

SOCIAL & EMOTIONAL WELL-BEING OF OUR LEARNING COMMUNITY

~ Gurleen Baxi (XI-A) ~

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A session on "**Social and Emotional Well-Being of Our Learning Community**" was conducted on 5th March 2022 to relieve the stress that the teachers have undergone during pandemic.

Dr Jasmine Vij was the spokesperson who expressed her views on handling emotions, job stress, time management, mindfulness

and Classroom management. She also gave tips on self awareness and self enhancement.

Zin Simran, a zumba trainer guided the teachers to destress themselves while dancing on the beat of music. The whole staff took initiative to participate in the activity conducted by her which was really a stress releaser.

