



VIDYA BAL BHAWAN SR. SEC. SCHOOL

(Recognised & affiliated to C.B.S.E.)

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Stress Management Workshop for Teachers

Vidya Bal Bhawan School organized a **Stress Management Workshop** for its teaching staff on **31st July 2026** to promote mental well-being and emotional resilience. The session was conducted by **Ms. Monika Ohri**, who shared practical strategies for managing stress, maintaining a positive mindset, and achieving a healthy work-life balance.

The workshop was highly interactive and included engaging activities that encouraged teachers to relax, reflect, and reconnect with themselves. A special session on **manifestation and self-motivation** inspired participants to focus on their aspirations, recognize their inner strengths, and cultivate a positive outlook towards life. Ms. Ohri also introduced practical techniques, including the **"Magical To-Do List,"** and shared simple methods to transform negative thoughts into positive actions.



Throughout the session, teachers actively participated in discussions and experiential exercises that emphasized the importance of self-awareness, emotional balance, and effective communication. The engaging activities created an atmosphere of openness and positivity, enabling participants to share their experiences, learn from one another, and develop practical approaches to handling everyday challenges with confidence and resilience.



The session concluded on an uplifting note, leaving the teachers refreshed, motivated, and equipped with effective stress-management techniques that they can apply in both their personal and professional lives. The workshop reinforced the importance of self-care and mental wellness in creating a positive learning environment. Vidya Bal Bhawan School extends its heartfelt gratitude to **Ms. Monika Ohri** for conducting such an insightful and inspiring workshop.

VICE - PRINCIPAL