



**NARAYANA**  
MEDICAL COLLEGE

## Narayana Translational Research & Incubation Centre

Conducted Webinar titled - **Stress - Paradigm Shift**

*On May 8, 2021 at 4 pm via zoom*

### Speaker



**T.S.I. Sakthi Siva Kumar,**

**Sr. Manager, Training & Development, TTK Healthcare Ltd.**

**Chennai, Tamil Nadu, India.**

### Patron



Dr. Surya Prakasa Rao, MD,  
Dean, Narayana Medical College,  
Nellore, Andhra Pradesh, India.

### Convenor



Dr. Sivakumar Vijayaraghavalu, PhD,  
Professor and Head,  
Narayana Translational Research Centre.



**Registrants Profile** - Total 684 registrants from India (98%) and other countries (2%) – which includes Saudi Arabia, Sweden, United Kingdom and USA. Indian registrants were from across the country with higher percentage from Andhra Pradesh (92%), followed by Tamil Nadu (7%); rest of the 1% is from the following states – Telangana, Karnataka, Mizoram and Kerala.

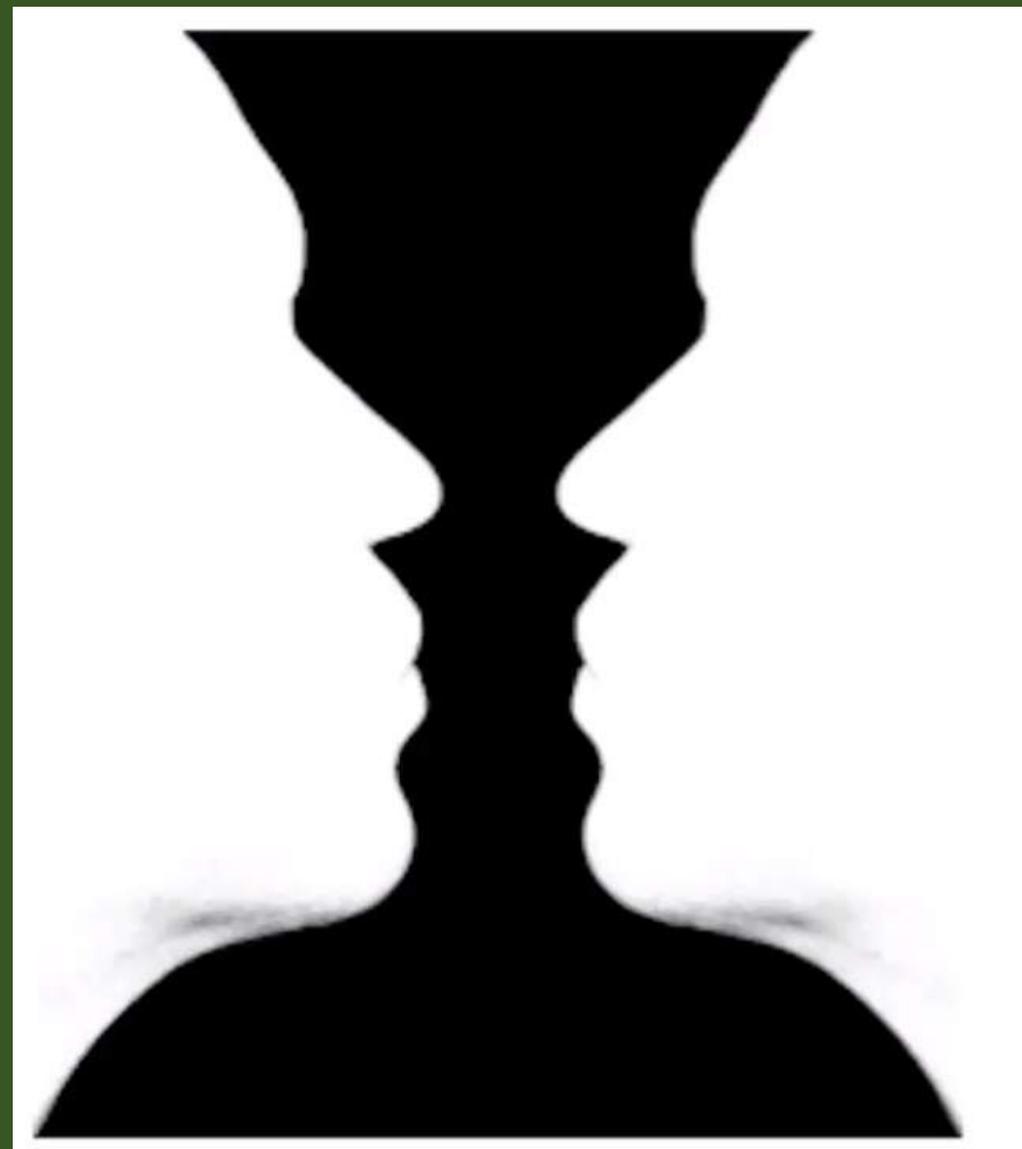
Speaker Introduction – was done by Dr. Sivakumar Vijayaraghavalu, Professor and Head Narayana Translational Research and Incubation Center, as follows –

Good afternoon and greetings to one and all, who joined with us today in this forum to hear about the stress and a paradigm; to shift it towards positive direction; from a renowned speaker in this field, **Mr. Sakthi Siva kumar**, currently working as senior manager, training and development, TTK Health Care Ltd. Chennai, the makers of famous brands such as “woodwards” gripe water, Chitra Heart Valves & Beuchel Pappas Knee Prosthetics. He runs the train the trainer program; where he trains health professionals and leaders in health industry. He is technically specialized in the field of pharmaceutical sales, training, coaching and counselling for more than 2 decades.

