



**Bal Bharati**  
PUBLIC SCHOOL  
Sector -21, Noida

The Counseling Cell

*A Communique ...*

## LIFE SKILL TRAINING SESSION



The Counselling Cell is organizing a life skill training session on Making Anxiety Functional  
On 10 December 2021  
from 12.45 pm to 1.30 pm

Key highlights of the webinar:

- ❖ The notion of Anxiety
- ❖ Causes of Anxiety
- ❖ Ways to make Anxiety functional
- ❖ Q & A
- ❖ It is mandatory for students of class IX and XI

**Meeting Link:** <https://meet.google.com/wfc-piwo-syc>

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BBPS Noida