

ASSEMBLY - CLASS XII K

On 5th May '17, students of class 12th K presented an assembly on the topic 'Coping with Stress'. At the outset, the Principal, Ms. Aditi Misra presented the Chairman's award for academic excellence to Vedant Gupta while Vedaant Bali was awarded for excellence in Olympiads.

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, which is very common among teenagers today. The students endeavoured to present a skit and poem on behavioral changes required to deal with stress, showing simple and useful ways such as yoga, meditation, etc.

Principal ma'am addressed the students highlighting the effective ways of handling stress and emphasising the need to be always well prepared. She asked the students to perform well in their upcoming Mid-Term examinations and urged them to work harder to achieve greater success. She motivated the students to live up to the expectations of their parents and the school.