

# TRANSFORMING STRESS INTO SERENITY

~ Harshita Chaudhary (X-B) & Harpreet Kaur (X-B) ~

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On September 13, 2023, MSSSP, hosted ‘**A Way of Stress Management Session**’ by Heartfulness for the teachers to take care of their wellbeing.

**Mrs. Gurjot Kaur, a Heartfulness Stress Management Practitioner** for the past ten years, served as the resource person. She was accompanied by another **Heartfulness trainer Mr.**

**Narinder Singh Dhindsa.** Mrs. Gurjot Kaur provided several essential strategies for effectively managing stress. Her knowledge enabled us to release tension and maintain constructive responses.

The session was really calming and unwinding. Overall the workshop was very helpful and productive.

