



TEACHER ENRICHMENT PROGRAMME

A seminar on Stress Management was organized for the teachers at Royal Global School on 10th June, 2017. Dr Sanjeev P Sahni, Professor, member of Governing Body and Advisor to the Vice Chancellor of O.P Jindal Institute of Behavioural Sciences, Haryana conducted the seminar. Dealing with human behavior, Dr Sahni touched the pivotal issues concerning human behavior and triggering factors of stress. Starting from the human human heart rate to respiration- he dealt with all pivotal issues which play a vital role in manifesting human behavior in the society and thereby generating ease or stress for oneself as well as for others. Teachers were found involved in the discussion which was not only interesting and exciting but also relevant. The information about normal heart rate (70-75) and working heart rate(80-90), Brain Mapping (activities related to brain waves, - Delta, Theta, Alpha, Beta and Gama), Span of Attention, Respiration was relevant and was skilfully delivered. Dr Sahni also made the teachers abreast of several concepts like BFI (Brain Fitness Index) and Electro Myography and their functionality in future.

Overall, there was much active learning through participatory approach. The ways of influencing human behavior, *viz.* individual factors, socio - contextual factors and dynamic interplay between individual and situational factors were explored well and teachers had a happy way of learning, unlearning and relearning that much of the behavioral issues are ingrained within oneself and it is by controlling and managing all these factors by oneself that one can better manage factors pertaining to stress.