



**MBS INTERNATIONAL SCHOOL**  
SECTOR-11, DWARKA, NEW DELHI-110075

**WORKSHOP FOR STUDENTS**  
**SESSION: 2025-2026**

**THEME / TOPIC:** Peer Pressure

**RESOURCE PERSON:** Ms. Aastha Kalra (Graphologist)

**ORGANISED BY:** MBS International School

**DAY & DATE:** Friday, 30 January 2026

**DURATION:** 1 Hour

**VENUE:** School Auditorium

**ATTENDED BY:** TOI subscribers of class VI-VIII

**Objectives:**

- To create awareness among students about peer pressure.
- To help students understand the influence of peers on behaviour and decision-making.
- To build self-confidence and encourage independent thinking.
- To guide students in modifying behaviour and personality in a positive manner.

*“Have the courage to follow your heart and intuition.” — Steve Jobs*

An interactive and informative workshop was organized for the students of **MBS International School** on **30 January 2026** in the school auditorium on the topic ‘**Peer Pressure**’. The workshop commenced with a warm welcome and introduction of the resource person, **Ms. Aastha Kalra**, a renowned **Graphologist**. The session was designed to provide students with awareness, clarity, and practical tools to understand and manage peer pressure effectively.

Ms. Kalra explained the concept of peer pressure and its impact on students during adolescence. She highlighted how peer influence can affect thoughts, emotions, and behaviour, leading students to make choices without self-reflection. She emphasized the role of **handwriting analysis** in understanding personality traits and how small, conscious changes in handwriting can help in **modifying behaviour and building confidence**.

The resource person shared interesting examples to demonstrate how handwriting reflects emotions, decision-making patterns, and self-esteem. Students actively participated in discussions and activities, which helped them identify positive and negative peer pressure. Ms. Kalra encouraged students to stay true to their values, develop self-awareness, and make independent decisions.

The workshop also focused on using handwriting as a tool for self-improvement, emotional balance, and personality development. Students were guided on how conscious efforts can bring positive changes in attitude and behaviour.

The **Peer Pressure workshop** proved to be highly effective and meaningful. It sensitized students to the influence of peers and empowered them with practical techniques to face challenges confidently. The session was impactful and left students feeling motivated, self-aware, and better equipped to handle peer pressure in a positive manner.

