

CCD WORKSHOP

(GRADE X & XII)

SESSION: 2023 – 24

Name of the workshop: Target 2024 Boards: Time Management & Stress Management

Resource Person: Mr. Bharat Bhardwaj

Date: - 25th October, 2023

Duration: 10:15 – 11:15 am (1 hr)

Venue: School Auditorium

Content: ***“Stay positive, work hard and make it happen”***

An interactive workshop on ‘Target Boards - 2024’ was organized at JM International School, Dwarka for the students of classes X & XII with the aim of overcoming the stress and to equip young aspirants with the skills and strategies to manage time for the preparation of board exams.

The resource person, Mr Bharat Bhardwaj, spoke comprehensively about the common problems faced by school students and how we can overcome these problems. He also elaborated upon the importance of goal setting, study habits and time management.

Mr Bhardwaj discussed that time management is not only about making time table rather following it on day to day basis utilizing each and every moment for gaining knowledge and achieving desired results. While addressing the students, he said that anxiety is a part of human nature, but it is necessary to know how to overcome it. In the interactive session, he talked about how to deal with stress by giving students the real life examples, so that they can easily relate and understand.

He also emphasised on the stress relaxation techniques like practicing yoga, walking and 40 minutes exercise schedule, which can be easily followed by the students.

This program has helped to boost the confidence level of students and provided effective preparation methods to score better in their upcoming exams.