Due to his passion in the field of applied neuroscience and psychology, he worked on neuro-feedback or EEG bio-feedback; which is popularly called as Brain function training for optimizing the brain functions of children with special needs, Business professionals and leaders. He also working on mind mapping and hypnosis.

He was instrumental in launching most important pharmaceutical products that were developed/marketed by corporate giants like Novartis, Astra Zeneca, Merck and Torrent. To address the neuro-psychiatry ailments, Diabetes, CVDs, and to support women health etc. He obtained his pharmacy degrees from JSS college of Pharmacy, Ooty. With immense pleasure, I, welcome you all to this webinar on behalf on our institution and our honorable dean Dr. Surya Prakasa Rao. We all are in stress full situation because of this pandemic, health care professionals are doing their best to save human life. Let's all stay together mentally closer and physically distancing each other and work to get out of this turmoil. This talk was also arranged with an intention to learn how better to handle/alleviate the stress. With this brief introduction and with all your permission, would like to welcome the speaker of this day – **Mr. Sakthi Sivakumar** to deliver his talk on **Stress – A paradigm shift** and lets learn how to manipulate the stressful conditions for a positive outcome and to live happily. With this note, the Convenor requested the speaker to take over the session.

The speaker – Mr. Sakthi Sivakumar, thanked our organization, Dean of our institution, Convenor and Mr. Vasanth Kumar (his friend), who was also instrumental in arranging this talk. The screen shots of the PPT slides from the speaker’s talk is pasted below. He started his talk by requesting the participants to type whatever they think about the picture pasted here. The participant’s answers were interesting many answered it as double face, some answered it as an Inverted-Lamp and/or –bell, the sand clock, a cup, flower basket, inverted cup, minister in chess, faces, chess coin and someone told See-saw. The speaker told nothing called as right answer or wrong it’s all about perception. Usually the answer will be two faces or a wine cup. We



know that there are different paradigms for one single aspects that we exhibited here, that we are going to discuss it today. We all are looking today is the paradigm shift that needs to happen. The topic when we say stress could sound a little cliché, because it’s a very common terminology that we use day in and day out. But the kind of effect it has on our lives on a daily basis is so profound,

even most of us understand what stress is all about, and what it can do to us, but still when it comes to maneuvering or handling it effectively, is difficult for most of us. For the current Covid scenario the English phrase – “May you live in the best of times” may fit well.

It looks like we are in the time of Armageddon, conventional television medias, social medias and newspapers all are about the pandemic, we are constantly fed and bombarded by the news about Corona, every mind is subconsciously occupied by the fear and stress about the uncertainty during this period. Losing the loved ones, isolation of infected family members creates psychological stress on all age groups, including children. Since the time of our evolution we had come-out of several such situations successfully and I truly believe we will come-



out of this turmoil sooner. Let's look at stress and try to understand it from a different paradigm and let's see how we can manage it for positive outcome. Stress is like a genie with in the bottle; unleashing it, will be a boon to us. When a human being undergoing this emotion (stress) the brain perceives the world as a VUCA. What is this new terminology? V- volatility; U- uncertainty; C – complexity and A – ambiguity; when these four elements are recognized by the brain the brain tips of the sympathetic system and stress becomes inevitable. The speaker, discussed about the brain anatomy

and physiology connected with the stress. Then he continued his talk further stating the proper decision making ability is lowered in stress, because human life is fundamentally affected by perception, decision and action. When it comes to the perception, it results in decision and it should come through the organ- brain. So, he told the audience that let's understand the influence of stress in this organ and later we can try to explore the different paradigms of stress. Under stress; resources to different parts of the brain are altered – more blood and oxygen are shifted to the feeling part of the brain than to the thinking part. This is predominantly called as emotional hijack or amygdala hijack; this results in improper decisions due to emotional outbursts. That's the reason, we need to be in the state of calmness or relaxing states when addressing any challenge. He further told that our thought process can be changed from highly emotional state to awareness by consistent practice of certain techniques including meditation. The speaker questioned the audience – what are the fundamental reasons for stress? Then he started answering; results of people survey from different continents revealed the following – the finance is the major factor for stress in human beings followed by relationships that includes children; body shape maintenance; and animal welfare things, politics, religious ideology; one more important thing in the list is – people want to achieve more, but have no sufficient time; pending works; the thought that for my intellectual; I should have been in better position; peer pressure and so on; these things are the biggest triggers for the stress. The underlying root cause is the desire. The one big rigid idea/thought, that the world is not functioning as I expected; this one big idea is the major cause for the stress in our life. Most of us have desire to

