



SAMS | Simple Art of Managing Stress

STRESS MANAGEMENT ACADEMY



Message From The Founder & Mentor

Welcome to SAMS – Simple Art of Managing Stress!

The world is heading for a change of consciousness, from the deepening darkness to a serene and peaceful early dawn with golden aura in the eastern sky. I welcome you all to be the co-creator of this transformational process of universal elements of Nature. You and I, we can make that difference in our individual, family, and collective life of Mother Earth.

With this doable philosophy in mind I founded **Stress Management Academy**, in the year 2001, and started sharing the Simple Art of Managing Stress with people from all around the globe, a simple tool that can make a difference in the life of every individual coming from every level of social strata for we all are blessed with Mind Body and Spirit. Once we learn the art of harmonizing these gifts we scale higher heights of fulfillments in life.

My key is two words "Believe and Succeed". Believe first that you are born to be healthy, happy and successful. Trust in your innate power of invincible Mind and your positive emotion and assert the power of your Soul to usher in an era of stress-free life of true freedom. Freedom from the bondage of all negativity and limitations, constrictions and conflicts. Let us join together to embrace this simple Art to de-stress ourselves, relax and allow the infinite wisdom, creativity and success to flow so that we all live in a world free of strife and tension, confusions and conflicts, violence and vice; a world where there is seamless, spontaneous Celebration of who we ARE.

Come join us in this Celebration of Life!

Sri Shuddhaanandaa
Founder & Mentor
STRESS MANAGEMENT ACADEMY

Stress Management Academy – Vision & Mission

VISION

To Help Create A Stress Free
Healthy, Happy & Prosperous Human Society
Based On Eternal Values Of Harmony Peace And Spiritual
Co-existence

MISSION

Teach A Simple Art
And Offer An Easy Tool
To Create Difference In Individual's Life
By Unleashing The Positive Power Of Mind Body And Spirit

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Welcome to Simple Art of Managing Stress (SAMS)

Stress Kills, Relaxation Heals

In every walk of life, students, teachers, housewives, business people or corporate executives, stress has become an epidemic that is infecting every person in the society and taking a toll of invaluable young lives.

It is more evident, when each one of us is striving to achieve success in our lives. Be it achieving academic excellence, social recognition or attaining a position in a corporate entity. We all want to be an Achiever. And in this race STRESS is our constant companion. Stress that saps our spirit turns us into a mental wreck, a global phenomenon which is more dreadful and killing than cancer.

However, stress can serve a negative or even positive function in our lives. Stress has the potential to bring the best out in us, to move us ahead, to propel us toward achievement, to inspire us to make a difference. Stress is inevitable. It is our own ability to make it positive or negative.

Stress Management Academy edifies individuals & groups to transform stress into positive opportunities & success through its unique practice of **Simple Art of Managing Stress (SAMS)**.

As per Sri Shuddhaanandaa's practical observations, stress today knows no geographical, socio-economic or age barriers. It's a malignant side-effect of 'progress'. The need of the hour is a simple yet effective tool to combat the 'disease'.

Simple Art of Managing Stress (SAMS) does just that – it helps the learner to completely overcome stress and embrace life, spending least time and effort on his/her part.

Sri Shuddhaanandaa has combined the **best of Indian Yoga, Chinese Chi Kung and Japanese Jin Shin Jytsu techniques** in his SAMS Workshop to help people heal themselves first, of all their inner hormonal imbalances and the energy blocks in the channels of energy flow. His meditation techniques are simple and are combination of Indian and Tibetan techniques. He talks profoundly on the subject of re-organizing our mental energy to tap the infinite potential and power of Positive Mind. SAMS helps you to tune your Body-Mind and Breath with the source of Inexhaustible Universal Energy and Intelligence for a creative, productive, healthy happy and peaceful life on earth.

SAMS – Mind, Body, Spirit Connection:

Mind: Unleashing the Miraculous power of Positive Mind through Meditation and Visualization practices adopted from Eastern traditions.

Body: Physical Stretches and Yoga techniques. Pranayama and Chi Kung practices for harnessing the magical power of breath for harmonizing physical - mental – emotional wellbeing.

