

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30						1 Holiday Teachers Orientation
2	3	4	5	6	7	8 Holiday Teachers Orientation
9	10	11	12	13 UT-III	14 UT-III	15 Holiday
16	17 UT-III	18 UT-III	19 UT-III	20 UT-III	21 UT-III	22 Holiday
23	24	25	26	27	28	29 Holiday Teachers Orientation

8. Stress Management

As students progress to higher classes, they often experience increasing stress. This happens because they have to balance their studies and extracurricular activities, which can affect their emotional well-being. To manage stress effectively, students can follow a proper routine, break down daily tasks into manageable parts, and take short breaks to relax. These small steps can help in reducing stress and maintaining a healthy mind.