control the events in the life; I will say that we do not have complete control on events that happening in our life; it's a myth and above all its an illusion. For example, a father wants control over his child, Husband over wife, politicians over the people, boss over his employee, but in reality these are not happening always and results in stressful episodes. The speaker supported his view with couple of small stories. Then he shifted to mental chatter; It is the constant chatter of the mind that never stops. It is the inner conversation or inner monologue that goes on constantly in the mind. It is a sort of inner voice that constantly analyzes everything about your life, circumstances, and the people you meet. He told some example for mental chatter, and advised one should try to control and try to enjoy the present moment. The second most important aspect is the mental model; it is the notion about the way things happen in the life. The mental constructs or model that we develop is what defines the realities of our life and we perceive things based on the mental construct we have acquired over the time; numerous factors play an essential role in that which we are discussing here. He shared his own life experience to explain the mental chatter and its connection with stress and how he could have eased the stress on that given particular incidence, the story was well narrated to the audience. Then he moved to another phenomenon – labeling things or events as good or bad in our life; if events happen as we desire then we label it as good other-wise we label it as bad. Both are mere words; should learn or train to take both equally thereby inner peace can be attained and can lead life with minimal or no stress. He again explained this phenomenon with a beautiful story. Further he stated that we all are goal oriented, even the corporate companies have goal setting and goal stretching,

even as a parent we compare the educational outcome of our children to the next door ones. In companies we compare with the peer's salary and work pressure, we all are outcome driven. If the outcome is of our desire then we are happy, other—wise we are unhappy and feel it as stress. I am not saying that you should not be goal oriented or control your life events; all I want you to understand is that the control is an illusion as mentioned above. But trying to have control over the things in life is the propelling factor for setting up the goals and achieving it; hence it is beautiful thing. However, one should have awareness about the event that they want to take control, so that they will not be in stress. Once the awareness kicks in; the intellectual/thinking brain is activated and the emotional brain subsides; wise decisions can be made and live the life happily. Speaker again explained this with a small story and ended the talk. In the question and answers session; speaker answered the participant's questions satisfactorily. Then the Convenor thanked the guest speaker for accepting to deliver talk without expecting any remuneration, he thanked the institution and the dean – Dr. SP Rao. As well he thanked the audience for spending their valuable time with us.

