

## A WORKSHOP ON STRESS MANAGEMENT FOR ADOLESCENTS

Date of workshop: 11<sup>th</sup> February 2020

Venue :

Benhur high school

No.86 6<sup>th</sup> cross, 3rd main road, Williams's town Bangalore-560046

The department of Human Development conducted a workshop on stress management for adolescent boys and girls studying in 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> grade. A total of 45-50 adolescents participated in the workshop. The workshop was conducted with an objective to help the students manage during the examination. The session was started by Dr. Sujata Gupta Kedar HOD department of Human Development who explained what is stress and what are the stress causing agents and how to manage the stress which helped the students to understand how to manage stress and how important it is for staying calm and relaxed during exams. It was followed stress management activities.



