

REPORT ON STRESS AND TIME MANAGEMENT WORKSHOP

A workshop was scheduled on 23rd April'22 on Stress and Time management. The session was attended by the administration staff and senior school teachers.

Col (Retd.) Sanjeet Sirohi was the key speaker of the event. Mr Sirohi is a motivational speaker, Defence expert and analyst and a soft skill trainer. He has interacted with more than 5000 students and helped them in carving their success path. Mr Sirohi is alumnus of TAFS, he belongs to the batch of 1971.

In the session he spoke about the concept of stress, the good and bad stress. Then about its behavioral, mental and cognitive effects. Next, he spoke about the ways by which we can reduce stress. Further he explained the concept of time management and shared some scientifically proven techniques by which one can manage time.

Overall, it was a very interesting session and he shared a lot of practical tips in the session.

Feedback of the session :

- Ms Megha Walia , Tgt English
“The workshop conducted by Col Sirohi on Stress and time management was quite helpful as it helped us to organize ourselves in a better manner so that we manage all the tasks that we have assigned for ourselves and also don't feel burned out after the whole process”.
- Ms Jagriti , Tgt Social Science
“ It was a very informative session . If we can manage time, we can surely keep the stress away!”.
- Ms Pooja Sethi , Tgt Biology
“ The workshop was informative . The speaker was resourceful and shared some practical tips with us ”.

Some images of the session are attached:

