



MBS INTERNATIONAL SCHOOL
STRESS MANAGEMENT WORKSHOP
SESSION 2019-20

TOPIC : **STRESS MANAGEMENT**
DATE : **July 4,2019**
ATTENDED BY : All the teachers of Nur-XII
VENUE : MBS International School
RESOURCE PERSON : Ms. Nishtha Bakshi

Glimpse of the Workshop

“Whoever has learned to be anxious in the right way has learned the ultimate.”

MBS International School organized a Stress Management workshop on **July 4, 2019** in the school premises, which was attended by faculty members of all subjects. The spokesperson, Ms. Nishtha Bakshi, Senior Psychologist, Fortis Healthcare, addressed the august gathering about effective ways to deal with stress and suggested ways to achieve and maintain a perfect equilibrium between work-life and home.

While addressing the teachers, the psychologist reiterated that anxiety plays an important role in human nature and a certain amount of it, is useful, even vital for a successful life. Various interesting games and activities were conducted to reinforce the importance of finding happiness, even in trivial matters. She also emphasised on the importance of therapies to overcome stress. The interactive session focussed on the imperative need to tackle undue stress by adopting the right attitude in life.

The seminar was highly informative and engrossing.

