

MANAGING STRESS AND ACADEMIC PRESSURE

EVENT: Workshop on Understanding Stress and Anxiety

DATE: 20 April 2026

CONDUCTED FOR: Class IX-A

A workshop session on **stress, anxiety, and academic pressure** was conducted for Class IX-A with the objective of promoting emotional well-being and helping students develop healthy coping strategies. The session provided a supportive platform for students to understand the challenges they may face during their academic journey and learn ways to manage them effectively.

Through interactive discussions and practical insights, students explored the causes and effects of stress and anxiety, particularly in relation to studies, examinations, and daily responsibilities. The workshop emphasized the importance of maintaining a balanced lifestyle, developing positive habits, managing time effectively, and seeking support when needed.

Students actively participated in the session, sharing their thoughts and experiences while learning techniques to build resilience, enhance self-confidence, and maintain a positive mindset. The workshop encouraged them to prioritize their mental well-being alongside academic achievement.

The session was informative and empowering, equipping students with valuable tools to navigate challenges, manage pressure constructively, and foster a healthy approach towards learning and personal growth.

