

MAINTAINING SANITY IN TIMES OF PERIL WORKSHOP

Subject: Maintaining Sanity in Times of Peril (Classes VII & VIII)

Date: Friday, 13 Dec 24

Description:

The workshop was conducted for the classes VII & VIII to raise awareness about anxiety, stress and healthy coping mechanisms on Friday, 13 Dec 24. It started with the resource person Dr. Rachana Ghosh and Team of Prarambh from Christ (Deemed to be a university) introducing a case study of a 14 year old student facing academic and behavioral difficulties. The children were motivated to think beyond what was given and offer their understanding of the case. The case study paved the way for the students to delve deeper into the concepts of mental health and wellbeing.