

# **Airports Authority of India**

## **Press Release**

### **AAI officials to use breath awareness techniques to manage stress**

**New Delhi 11<sup>th</sup> September, 2018:** A two-day session on stress management using 'Breath Awareness' techniques, for AAI officials was held at New Air Traffic Services Complex, IGI Airport, New Delhi recently. Dr. Ashok Bhatt, a renowned Medico Consultant and Breath Awareness Specialist, who has mastered these breathing techniques for over two decades, was the instructor for the sessions.

The two-day event was inaugurated by Shri. Rakesh Kalra, Regional Executive Director, Northern Region, Airports Authority of India. Speaking on the occasion, Mr. Kalra emphasized the importance of managing prolonged exposure to negative stress and appreciated the effectiveness of such measures in managing occupational stress. He also highlighted that the unprecedented aviation growth can only be sustained by nurturing these effective techniques. The 'Breath Awareness' sessions were attended by Air Traffic Controllers and other officials.

Airports Authority of India is also working closely with experts to develop a programme to address the occupational stress of pilots, cabin crew, air traffic controllers and above all air passengers.

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# AAI officials practicing breath awareness techniques during the two-day session on stress management

