



MBS INTERNATIONAL SCHOOL

WORKSHOP FOR STUDENTS

SESSION 2018-19

TOPIC: STRESS AND TIME MANAGEMENT

DATE: APRIL 11, 2018

ATTENDED BY: IX-X

VENUE: SCHOOL AUDITORIUM

RESOURCE PERSON: DR. RAJESHWARI MALIK

“Time isn’t the main thing it is the only thing”. Keeping this view in mind, MBS International School organized a talk on “TIME AND STRESS MANAGEMENT” by Dr. Rajeshwari Malik on 11th April’2018 for classes IX & X. The main aim of the workshop was to teach children the importance of time management and how that helps in reducing stress. Children were explained about the different issues they would face if they don’t manage their time effectively. Tips for managing time were explained to the children like how setting of goals is important for them but these goals shouldn’t be vague. Overall the session was very interactive and knowledgeable for the children.

