

Workshop ON “ UNSTOPPABLE YOU”

Situations and Circumstances are same but approach makes it different. An hour session was specially organized by Gnyan Dham School on ‘UNSTOPPABLE YOU’ for the students of Classes VIII and IX. It was conducted in an online mode through Google Meet. The link for joining the session was sent to the respective classes through Google Classroom. Parents too were wholeheartedly invited to join the constructive session. The details of workshop are as given below:

The main highlights of the session were–

1. Kids going through unexpected stress
2. They are opting for habits like excessive gaming /social media..
3. Making them aware about their inner strength and potential ..

Following are the tips given to parents and students on how to achieve your goals in life

- *Structure each day to include a minimum of 20 minutes of aerobic exercise.*
- *Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.*
- *Enjoy your hobbies*
- *Check in with friends and spending time with family.*
- *Go for a walk. Get in touch! Hug loved one, hold hands, or stroke a pet.*
- *Take break from social media (set time limit).*
- *Plan your time table*
- *5 positive interaction to every 1 negative interaction for successful relationship*

All of the above tips given in the session seemed very useful and effective to reduce the stress. The participants of the session had a wonderful experience during various activities.

