

## Title: Stress Management Workshop Report

Date: January 13, 2024

Location: Hema Higher Secondary School

### Introduction:

On January 13, 2024, a stress management workshop was conducted at Hema Higher Secondary School which was attended by Ms. Aditi Shukla and Ms. Shelly Jain.

The workshop aimed to provide participants with valuable insights into stress management techniques for both personal and professional life. The resource persons for the workshop were Mrs. Kavita Trivedi and Mrs. Poonam.

### Workshop Highlights:

The stress management workshop was highly informative and engaging, with a variety of activities designed to enhance learning and understanding. Participants actively participated in interactive activities such as creating plays, skits, and balloon activities. These activities helped them grasp the concepts of stress management in a practical and enjoyable manner.

### Key Learnings:

During the workshop, participants learned about different types of stress and effective ways to manage them. Mrs. Kavita Trivedi and Mrs. Poonam shared valuable insights on identifying stress symptoms and provided practical strategies to cope with stress in personal and professional life. The workshop emphasized the importance of self-care and maintaining a healthy work-life balance.

### Meditation Session:

The workshop concluded with a small meditation session, allowing participants to experience the benefits of relaxation and mindfulness. This session provided them with a practical tool to manage stress on a daily basis.

### Conclusion:

Overall, the stress management workshop conducted by Mrs. Kavita Trivedi and Mrs. Poonam at Hema Higher Secondary School was a resounding success. The participants found the training informative, engaging, and relevant to their lives. The interactive activities, along with the insightful discussions, helped them gain a deeper understanding of stress management techniques. The workshop concluded with a meditation session, leaving the participants with a sense of calm and equipped with practical tools to manage stress effectively.







