

## Session V - Stress Management and Work Life Balance

Mr. Bijay Rajbhandary, Chairman, CE Construction



Mr. Rajbhandary shared his knowledge on how to manage stress and work life balance based on his knowledge and personal experience. He focused on practice of meditation and Yoga, which helps to overcome stress based on his own subjective experience. He enlightened the participants about his day-to-day schedule focusing on networking, communication and connectivity.

He mentioned that the secret behind his work life balance is that he never bothers his family members with his official activities. He stated that in order to overcome stress, meditation plays a great role and he even shared his experiences.