Comments and Questions
GCABSS 2020

Paper No. 201233

Comment 1
This study by Sing and Gujral is very enlightening. I would contend that this study is all about enlightenment. It is more a sort of spiritual study as it deals with cultural and social values and predicts its relationship with stress. I found this study very useful and hope that this will help relieve stress by practicing certain values.

Reply:
Thank you!

Comment 2
The study is very effective and certainly will have a placebo effect for people whose lives are always mired and constrained by stress.

Reply:
Thank you!

Comment 3
What an interesting study! I love it.

Reply:
Thank you!

Question No. 1
What is the value you would recommend as the best stress relievers?

Reply:
Rapport with self is the value which I would like to recommend as the best stress reliever but the other values like internal harmony and investment could also be stated as the good stress reliever in this pandemic specially.

Question No. 2
Do you include religious rituals and prayers too in the set of values that can relieve stress?
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Reply:
Of course, I do include religious rituals and prayers too in the set of values that can relieve stress. As these not only relieves our stress but makes us stronger & more confident with all possible solutions for the constant worries that ultimately leads to stress. We can take "Bhagavad Geeta" as an example where we can find all the solutions to our life problems.

Question No. 3
Did you conduct some sort of field survey and supported your study with some useful data?

Reply:
Yes, I have taken personal interviews & conducted a focus group discussion also before writing this paper. Now I am collecting data for writing an empirical paper as well on this topic. Hopefully soon I'll be able to complete my paper with all the analysis and get it published.

Question No. 4
Presenter is talking about Resilience, is it relevant and beneficial for stress caused by the ongoing pandemic?

Reply:
Resilience refers to the ability to recover quickly and effectively from catastrophe & the capability to endure greater stress. It is equally important as values are for moderating stress. So, yes, it is highly relevant and beneficial in reducing the stress caused by the ongoing pandemic. As stated above resilience helps us in developing the ability to face the stress with greater strength.