



MBS INTERNATIONAL SCHOOL
WORKSHOP FOR STUDENTS
SESSION 2017-18

TOPIC: 'STRESS AND TIME MANAGEMENT'

DATE: NOVEMBER 1, 2017

GRADE: XII

CONDUCTED BY: Ms. SHRUTI

A workshop was conducted on the topic 'Stress and Time Management' for students of class XII on November 1, 2017 in the zero and first period in the school auditorium.

The session was conducted by Ms. Shruti Sridhar who took this opportunity to sensitize the students about the nature of stress, the short-term and long-term consequences, the various causes that lead to build up of stress and effective coping strategies. A special focus was laid on how to effectively deal with examination anxiety and management of time.

It was an enlightening workshop and students participated enthusiastically.

