

A workshop on the theme of stress management was conducted on 16 September 2023 for the teachers of DAV Public School Kailash Hills. The main objective of the workshop was to enable teachers to make children identify common stressors and ways to deal with them for an improved mental health. The resource person Ms. Nalini James from Hindustan Times (PACE) focused mainly on bridging the communication gap between students and teachers and provide the students, a conducive and safe environment where they can share their feelings and fears without any inhibitions.

