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Stress Management for Students

Two Day Theoretical, Practical and Q/A based hands-on workshop

Facilitator - [Nehal Singhal](#)

Storyteller, Technique and Presentation on Gita for Women podcasts, Knowledge Process Specialist, IT Consultant, Awarded Top Writer on Quora हिन्दी

Day 1 - First Session

Quick Exam Preparation

1. Mind Mapping technique, visual facilitation, understanding with beauty
2. Quick syllabus coverage
3. Playful time with better concentration
4. Students' Mind Mapping Group Activity

Illustrated practically by way of live Mind Mapping

Expected outcome:

1. Practical live training on Mind Mapping - individual and group.
 2. Live topic coverage
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
 - Time: 90 minutes

Day 1 - Second Session

Daily Routine Management

1. Health, Yoga, Sleep-wake routine
2. Healthy relationship with internal and external world
3. Digital Media: Pros and Cons
4. Happiness as end goal
5. Passion as success path

Expected outcome:

1. Individual and Group Mind Mapping activities
 2. Q/A with live working on paper.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
 - Time: 90 minutes

Day 2 - First Session

Story Telling with Mind Mapping

1. Why are stories important for over-all growth?
2. Healthy communication
3. Thinking points for own growth, curious mind leads to innovative thinking.

4. Knowledge & Message

5. Aesthetics & Logic

Expected outcome:

1. Practical hands-on live Mind Mapping of individual and group stories of students.

2. Q/A facilitated by Mind Mapping.

- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
- Time: 90 minutes

Day 2 - Second Session

Girls' Counseling and Guidance

1. Health, well-being, safety, awareness and happiness

2. Stories of different personalities

3. Understanding oneself with Mind Mapping discovering tool

4. BhagavadGita stories, verses and real life problem solving skill building

5. Social media and digital life

Expected outcome:

1. Mind Mapping for personal & collective growth.

2. Real life problems Q/A.

- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
- Time: 90 minutes

All workshop sessions are practical with synchronised Q/A .