Spirit: Combines the essence of scientific spirituality – Quantum Physics with Metaphysics of life. Management by Consciousness. The path to practical Work-Life Balance for stress free harmonious excellence.

THE ANSWER to many of the life style diseases caused due to uncontrolled stress is in the practice of some **simple Pranic Healing and Yoga techniques** in your own leisure that rejuvenates you and assures you of detoxification and balanced Mind Body Spirit.

SAMS is the art of positive living and dynamic leadership for a harmonious Work – Life balance.



"Your session was very helpful both for me and for my colleagues. Hope to see you again soon on another, maybe more detailed session on stress management". – Ionel Bors, Senior Executive Director, Mittal Steel, Galati, Romania

SAMS Workshop for Corporate



"Managing a high-profile corporate life is complex. Managing the stress in your own life can be simple."

For once, take a long, hard look at your own life -

Are impossible deadlines killing you?

Is your hard-to-please client giving you a permanent frown?

Are the endless cups of coffee robbing you of your appetite for life?

Is stress, the silent killer, creeping up on you?

Even if you're aware of it, it's not easy to do anything about it. You don't have the time. Your priority list is never-ending. You're driving down the fast lane of life. You just can't spend half your time and energy in managing stress!

You don't have to. You can manage stress the simple way.

SAMS is the simple art that will help you paint your life's canvas in vibrant colors. In colors of peace, joy and prosperity.

SAMS – 3 simple ways to a new life

➤ **The Power Pause:**

Have you watched a tiger stalk its prey? Steady, quiet movement, focused attention, then a pause before it charges forward, with all of its unimaginable power.

➤ **Quantum Breath:**

Quantum breath is Power Breath. Learning to breathe with a difference, your energy increases, your mind clears. Every aspect of your life is invigorated.

➤ **Art of Positive Mind:**

Changing the way you think and feel. Virtually unlimited energy and resources are always available to you. Bring them to bear on all you do!

SAMS a dynamic combination of simple, powerful, user-friendly tool uses proven methodologies from the West and East to support participants in

- Transforming stress into opportunity
- Increasing success and happiness
- Enhancing physical, emotional and mental well-being
- Expanding horizons of leadership
- Intensifying creativity, effectiveness, personal satisfaction
- Clearing the obstacles to doing their best
- Exploring timeless values and their contribution to personal life and corporate culture

Workshop Overview:

SAMS is not an instant remedy. It should be seen as an integral part of life – just like breathing. We have designed the workshop into two levels and restricted it to a one day workshop (7 hours). In brief this one day SAMS Workshop comprises of:

- Introduction to the Salient features of SAMS.
- Presenting the finer nuances and reveal the subtler techniques of the art of managing stress.
- Sketch the Influence of SAMS "**3 Elements**", coupled with interactive sessions on Stretching, Breathing and Meditation. Allows time for questions and answers.
- Interactive and intense session which embeds the principles of SAMS into the mind of the advanced learner and helps him make this holistic art a way of life.



"I have received feedback from many employees who truly experienced a level of calm and peace as they participated in the simple, yet effective, breathing and stretching exercises shared" – Nancy Geraghty, VP Panasonic Mobile communication, Atlanta, GA, USA

What isolate SAMS from others & Why you will recognize SAMS

We at the Academy believe that your company's greatest capital is your employees and their intellectual capital. Our task is to help you to enhance the quality of their performance or productivity while assuring better health and harmony and general wellbeing. We will help you to manage stress that might be already hurting your bottom-line in terms of recruitment, retention, health expenses and productivity.



This helps you to increase the value of your company's intellectual capital by increasing organizational health and competitive capabilities. You contribute positively towards Corporate and Social Responsibilities blended together to create happy work and family environment for a better world.

SAMS Follow up Program:

Your relationship with the Academy start from the day you attend the SAMS workshop and SAMS follow up program ensure that we build this relationship and create a bonding with you and SMA.

The stress managing techniques which you learn in the workshop needs daily practice to help you feel better and better. So to reap the benefit of the workshop, we suggest a daily practice of 20 minutes.