The screen shot of the speaker's PPT is pasted below

Screen shot of Speaker's - Power Point Presentation

# Good Evening





*Paradigm*

**SHIFT**

UNDERWAY



**Knowledge is power...**

**Knowledge about "Self" is**

**Empowerment**

Its a VUCA World

**STRESS**



**3**

Neocortex /  
Thinking brain



**2**

Limbic /  
Emotional  
/Feeling brain

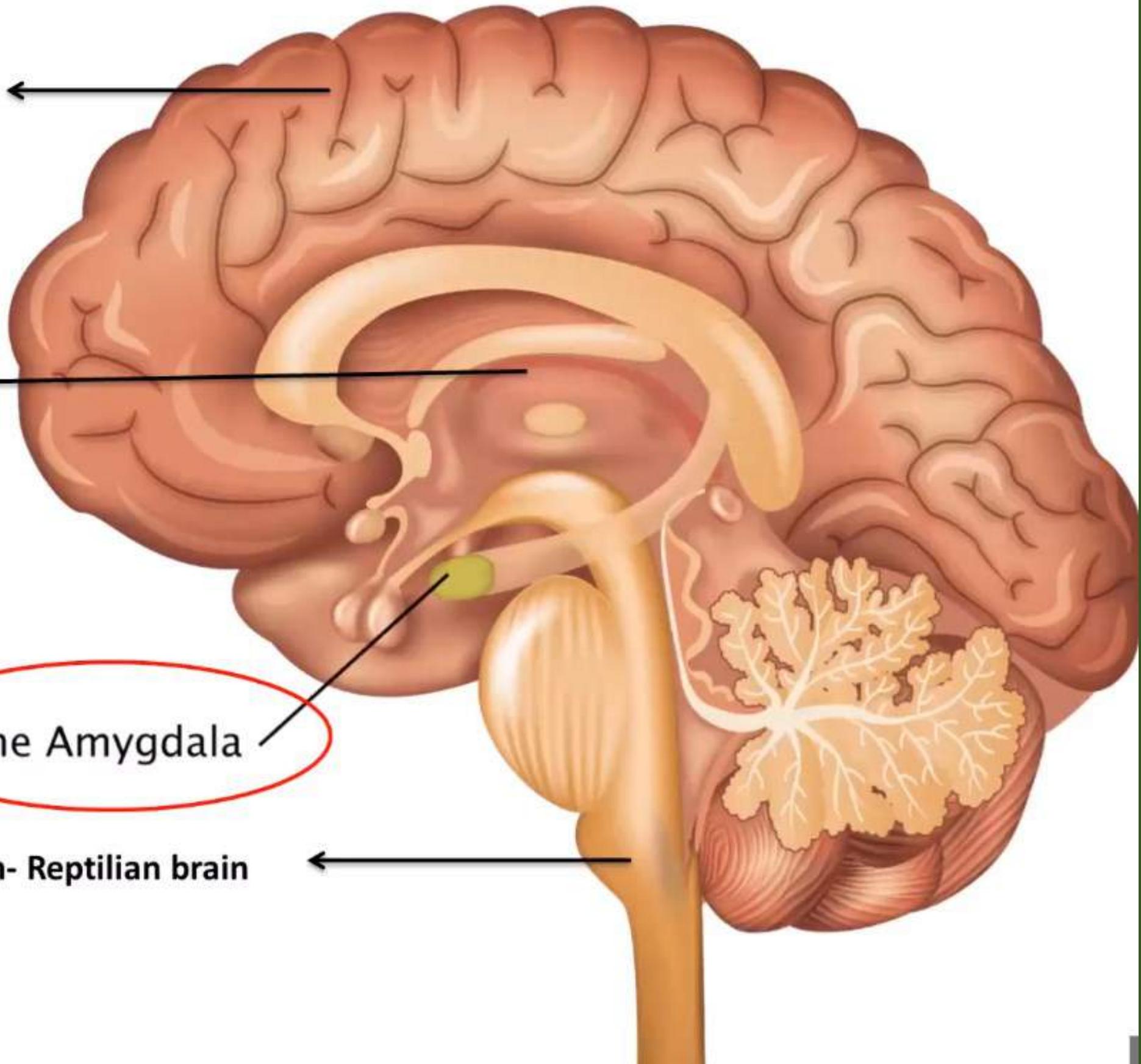


The Amygdala

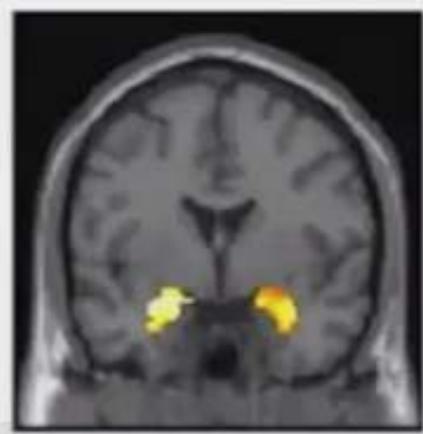
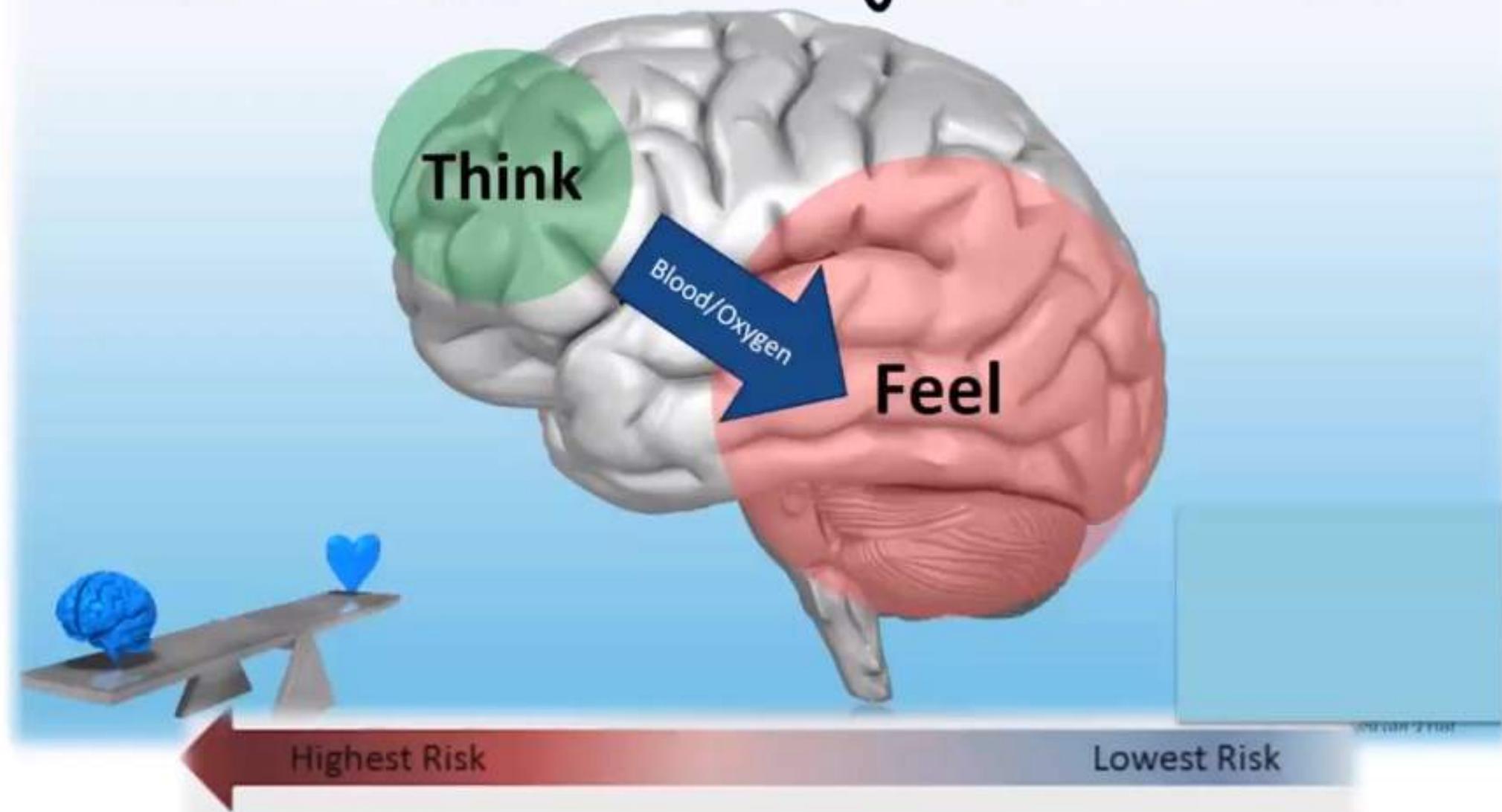


