

MBS INTERNATIONAL SCHOOL

WEBINAR FOR STUDENTS

SESSION 2020-21

TOPIC: Anxiety and Stress Management

DATE: April 28, 2020

ATTENDED BY: IX -XII Students

RESOURCE PERSON: Dr Sameer Parikh

"You can't control the wind, but you can adjust the sails."

With an aim to teach students how to manage stress, a webinar on 'Coping with Stress and Anxiety' was organised by MBS International School on April 28, 2020 for the students of classes IX- XII . Aiming to guide students on how to relieve themselves from stress and anxiety during Covid situation the webinar was addressed by Dr. Samir Parikh, Director of Department of Mental Health and Behavioural Science at Fortis Healthcare.

Dr. Samir discussed that anxiety is part of human nature but it's important to know how to overcome it. He explained various effective ways for stress management where he said that students should always share their problems with others instead of keeping in their minds.

The students also actively participated and asked a number of questions at the end of the session. It was a successful event where our students learnt the art of handling stress and tension.

