



ACADEMIC SESSION (2022-2023)

REPORT ON WORKSHOP

TOPIC: STRESS MANAGEMENT

A Capacity Building Programme on Stress Management was held on 31st October, 2022 from 9.00 am – 4.00pm. The workshop was conducted by the CBSE resource person Ms. Vibha Khosla at CBSE Office, IP Extension, Patparganj.

The Stress Management Workshop for teachers looked into various factors which lead to stress. Teachers were explained about the Psychological, Physiological, Behavioural symptoms that are indicative of a person being under stress as well as the loss of rational thinking and cognitive ability.

The teachers participated enthusiastically and actively. They were asked various types of questions related to their lifestyle, reasons of stress etc. They shared their views and had discussions in the workshop.

Following are the tips given by MS. Vibha Khosla on how to maintain a healthier lifestyle and to prepare us to cope with the stress of everyday living.

- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Substitute fruits for desserts.
- Avoid caffeine.
- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Go for a walk. Get in touch! Hug someone, hold hands, or stroke a pet. Physical contact is a great way to relieve stress.

All of the above tips given in the session seemed very useful and effective to reduce the stress. The participants of the workshop had a wonderful experience during various practices and exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved.



The session gave the faculty members an opportunity to learn how to manage stress in their daily lives.

Submitted by-
Ms. Harpreet Kaur
Ms. Sahiba Satija

Principal
Ms. Geeta Karunakaran