

Report on Workshop: Time Management and Stress Management

Workshop on time management and stress management was organized by The Air Force School in association with PRATHAM Education – a unit of International Institute of Financial Markets on 7 September 22 from 9-10 A.M. for Xth std. students who opted for it.

Session was initiated by welcome speech for the guest Mr. Praveen Khanna who is a life mentor who enjoys being with students for their development. An English (H) post graduate did his MS in Psychotherapy to understand and develop ways to enhance students' learnings.

Workshop session started with creating awareness about goals settings and how to make S.M.A.R.T goals. Detailed discussion was done on how to develop the skills to make specific, measureable, achievable, realistic and time-bound goals. Then he talked about list of time waster and effect of procrastination among children. Lastly, there was a Q&A round for students. Workshop created awareness among students about managing time and reducing distractions. Overall, it was a motivating session in which the speaker emphasised upon time-management skill development.

Feedback of the session

Prisha X-B

It was a nice workshop. We learned so many new things regarding goal achieving and goal setting. The sir was so nice to us he asked questions to us which helped us to understand the concept more clearly.

Ritika Joshi

I really liked the workshop. I learnt a lot about how to manage time along with studies. It was nice getting information about career.

Glimpse of workshop

