



Press Release

## **A Book On Stress Management By Prof (Dr) R P Banerjee Launched At The 45<sup>th</sup> International Kolkata Book Fair**

**- Grandmaster, Mr Dibyendu Barua, Mr S K Dutt, Sr Advisor, UN's UNCTAD Empretec And  
Actress, Ms Ishaa Saha Were Present For The Occasion -**

**Kolkata, 10<sup>th</sup> March, 2022: Stress Management Through Mind Engineering**, a well-researched book on stress management, written by **Prof (Dr) R P Banerjee, Professor of Management and Chairman & Director of Eastern Institute for Integrated Learning in Management Kolkata (EILM-Kolkata)** was unveiled at the **45<sup>th</sup> International Kolkata Book Fair** by **Sr Advisor, UN's UNCTAD Empretec Program, India, Mr SK Dutt, Grandmaster, Mr Dibyendu Barua, & Actress, Ms Ishaa Saha.**

Experiencing stress in our day-to-day life through disagreements with co-workers or family members, upcoming deadlines or unsettling life events which can't be controlled leads to anxiety. This unhealthy anxiety can lead to insomnia, heart diseases and even mental health issues. This book will guide a person on how to stop getting bothered over trivial issues and start living blissfully.

“My intention to come up with this book was to take the readers through the process of mind engineering to help them create a stressless mind. A mind that can bear the force of the external environment by tapping the power within. This book will not only win over stress but also eliminate the risk of burnouts, understand the cause of high stress, reflect on one's actions and behaviour, and ultimately live a happier, healthier life”, said **Prof (Dr) R P Banerjee, Chairman & Director, EILM-Kolkata.**

**Stress Management Through Mind Engineering**, published by **Sage Publishing**, is the 10<sup>th</sup> book written by Prof (Dr) RP Banerjee, and will be available across leading bookstores and e-commerce platforms of the country. The book is priced at **Rs 795/-** and is available in all the leading bookstores in Kolkata.

### **About the author**

Prof (Dr) RP Banerjee, Chairman & Director of Eastern Institute for Integrated Learning in Management Kolkata (EILM-Kolkata) played the key role to bring in the radical change in the sector of Management Education in West Bengal in general and in EILM-Kolkata in particular. He is a leading Professor of Management having taught/lectured at leading Indian, European and American Universities/Institutions, has been a pioneer in establishing Ethics and Values in Management Academics on one hand and bringing into the focus of the Scholars and Practitioners of Management the ‘Vedic Spiritual Thoughts’ for corporate/organizational functioning, on the other. His latest concept of Mind Engineering in managing Stress, Art and Science of Management and the Vedic Economy are clear pathfinders for the future of Management and Society. He believes in a value based corporate and organizational practice for the world.

### **For further information please contact:**

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