

MBS INTERNATIONAL SCHOOL

WORKSHOP FOR STUDENTS

SESSION 2020-21

TOPIC: Adolescence issues

DATE: Sept 19,2020

ATTENDED BY: Students of Class VIII

VENUE: Google Meet

“Adolescence is a time of uncertainty, stuffed with expectations and glazed with rebellion.”

MBS International School, Dwarka organized an online workshop on Adolescence issues for the students of class VIII on September 19, 2020. The session was taken by Ms. Monika Dhingra, the school counselor. The students were apprised with the various changes that take place during adolescence like physical, psychological (which control their thoughts), emotional (mood swings) and social (their relationship with parents and friends). After discussing all the changes and their impact on person's behaviour, it was further reiterated that adolescence is the age of rapid changes. They were told the techniques to deal with these changes effectively. Thereafter, the students were asked to share their challenges which they were facing and were not aware how to deal with. Each one of them came up with different questions weighing on their heart. The questions were discussed making the students understand why it was happening and how to handle these situations. The session was fruitful as the students interacted and found the solutions for their queries.

