have hundreds of things in mind at the same time. "Mind is source of flow of thoughts and emotions. We get distracted fast as in this world stress level is rising."

We keep about worrying something or the other all the time, Desai said. "Stress is our internal response to a situation we find hard to manage..."

Desai said that stress management starts with identifying the reasons of stress in our life; such as work stress, job loss, unemployment and sometime emotional setbacks with relatives or with close friends.

Stress, he explained, obstructs our efficiency at work and makes us underperformers despite the fact that we are capable of doing things perfectly.



(All photographs courtesy: Indo-Canada Chamber of Commerce)

“So to avoid such situations one needs to be relaxed, spend some time with kids, watch light comedy on the TV, or have a walk with friends,” he said.

“Nothing could be better than a lecture on motivation, inspiration and stress management... the very first event organized at Chamber’s own building, said ICCC President, D P Jain.

“It was nice to hear from a person of international repute ... what is stress, reasons of stress, good and bad stress, how to control, how does it affect life, adverse effect,” he told The Indian Diaspora.

He called Desai’s lecture “awesome”.

People were laughing and enjoying every minute of Desai’s lecture. One part of stress management is yoga, he said. That was clearly demonstrated by him when he asked everyone to stand up and then he explained a few yogic exercises that one can do at home – just 10-15 minutes a day and the person is assured of being stress free.