

Report: Session on Stress Management & Exam Preparedness (S1, S2 & SS1)

A session on '*Stress Management & Exam Preparedness*' was organized for Classes S1 & S2 on 23rd January 2024 & SS1 on 24th January 2024, respectively with the primary objective of imparting essential stress management techniques to help students effectively balance their academic and personal lives. This was also done so that they can effectively prepare for their upcoming exams as well.

The session was facilitated by the school counselors, Ms. Dikshita Taragi & Ms. Vanshika Kohli. The session commenced with making the students understand why it is important to categorise your time in equal parts through techniques like 'Understanding the Matrix of Urgent & Important Tasks', 'Pomodoro Technique', 'Grounding Technique' & 'Box Breathing'.

The session even focused on how to utilise breaks, revising & understanding syllabus, importance of sleep & healthy eating and how we can stay active.

The session ended with a mindful meditation exercise for students & teachers present. The session assisted in equipping students with practical skills to manage their time efficiently & relieve stress. The incorporation of activity-oriented exercises ensured active participation from all students.

Dikshita Taragi
Vanshika Kohli

