



CIN U91110TG1964NPL001030

The Federation of Telangana Chambers of Commerce and Industry

(Formerly known as FTAPCCI)

Empowering Industry, Commerce & Trade

Registered under the Companies Act, 1956

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Ramakanth Inani
President

K. Bhasker Reddy
Senior Vice President

Anil Agarwal
Vice President

Press Release

“Stress is a bundle of unwanted and unnecessary thoughts which hampers our creativity, efficiency, productivity and problem-solving abilities; and breaking the chain of such thoughts is stress management”- Sadguru Shri Rameshji

Hyderabad 23rd October 2020: The Federation of Telangana Chambers of Commerce and Industry (FTCCI) organized a virtual session on the Spiritual **Talk with Sadguru Shri Rameshji on “KILL STRESS BEFORE IT KILLS YOU”** Mr Ramakanth Inani, President., **Mr. K. Bhasker Reddy**, Sr Vice President., **Mr. Anil Agarwal**, Vice President., **Ms. Khyati Naravane**, CEO., **Mr. Shekhar Agarwal**, Past President, FTCCI, Members of Managing Committee & Past Presidents, Members of Expert Committees and all Members of FTCCI and 100+ has participated in the event.

Sadguru Shri Rameshji, an Enlightened Spiritual Master said. excessive negative thoughts about a particular person, topic, or situation; are the primary cause of our internal or mental stress and the best, easiest and most effective way of breaking this vicious chain is through **One-Minute Meditation**. A peaceful and relaxed mind is more capable of coming up with unique business ideas, generating simple solutions for complex problems and increasing our overall efficiency.

He further highlighted that to remain stress free we must be fearless and not bother about results. One should be *effort oriented, and not result oriented*. If we are positive and joyful while putting in the efforts, then that result of that effort is bound to be joyful but if we are stressed while making the effort then the result might be stressful too.

He along with his wife head **Poorna Ananda – House of Enlightenment**; created a Hyderabad based spiritual organization for the spiritual enlightenment of seekers. *Satsangs*, question answer sessions, meditations are regularly conducted here for the benefit of all. He also authored the book **Soul Selfie** which chronicles both, his personal as well as spiritual journey. Filled with impactful life lessons, practical tips, personal experiences and key take-aways at the end of every chapter; this book is a must-read for all those struggling in the present challenging times and willing to turn their obstacles into an opportunity of evolution.

Mr. Ramakanth Inani, President, FTCCI has expressed that; India is a land of divinity. He said that, Indian culture is laid on the foundation of its beliefs and values. An understanding of spirituality comes from realization, an understanding of the self and that of the surroundings.



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He explained that, Stress in today's world has become an omnipresent phenomenon in every one's lives. The degree of stress may vary. It is important to manage stress to ensure the well-being of an individual. Good time-management skills are critical for effective stress control. He also stated that, the organizations and employers also need to recognize this phenomenon and do their bit to help their employees manage stress effectively.

About FTCCI

FTCCI have been energizing industry for 100 years. We've been engaging with the government to represent our members and played a key role in enabling change through meaningful interactions for an entire century. FTCCI liaises between Trade, Industry and the Government, participating & suggesting to the government on their policies on industry, labor laws, energy, environment, direct & indirect taxes & various issues. It also draws attention and represents industry about the issues and challenges of industry & trade. FTCCI conducts studies on various subjects related to trade and industry and acts as a knowledge chamber.

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