

Date- 09/12/2021.

C 36 (2021-22)

To,

Grade 6-9 School Parents,

Greetings!

Reference- Workshop on Handling Stress

Stress is our body's response to anything that requires attention or action. The way we respond to stress, however, makes a big difference to our overall well-being. Stress wreaks havoc on our emotional equilibrium, as well as our physical well-being. It narrows your ability to think clearly, function effectively, and enjoy life.

Stress management helps us to break the grip stress has on our life. It helps us to embrace happier, healthier, and more productive lives.

Hence, we have planned a workshop on the same topic as we strongly feel that, managing stress facilitates us to hold up under pressure and meet the challenges and demands of our everyday life with a positive outlook.

Do join us for a resourceful and interactive workshop

Date- 11th December 2021.

Time- 11.20am

Grades- 6 to 9.

Topic- Handling Stress

Facilitator for the session - Col Sanjeet Sirohi

Note- The session is highly recommended for parents and learners.

We request the students to be ready with notepads and pens before the session.

We request the students and parents to register beforehand, using the link.

Join zoom meeting

<https://zoom.us/meeting/register/tJYucemprzMjGtYQQ8soLtRDaY0fSgz2ecgd>

Hence, encourage you all to join this interactive workshop.

Thank You,

SVM Management