

WORKSHOP STRESS MANAGEMENT-3

Mastering Time, Moderating Stress

Anchored in an academic understanding of student performance, a workshop on Stress Management and Time Management was organised for Classes IX–XII, led by faculty from NIIT University, Neemrana—Mr. Shantanu Mukherjee, Regional Head – Admissions and Career Development (North India), NIIT University, Dr. Navin Chettri, Faculty Member, NIIT University, and Dr. Ritu Dangwal, Faculty Member, NIIT University. The session treated time and stress as disciplined constructs, enabling students to critically distinguish between essential and non-essential use of time while recognising stress along a continuum where moderate pressure can be productive and excess counterproductive. Stephen Covey's Time Management Matrix was introduced as an analytical framework to evaluate urgency versus importance in academic choices, and the workshop's interactive, discussion-driven design ensured student engagement through reflection, dialogue and practical application making it a substantive and intellectually engaging learning experience suitable for the evolving demands of senior school students.

