



# National Electric Power Regulatory Authority Islamic Republic of Pakistan

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## PRESS RELEASE

**Subject: NEPRA holds awareness session on “Workplace Stress Management” for Power Sector**

As part of its “Power with Safety” drive, National Electric Power Regulatory Authority (NEPRA) organized a webinar on “Workplace Stress Management” in collaboration with Lahore University of Management Sciences (LUMS) and K-Electric on Friday, May 20, 2022. Mr. Jawad Syed, Professor Lahore University of Management Sciences (LUMS) and Mr. Muhammad Taimoor Khan, Head of HSE, K-Electric shared their ideas and skills to control stress.

02. Chairman NEPRA, Mr. Tauseef H. Farooqi in his opening remarks highlighted the importance of stress management given the very challenging nature of jobs in power sector and hoped that this awareness session will impart practical ideas and skills to manage stress.

03. The webinar was attended by hundreds of HSE Professionals from the entire power sector of Pakistan, as well as NEPRA officials. During the webinar, attendees learned about Workplace Stress Management, including understanding the signs of stress and their causes, differences between good and bad stress, strategies to manage stress at workplace, anxiety and mental exhaustion.

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