

St. Cecilia's Public School
Capacity Building Workshop on Stress Management
Held on 05.10.2024



The CBP workshop was conducted on 05.10.2024 by Dr. Sabina Shergill and Ms. Shruti Pandey in St. Cecilia's Public School on the topic **"Stress Management"** for teachers.

The workshop was started with defining stress and provided tools to recognize, copy with and reduce stress in various situations. They also emphasized on the importance of self-care and maintaining a healthy work life balance. They also initiated many activities for the participants. The most insightful was the meditation which gives a relaxation time to everyone.

The resource persons were equipped with interesting content and kept the teachers engaged and involved with activities and daily life examples.

It was an interactive session and everyone left with various techniques to be used in daily hassles of life and confident to deal with arising issues.