

WORKSHOP BY DR. MONIKA SINGLA TIME AND STRESS MANAGEMENT



A workshop on 'Time and Stress Management' was conducted by Dr. Monika Singla, an Associate Professor in the Department of Neurology, DMC for the students of Classes VIII to X on 2nd April, 2022. Covid 19 Pandemic has created a chaos in the life of the students leading to anxiety and stress which severely affected their mental and emotional health.

Dr. Monika accentuated that good time management skills, if practiced by the students, will increase productivity and reduce stress. Time management makes one feel in control and avoid being in a muddled situation. She talked about prioritizing the work, setting short and long term goals, working smart, planning and most importantly avoid procrastinating. The need of the hour is to be well organized by maintaining an up-to-date calendar, having a tidy environment and being able to locate certain documents easily. This will lead to timely achievement of tasks.

Dr. Monika acquainted the students with the 'Pareto Principal' and made them realize that the majority of results come from a minority of inputs. She also said that productivity is never an accident. Concluding her workshop, she revised the tips of time and stress management. She asked the students to analyze every instance at the end of every activity to find out loopholes in order to take timely action.

The Satyans benefitted with her words of wisdom and learnt how to accomplish bigger results in a shorter period of time.