

M.P. Birla Institute of Management
BUSINESS LEADERSHIP FORUM

Market dynamics and Stress Management
Sri. Vedanandhan R
Area Sales Manager, Agies gas



Sri Vedanadhan, in his talk at Business Leadership Forum held on 22.3.2019, enlightened the students on points on how graduates need to be equipped with more skills & practical exposure to be able to withstand stress in corporate world. They need to be more target-focused to retain their jobs.

Corporates have these days have minimized training to employees due to cost constraints. There are less employment opportunities due to intense competition in the job market. Many do not have any other option but to accept due to less opportunity to avoid this similar situation and hence it is necessary to be equipped with extra skill sets which will enhance CV and help to distinguish from others.



Because of volatility & uncertainty of the markets jobs have also become more stressful the employees need to manage their stress. Understanding of the reality of essential components of CTC (cost to company) is a must.



In Top IT Software companies' long hours of work 8-12 hours in a day are common to meet the deadlines. Today corporate employees are spending more time on commuting because of location of workplace. Tardy situation has brought friction between team members and find the non co-operative attitude. He also dwelt on the need to have good inter personal relationship and mutual understanding at the workplace. They should be able to have an appreciable differentiating characteristics. Some of the stress busters are meditation, Yoga, cultivating a good hobby and travel.

During interview the recruiters focus on the skill sets and the extent to which the candidate involves in extracurricular activities, besides certifications and training

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programmes. Today marks are only for arriving at a cut off criteria. People become tough and adaptable can only when they are able to face situations be tough through experience. Corporate's just bother for target achievements and nothing else.

Sri R Vedanandhan is Area Sales Manager at Aegis Gas (LPG) Pvt Ltd., which is subsidiary of Aegis Group at Bangalore. Aegis Group plays a key role in India's downstream oil and gas sector, and its flagship company, Aegis Logistics Limited, is India's leading oil, gas, and chemical logistics company. Company's vision is to be the industry leader in our business segments by delivering superior customer service with a focus on quality, safety, and environmental standards.



The Group has five distinct but related business segments, and operates a network of bulk liquid handling terminals, liquefied petroleum gas (LPG) terminals, filling plants, pipelines, and gas stations to deliver products and services. Our client base includes many leading industrial companies in

India as well as individual retail customers whom we serve at our Aegis Autogas stations.



Aegis Group also operates internationally through its sourcing and trading subsidiaries located in Singapore.

Memento was handed over by student executive Ms. Madhushree of A1 section. The session concluded with vote of thanks by Prof. Sumithra and a photo session with students.
