



Bal Bharati
PUBLIC SCHOOL
Sector -21, Noida

The Career Guidance Cell

A Communiqué ...

LIFE SKILL TRAINING SESSION

MANAGE YOUR STRESS IN YOUR WAY



The Counselling Cell is organizing a life skill training session on Stress Management on 12 November 2021 from 1.00 pm to 2.00 pm.

The Webinar will focus on:

- ❖ Concepts of Stress
- ❖ Sources of stress
- ❖ Signs and Symptoms of stress
- ❖ Ways to manage stress
- ❖ Q & A
- ❖ **The Session is MANDATORY for all students of classes VI and VII**

Please note: The link for the webinar will be shared shortly

Counselling Cell
BBPS Noida