

## **Counselling session on “Time and Stress Management”**



A counselling session was organized by BSF Senior Secondary School Jammu on 20<sup>th</sup> Nov 2017. Dr Abhishek Chowhan, an eminent Psychiatrist, HOD of psychiatric unit at Government Hospital Gandhi Nagar Jammu was invited for the Guest lecture. To begin, the Principal Dr S K Shukla welcomed the guest and gave his very valuable advice to the students regarding their studies and preparation for the exams. This was followed by the Guest lecture by Dr Abhishek Chowhan.

The topic taken up was “Time and Stress Management”. This session was organized especially for students of class XI & XII who are on the threshold of facing challenging situations ahead. Because of the fast developing technology and media exposure, the tender minds of the young boys and girls are often perplexed which makes them vulnerable to negative forces. Dr Chowhan laid great emphasis on the ways and means to cope with stressful situations which adolescents pass through, especially exam related stress. He also said that stress to some extent is useful too, for it creates an urge in their minds to gear up and start their preparations.

Very useful tips like creating the right study environment, identifying the essential information, summarizing revising, taking care of one’s health etc were also given.

Some very useful information about drug abuse was also given to the students.

The whole session was highly informative and fruitful. It concluded with the presentation of memento by the Principal Dr S K Shukla to Dr Abhishek Chowhan.