**1**

Brain stem- Reptilian brain



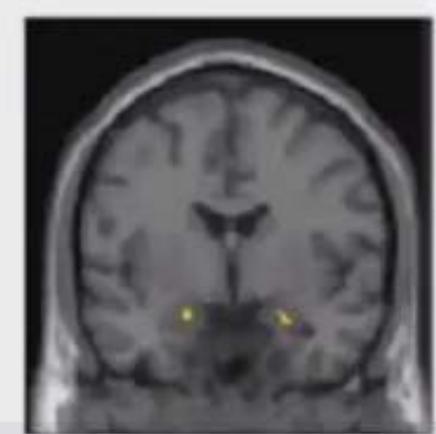
# This is Emotional Hijack in action...



High Amygdala Response

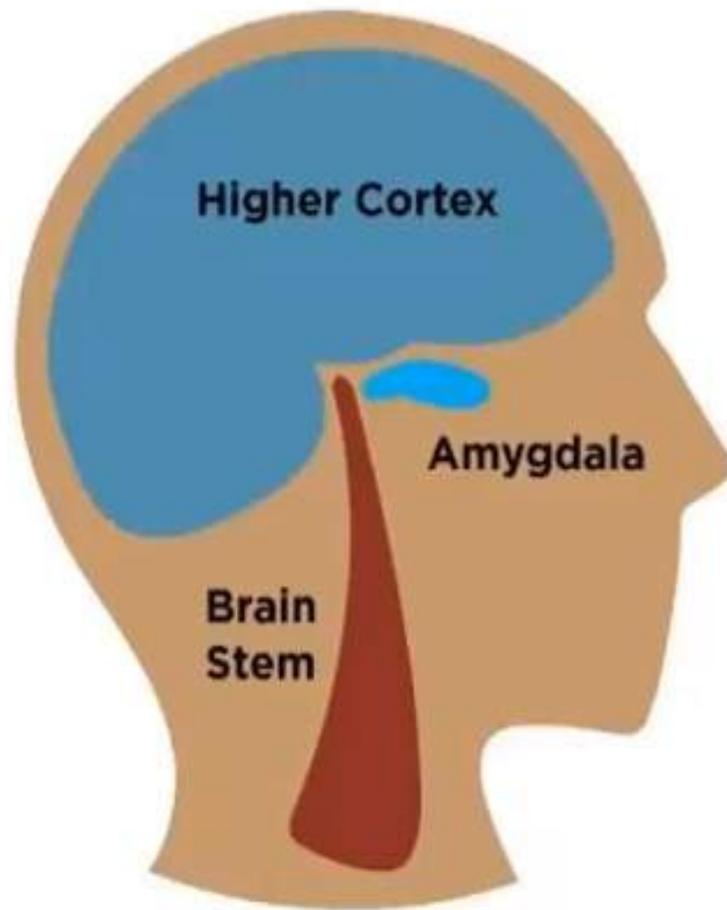


Moderate Amygdala Response



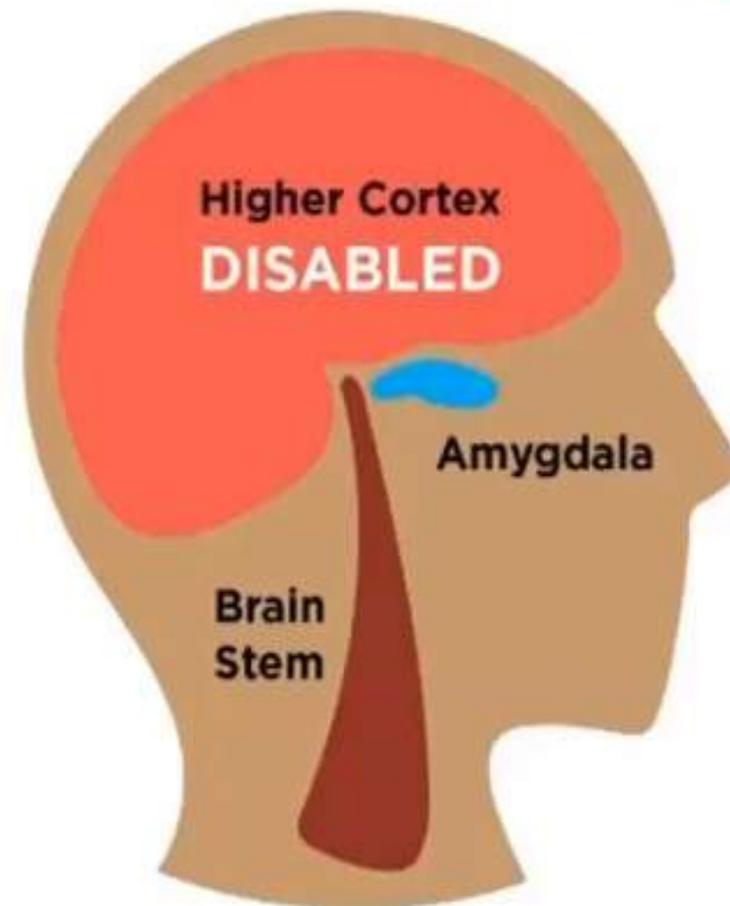
Low Amygdala Response

## Normal



**LOW Emotion**  
(Calm, Relaxed)

## Stress

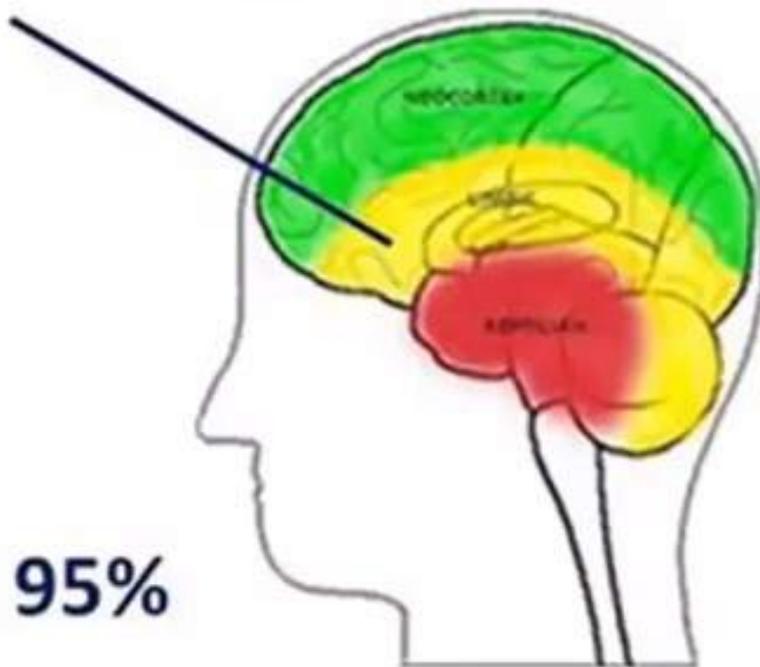


**HIGH Emotion**  
(Anger, Fear, Excitement, Love,  
Hate, Disgust, Frustration)

# Fast Brain Vs Slow Brain

## FIRST REACTIONS

System 1: fast, automatic, impulsive, associative, emotional and unconscious processing



95%

**Reaction**

## THINKING

System 2: slower, conscious, reflective, deliberative, analytical, rational, logical processing



