

PRESS NOTE

Live in the 'Present' to stay stress-free, expert tells PMRDA women staff

Pune: Highlighting the importance of mental well-being, renowned yoga and psychotherapy expert Dr. Parag Thuse urged women officers and employees of the Pune Metropolitan Region Development Authority (PMRDA) to embrace "living in the moment" to combat modern-day stress.

Speaking at a special awareness program organized by PMRDA to mark International Women's Day at its Akurdi headquarters, Dr. Thuse noted that an average human mind processes nearly 60,000 to 70,000 thoughts daily. "Most of these thoughts are tethered to the past or the future. To remain stress-free, living in the 'present' is the need of the hour," he stated during a session on 'Stress Relief and Peace of Mind.'

The Stress-Health Link Dr. Thuse pointed out that over 80% of contemporary diseases find their roots in stress. "The key to minimizing mental pressure lies in aligning our expectations with available resources," he explained. To manage workplace pressure, he advocated the 'Win-Win' formula, emphasizing that healthy communication and sound professional relationships lead to job satisfaction and mental tranquility.

For physical fitness, the expert recommended high-intensity activities like cycling or swimming at least thrice a week. He also underscored the importance of *Suryanamaskar* for flexibility and regular exercise for muscle strength. "A balanced diet, *Pranayama*, and adequate sleep form the foundation of health. Carving out 'me-time' and pursuing hobbies are the true pathways to de-stressing," he added.

Financial Literacy for Women

The first half of the event focused on financial empowerment. Ritesh Singh, Senior District Marketing Manager and EVP of State Bank of India, provided insights into retirement pension schemes and investment management. He encouraged women to take an active role in household financial planning, moving beyond domestic chores to understand banking and loan processes. Financial advisor Aarti Raut highlighted the power of compounding and urged women to invest regularly for a secure future, mentioning that term insurance plans are now accessible for as little as ₹20–25 per day.

The event saw a large turnout of PMRDA's women workforce. Senior officials in attendance included Joint Commissioners Rupali Awale-Dambe and Poonam Mehta, Chief Engineer Rinaj Pathan, Joint Commissioner Dr. Deepti Suryavanshi, and Metropolitan Planner Smita Kalkutki, among others. The program was moderated by Superintendent Vishakha Chintal, while Joint Commissioner Rupali Awale-Dambe delivered the vote of thanks.

Regards,

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