



MBS INTERNATIONAL SCHOOL
WORKSHOP FOR STUDENTS &
PARENTS
SESSION 2021-22

TOPIC: Building Hope

DATE: May 08, 2021

ATTENDED BY: PRE-PRIMARY TO XII

VENUE: ZOOM

RESOURCE PERSON: MS. MIMANSA SINGH TANWAR

“Hope is the companion of power and mother of success; for who so hopes strongly has within him the gift of miracles.”

The Covid-19 Pandemic is challenging us in ways we could never have imagined, from unparalleled amounts of online schooling to working remotely- or not doing anything at all. These rapid changes in the way we live, coupled with uncertainty and anxiety can feel overwhelming. While we may know that it's helpful for everyone to stay positive, it's sometimes easier said than done. While these feelings are completely understandable, given the unprecedented nature of the situation, it is important for everybody to learn how to have hope and manage any added stress and anxiety being experienced. Aiming to guide students on how to be hopeful and relieve themselves from stress during COVID times, **MBS International School organised a workshop on "To Build Hope" for students and parents on May 8, 2021.** The workshop was helmed by Ms. Mimansa Singh Tanwar, cognitive behavioural therapist and clinical psychologist with the Department of Mental Health & Behavioural Sciences, Fortis Healthcare.

Ms. Mimansa discussed that feeling anxious is a part of human nature but it's important to know how to overcome it and stay hopeful no matter how hard or trying the times are. She explained various effective ways for stress management and uplifting the outlook of the students, such as practising gratitude every day, exercising, eating healthy, learning something new, recognizing that you are doing well and giving yourself credit for the same and reminding ourselves that it will not be this way forever.

The students also actively participated and asked a number of questions in the final segment of the session. It was a successful event where our students learnt the art of handling stressful situations and staying hopeful. MBS International School strives to plan and conduct all kinds of webinars and interactive sessions for not only the students but also for the parents under the able guidance of Mr. Gulshan Kumar Magon, the Chairman of the school, Ms. Gurleen Kaur, the Manager of the School, Ms. Mrinalini Kaura, Educational Advisor of the school and Mr. Atul Wadhawan, the Principal of the school.

MBS MIND BODY SOUL

MBS INTERNATIONAL SCHOOL, SEC-11, DWARKA

organises Online Workshop on
TO BUILD
hope


Saturday, May 8, 2021
 11 a.m. - 12 noon

Workshop By:
 Ms. Mimansa Singh Tanwar
 (Clinical Psychologist with the
 Department of Mental Health
 Behavioural Sciences Fortis
 Healthcare)

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Webinar: To Build Hope

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Webinar: To Build Hope



MBS INTERNATIONAL SCHOOL

Mimansa Singh Tanwar

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