

STATE BANK OF INDIA OFFICERS' ASSOCIATION

(BENGAL CIRCLE)

(Registered under Trade Unions Act 1926-Regd. No. 6908)

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Date: 07.05.2024

To All Members (Please Circulate)

“ DAKTAAR BABU - ON LINE ” STRESS MANAGEMENT AND LIFE BALANCE

Dear Comrades,

The first program on “Heat Wave – Precaution and Treatment” under the initiative “**Daktaar Babu - Online**” conducted by the Circle Association on 01st May,2024, has received tremendous responses from our members, seniors, and their families. Such huge enthusiasm from all corners has reposed even greater responsibility on our part.

2. Keeping in mind the need to reduce huge stress and mental anguish associated in our day-to-day busy work schedules, it has been decided to conduct the next online program on “Stress Management and Life Balance” scheduled to be held on 08th June,2024 (2nd Saturday) from 5:00pm to 6:00pm. Dr. Ms. Sahely Gangopadhyay, M.Phil, (RCI), Consultant Clinical Psychologist & Psychotherapist of AMRI Hospital, Dhakuria, Kolkata, has agreed to join the program and advise us accordingly. Participants will have the opportunity to interact directly with the doctor regarding their relative queries. The ‘link’ of the online program (through Webex Meeting App) will be shared in different WhatsApp groups well in advance.
3. We, therefore, invite all our members and seniors to participate in this program along with their families, relatives, and friends and take advantage of this platform. **All members are requested to ensure success of the program by their active involvement.** We also welcome any suggestion in this regard to carry on such initiative more effectively.

With greetings,

Shubhajyoti Chattopadhyay
(General Secretary)

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