

Empowering through an Insightful Session on Stress Management



On June 28, 2024, the school conducted an insightful session on **Stress Management**, featuring the resource person, **Ms. Tina Kapoor**, a renowned Mindfulness and Holistic Coach. Ms. Tina, a certified trainer and practitioner, led an informative hour-long workshop designed to equip our teachers with effective strategies for managing stress.

The workshop was attended by teachers from all grades, reflecting the school's commitment to supporting the well-being of the staff. Ms. Kapoor shared valuable techniques and practical exercises like Hakini Mudra, Practice the Pause, Candle breath, Straw breath and the like to help manage stress, emphasizing the importance of mindfulness, self-care, and holistic approaches. Participants learned about the impact of stress on both personal and professional lives and explored methods to mitigate its effects. It was undoubtedly an effective and engaging session.