

STRESS MANAGEMENT – 29th June

A workshop was conducted in Queen Mary's School on June 29, 2017 for the entire school staff. The workshop aimed at highlighting the need for stress management amongst the teachers. The resource person Mrs. Vinita Kapoor from Oxford University Press conducted a number of activities to distress the teachers. The teaching faculty got an insight rejuvenating the zone of happiness and contentment through the lively workshop. It was a commendable effort to focus on the numerous ways of attaining joy in all spheres of life. The teachers were given tips to reduce and manage stress effectively in their lives thereby making the teaching learning process successful. The teachers benefitted from the workshop immensely.