

## Workshop of Class X



Parent's workshop on positive thinking and students on stress management conducted on 19<sup>th</sup> August in school auditorium. The resource person was Mrs. Jayshree Mehta from Times of India, NIE. The workshop proved to be very helpful and informative. Received positive response from parents and students. Students were told about scientific rules of making timetable, which they all enjoyed and work out the learning pattern in the same way. Parents were advised to be stress free themselves so that they can make their wards too stress free. They were told about time management in which time table thing was discussed.