

# Workshop on Stress Management & Handling Pressure



8th August 2025 | Classes IX to XI

💡 “A calm mind is the sharpest weapon.”

To nurture emotional strength and resilience, VBPS in association with Delhi Metropolitan Education (DME) under the aegis of SOCHE, School Outreach Cell for Higher Education, rolled out a power-packed, soul-stirring workshop for our young minds, and the energy in the room was electric!

Two stellar experts from DME lit up the stage with wisdom, warmth and wow moments:

✨ Ms. Gulina Singh, Counselling Psychologist and Art Therapy Practitioner, turned stress busting into an art form with hands-on techniques for emotional balance, creative self-care and practical ways to manage pressure.

✨ Ms. Shanu Jain, Mindfulness Educator and Emotional Intelligence Coach, took students on a journey of stillness and self-discovery, equipping them with mindfulness tools, calming rituals and the power to lead with emotional intelligence.

Principal Ms. Dimple Puri extended a warm welcome and heartfelt felicitation to our distinguished guests, setting the tone for a day of inspiration.

The session buzzed with interaction, laughter and “aha” moments as students learned to:

Spot their stress triggers 🎯

Master the art of time management ⌚

Face challenges with confidence and calm

👏 Hats off to our vibrant VBPS participants for their curiosity, courage and openness to grow!