**Respond**

**Cause of stress**

**A rigid idea**



**The universe or nature is not happening the way "I" wanted**



Desire to control



**YOU DON'T HAVE CONTROL**

**YOU NEVER WILL HAVE CONTROL**





**YOU NEVER HAD CONTROL**



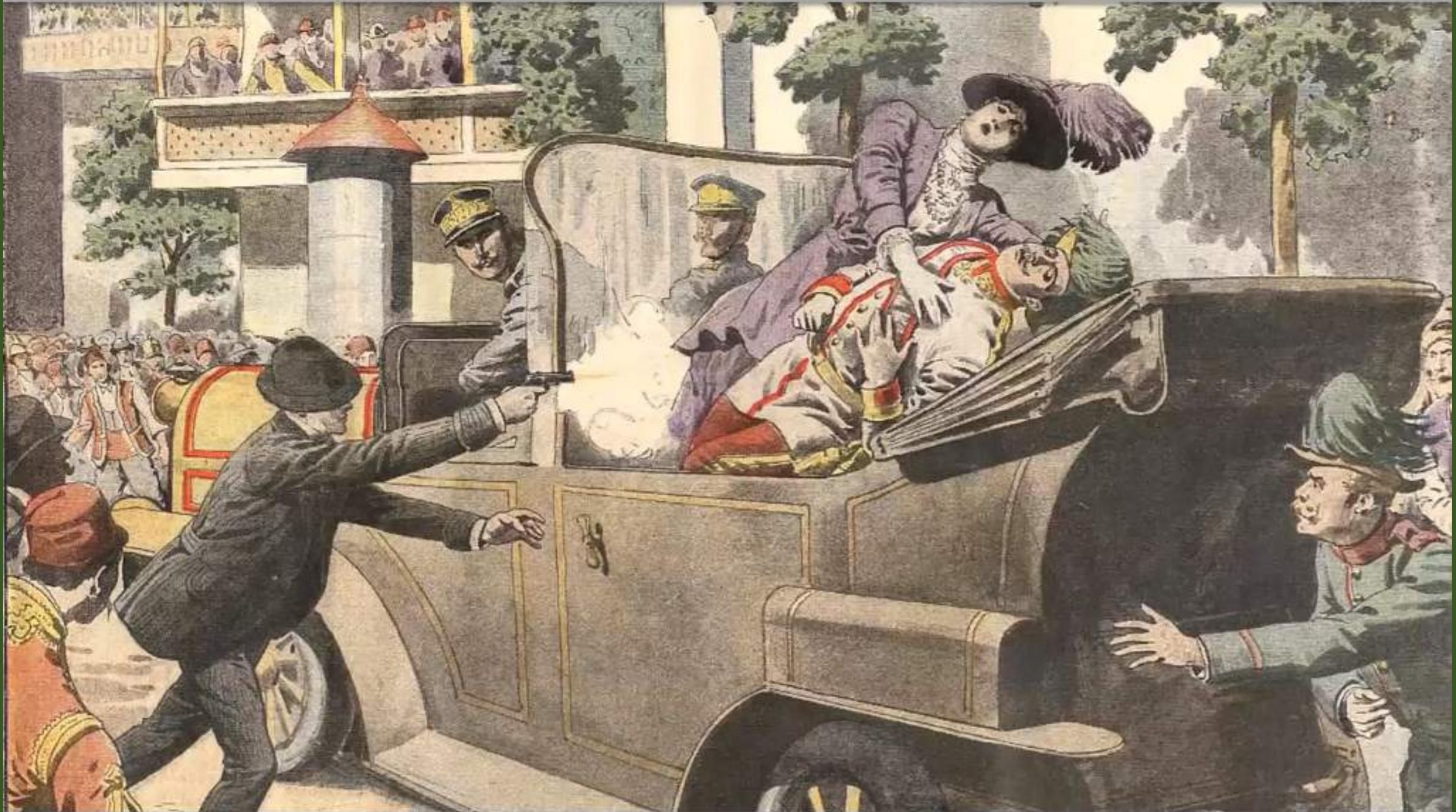
**Control is a myth**

# The Illusion of Control



**We have the illusion of control**

# A kutty story



## Assassination & Aftermath



**Archduke Ferdinand** and his wife **Queen Sophie** one hour before they would be shot and killed by Serb nationalist **Gavrilo Princip**



