

# Workshop on Stress and Time Management

A Workshop on Stress and Time Management was conducted for the students of class XI and XII in J M



International School on 18.12.2015.  
The resource person was Ms

Minty Sehgal, a member of NIE team. She started her session by classifying stress into three categories: physical, emotional and spiritual. Further the students were explained about the symptoms of physical and emotional stress. She concluded the workshop with the tips on time management. Students learnt that time management is not about making time table rather following it on day to day basis and each and every moment should be used for gaining knowledge it could be any field. One should always be attentive, focused and active and these three things make a person strong and confident which are essential for success.