



Guru Teg Bahadur PUBLIC SCHOOL

Bardwal-Dhuri

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(Affiliated to CBSE, New Delhi (1630189) Run By Desh Bhagat College Trust)

REPORT ON TEACHERS SEMINAR

- On November 2, 2021, an educative seminar was conducted by Indiannica Learning in the campus of **Shri. Guru Teg Bahadur Public School** for the teachers under the guidance of our worthy Principal **Capt.(IN) Rohit Dwivedi (R)** and Vice Principal **Mr. Binoy P K**.
- The seminar was hosted by **Mr. Saurabh Beniwal**, a great orator, moderator, a motivational speaker and a passionate trainer.
- In this seminar various techniques of stress management were discussed and how they have to be effectively implemented in life. Many innovative ideas such as 3Cs i.e. connect, convey, convince and 3As of life i. e. aware, acknowledge and action were also described along with how the attitude and behaviour of a human being changes in bad and good times.
- He also defined the Mehrabian Model and informed the teachers that we communicate 7% through words, 38% through tonality and 55% through physiology (Body language, facial expression and gesture).
- Mr. Saurabh left a great influence on the teachers with his remarkable and conveniently applicable methods of managing stress.
- The main emphasis was given on self-motivation and self-realization. He emphasized to combat the stress by listening with open heart i.e. Shravana, Contemplation i.e. Manan and Commitment.
- Teachers were engaged in various activities related to stress management which can really be fruitful if implemented as prescribed.
- Overall the event was superb, interactive and insightful. The teachers found the seminar to be very beneficial and thought provoking. The information was easy to understand coupled with many practical strategies.



PREPARED BY :-



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