



Bal Bharati
PUBLIC SCHOOL

Sector – 21, Noida

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Workshop/Seminar Feedback Form

Workshop/Seminar title: Career Counselling Workshop/Seminar Date: 14.8.2019

Venue: Auditorium, B.B.P.S. Noida

Attended by: Students of class IX and X- A, B, C & D

Resource Persons:

1 . Content of the Workshop/Seminar-

OASIS Society for Social , Cultural and Educational development conducted a workshop on the topic “Stress Free Education” .The workshop was conducted by Dr. Sadaf and Mr. Pranav. They began by explaining the meaning of the word stress, which is commonly used by all of us. She explained that Stress is a physical, mental and emotional response to a challenging event — not the event itself. Often referred to as the “tension strain”, the stress response occurs automatically when we feel threatened. Stress, whether positive or negative, is a normal part of everyone’s life. Negative stress, however, diminishes our quality of life and positive stress is important to grow in our life.



Dr. Sadaf spoke on the various Stress management approaches to help students deal better with stress and adversity faced by them . She talked about crucial skills of coping which included problem-solving, prioritization and time management. Also informed the children that by improving emotional flexibility, practicing relaxing techniques, such as deep breathing, yoga, meditation, exercise, healthy diet and prayer can help one to withstand adverse situations .They informed the audience that Stress Management can help us lead a more balanced, healthier life. When channeled positively, stress can lead to growth, action and change.



Dr. Sadaf also talked about how a good support system and the ability to express oneself was important in dealing with stress.

Mr. Pranav, discussed about Learning Trend Analysis for class IX and X in which he talked about more Syllabus and focus on not Fundamental chapters followed by difficulty level of the syllabus were some of the reasons which add to stress among students. The

workshop ended students clarifying their queries and they asked the students to fill up their feedback forms.

GENERALFEEDBACK

	YES	NO	NOTSURE
• The workshop/Seminar was applicable to my job	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I will recommend this workshop/Seminar for other faculty members.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
• The program was well paced within the allotted time	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
• The material was presented in an organized manner	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
• The resource person was a good communicator	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
• There source person was knowledgeable on the topic	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
• I would be interested in attending a follow-up, more advanced workshop / Seminar on this same subject	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
• I will be able to conduct follow up workshop for the benefit of fellow Staff Members	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Report submitted by:

Ms. Neha

Special Educator(Sr.)

Date of Submission: 20. 08.19

