



## **MBS INTERNATIONAL SCHOOL**

### **WORKSHOP FOR STUDENTS**

#### **SESSION 2018-19**

**TOPIC: STRESS AND TIME MANAGEMENT**

**DATE: MAY 22, 2018**

**ATTENDED BY: XI -XII**

**VENUE: SCHOOL AUDITORIUM**

**RESOURCE PERSON: MS NIKITA KATHURIA**

“Time waits for none and managing time is an art.” Keeping this in mind, MBS INTERNATIONAL SCHOOL organized a workshop on the topic “STRESS AND TIME MANAGEMENT” on 23<sup>rd</sup> May’2018 for students of classes XI & XII.

The main aim of the workshop was to impart in the student the knowledge about the importance of time and how time management will lead to reduction in stress level. Students were made aware about the warning signs that tell them that they are not able to manage their time effectively and were also guided with the steps that they can follow to manage their time properly like making weekly calendar, study schedule, to-do list etc. in an interactive session students were also guided on how they need to prioritize things at hand enabling them to fulfill their commitments on time.

