

Stress Management workshop at Maharaja Agarsain Public School, Ashok Vihar, Delhi



The workshop conducted for 350 students of class 11th & 12th, covered ways to manage stress and anxiety associated with exams. It was an interactive session conducted by Mr. Rajeev Narang (Founder of Aarogyalay) and Dr. Preeti Bhosle (Ayurveda Expert), involving some stress-reducing techniques, exercises and discussions. In this workshop, the students recognize how to manage stress, make positive changes in their life and handle competitive situations.



Media partner