

Talk on Stress in Generation Y by
Dr. Shubha Madhusudhan
Clinical Physiologist at Manaswi Foundation, Fortis Hospitals
Business Leadership Forum- 1 held on 13.04.2017



Dr. Shubha Madhusudhan is a Consultant Clinical Physiologist at Manaswi Foundation and practicing at Fortis Hospitals. She has over two decades of experience in providing clinical services in health and social care. She is an excellent speaker and seasoned corporate trainer.



Dr. Shubha, in the first Business Leadership Forum of 2017, touched upon various aspects that cause anxiety and trust in people. In order to overcome the gap between the expected and actual aspirations which cause anxiety, she called upon the importance of trust. The anxiety & stress manifest in humans as diabetes and cardiovascular diseases. To overcome stress, she said one has to invest in Time, Money and Love. The term 'dharma-sankat' is used to denote various ethical and moral dilemmas in life. Quoting from Dev Dutt Pattanaik, she outlined the limits of Rules and Principles bringing out the difference between the letter and spirit of law.

Speaking on evolution of the individual, she elaborated on the idea, person and mental block. She opined that a person has to outgrow from emotions, influence of past events and evolve though above the line activities like meditation, exercise, yoga and service.



She said unresolved emotional conflicts of the past, unfulfilled desire and personality structure have been the contributing cause for the long suffered medical symptoms. This leads to stress and resultant ailments. She stressed that it is necessary for us to clear the mental blocks for remain healthy.

She concluded her inspiring & motivational talk with an inspiring story on evolving and overcoming the dependence we develop in the process of growing which influence our business decisions.

Dr. Shubha Madhusudhan was accompanied by Sri. Vijay who is marketing person at Fortis Hospitals.



Dr. Shubha with Dr. N S Viswanath, Director & Principal, Prof. K L Ramadas, Dr. Rohini G Shetty, Prof. Pushpa, Prof. Hema Harsha, Prof. Bhavya and Sri Vijay.