# **WORLD WAR I**

## **-1914-1918-**



**Having realized the truth  
about control**

**How can a man develop  
resilience & beat stress**



# Mental chatter



# Mental models





**Your awareness is like a flash light**

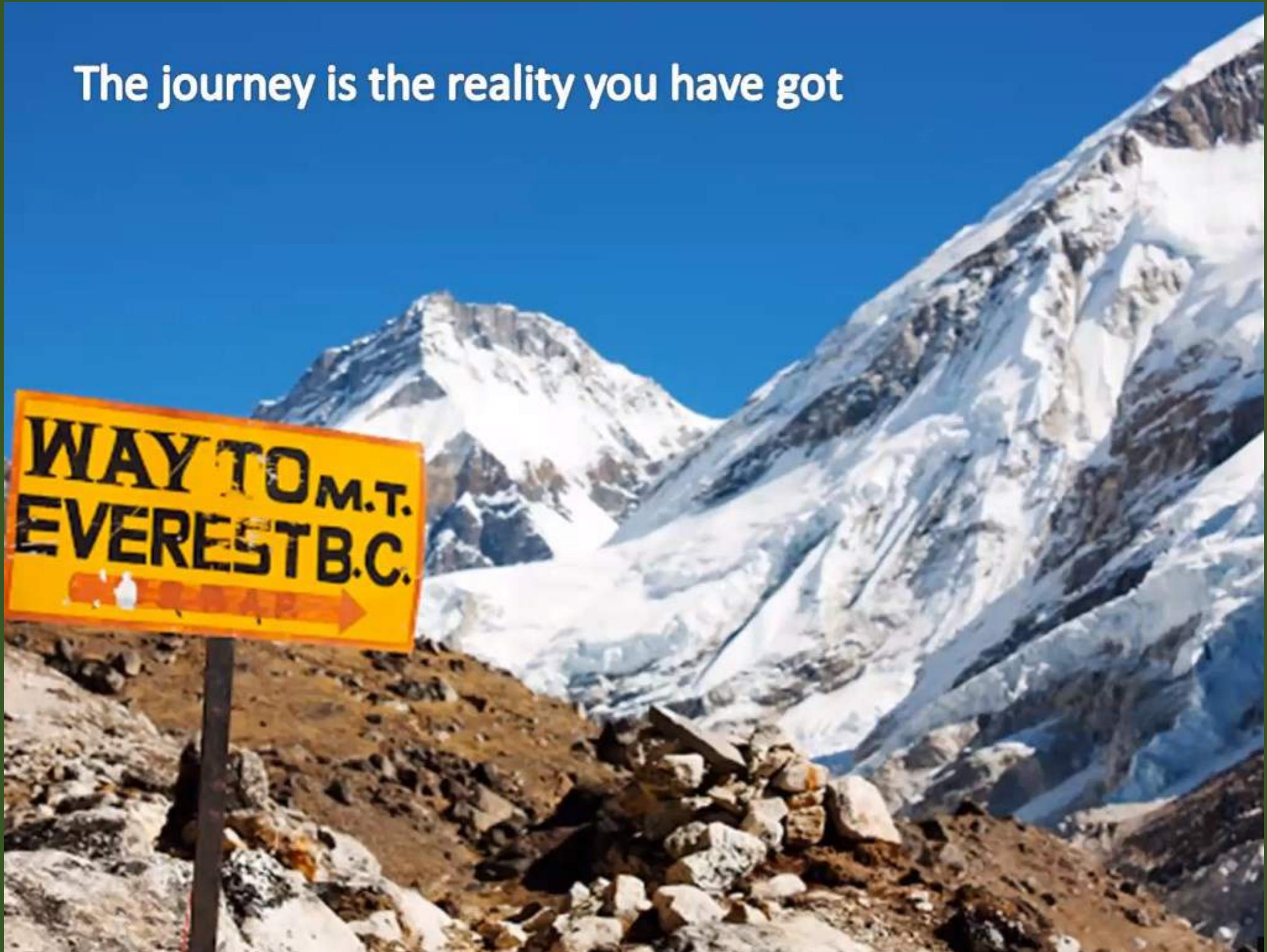
**Choose on what you want to shine it**



**WHO KNOWS ?**

The journey is the reality you have got

**WAY TO M.T.  
EVEREST B.C.**  
→





**Be**  
**Process centric**  
**Not**  
**Outcome centric**

**Invest wisely**

## APPRECIATION AND GRATITUDE

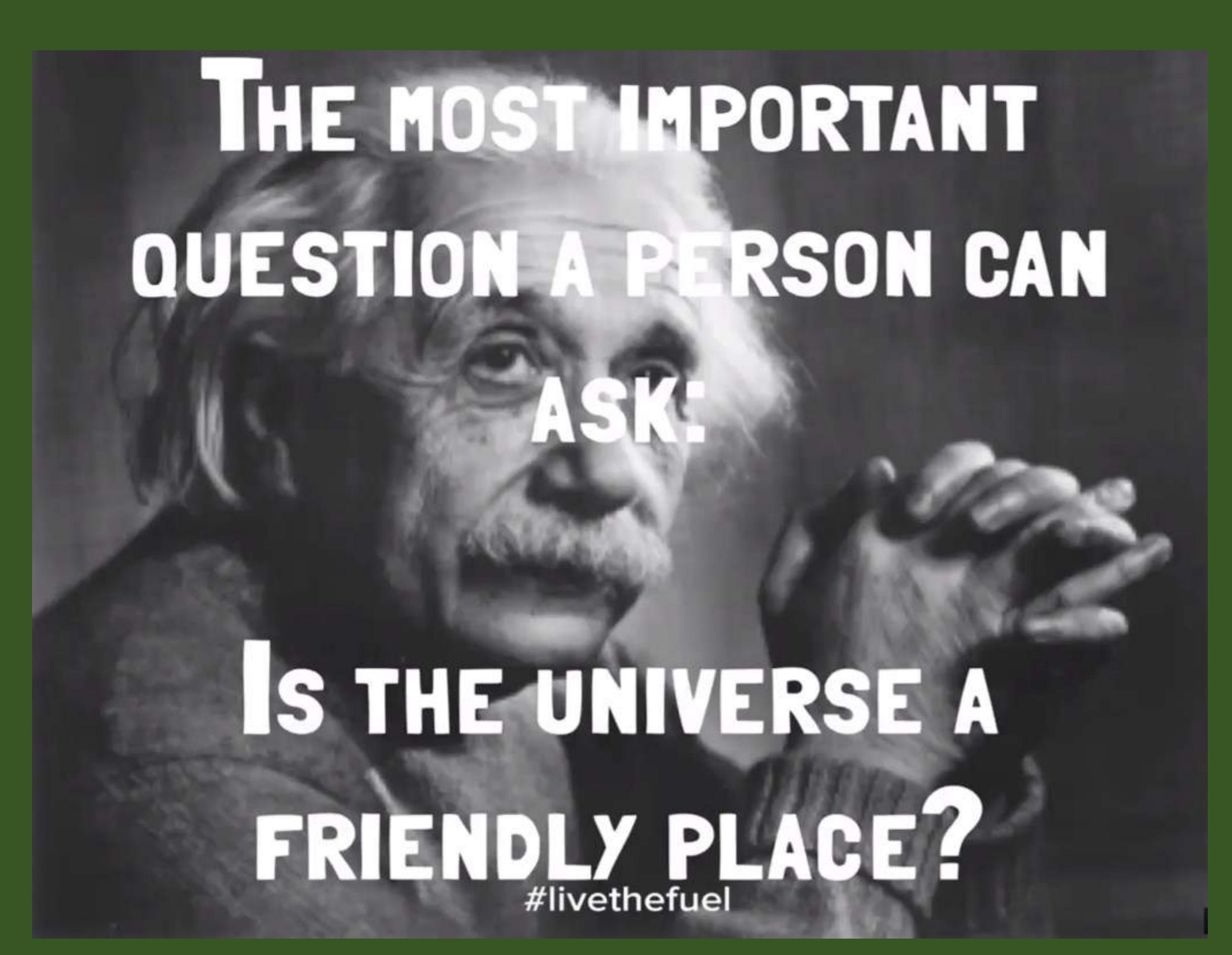
“

Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.

- *Charles Dickens*







**THE MOST IMPORTANT  
QUESTION A PERSON CAN  
ASK:**

**IS THE UNIVERSE A  
FRIENDLY PLACE?**

#livethefuel

**EVENT /  
STIMULUS**  
*Internal / external*

**E**

**+**

**R**

**=**

**O**

**Outcome /  
Result**

- What is happening
- What does it mean
- In my perception

**Perception  
Thought  
Internal Dialogue  
Mental models**



- How do i feel
- How i label the outcome
- Self evaluation

**Reaction**



**Habitual Outcome**

**RESPOND**



**Desired Outcome**

- What you do about it
- Your action

***In the age of  
Information***

***Ignorance is a  
choice***

Credit: photoschmidt/Shutterstock.com



THANK YOU