SMA touches base with participants or corporate authority every quarter to understand how successful they had been in managing stress in their daily life, whether they are applying the methods and techniques briefed in SAMS workshop. Also, we look forward to address if they have any concern or need for a follow up program of SAMS.

This very concept of follow up program of SAMS to create a bonding and addressing the participants need in future is what distinguish SAMS from others.

Through SAMS you help your employees develop:

✓ **Coping Skills:**

This is done through our specially developed techniques of physical, mental, vital and intellectual integration and balance. The major part of the training is stretching and breathing techniques taken from the ancient Eastern Wellness culture of India, China and Japan. This transcends religious beliefs or dogmas.

✓ **Positive life style behaviors:**

Time tested scientific Meditation and Relaxation techniques are taught which gives the participants an instant feel and experience and a commitment to practice. This goes a long way in creating a healthy happy and harmonious individual and collective work environment. It equips the employees to understand the simple ways to balance Work and Life. This helps in overall improvement in the employer-employee relationship, which is the foundational value of any corporate success.

✓ **Identify workplace characteristics linked to employee stress:**

This is possible as we interact more and more with your different levels of managerial hierarchy.

It may not reflect overnight, but the seeds would sprout. We always believe that between the man and machine, the essential difference is man has a mind and a heart. Along with all financial benefits, if we can help you create better health and wellbeing for your employees and invite their families for SAMS Retreat we are sure, the overall corporate value has to expand.

"Sri Shuddhaanandaa has a strong, yet comforting presence and is an amazingly engaging presenter who clearly lives by the principles and practices that he imparts to his audience." – Michael Baker. Assistant Manager. Villaae of Downers Grove. IL. USA



SAMS Promises & Benefits from workshop

Results Promised:

- ✓ You will appreciate managing stress as a daily priority.
- ✓ You will have simple, powerful tools to address your stress.
- ✓ You will be inspired and committed to putting those tools to work.

What you will gain by Practicing & Applying SAMS methods and techniques daily for 20 minutes:

- ✓ Increase in energy and vitality, capacity to relax expands.
- ✓ The mind effortlessly begins to calm, clarity increases, focus sharpens
- ✓ Emotions balanced, Contentment increases
- ✓ Leadership and productivity increases, enjoyment of life return, deepens

Results are incremental over time. This Journey never has to end.

SAMS is the art of positive living and dynamic leadership for a harmonious Work – Life balance.

SAMS Program is simple yet unique as it combines the essence of Scientific Research on Wellbeing in the West and the Timeless practices of the Yogis and Masters of Eastern Traditions. It focuses on overcoming Stress, Dynamic Leadership and ever flowing Creativity.

Objectives of SAMS Course:

- Positive Leadership to make a difference.
- Team building.
- Relationship, Anger and Time Management,
- Work -Life balance.
- How to be AN ACHIEVER with a difference?

SAMS is completely **non-religious** and can be practiced by anyone, irrespective of his/her background or beliefs. Thousands across the globe have embraced SAMS as their guiding light. Now, it's your turn.

"The session was fantastic. After attending the session we realized that we have so many things inside us but never realized about the same. By practicing the teachings we can definitely change our lives at the workplace, home and the environment we live in". – Mohit Agrawal, Reliance Industries

SAMS Image Gallery



Sri Shuddhaanandaa had a wonderful SAMS retreat at the Carmelite Spiritual Center Sponsored by St.Thomas Church, Naperville, Chicago Land



Participants engrossed in deep meditation in one of the SAMS Workshop conducted in Europe.



For the first time Baba had the opportunity to conduct SAMS for the senior citizens of Kalamazoo at Friendship Village.



Naperville Police meditate during the SAMS Workshop.



Students and Faculty of MIT, Boston listens to Sri Shuddhaanandaa on Stress Management.



A Stretching exercise session in progress at SAMS Workshop.



Rotary Calcutta, enjoying the stretching.



SAMS Workshop at EMC Bangalore.



Children Memorial Hospital staff enjoying the SAMS in Chicago.



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