

BHARATIYA VIDYA BHAVAN'S PUBLIC SCHOOL
BHEL TOWNSHIP, R.C PURAM, HYDERABAD.

Capacity Building Workshop on Stress Management



A one-day Capacity Building Workshop on Stress Management was organized by the Hyderabad Sahodaya Schools Complex (HSSC) on 4th October 2025 at Bharatiya Vidya Bhavan's Public School, BHEL Township, RC Puram, Hyderabad, from 9:00 AM to 4:00 PM.

The workshop aimed to help educators develop practical strategies to manage stress and promote well-being in both personal and professional spheres.

The resource persons for the session were two eminent educationists – Mr. Srikar B. (M.Sc., M.Ed.), Principal of D.A.V. Senior Secondary School, IIT Hyderabad Campus, and Dr. Vasudha Rani, Principal of Panineeya Mahavidyalaya Public School, Director of Panineeya Mahavidyalaya College of Education, and Director of John Baur Hotel Management College.

Both speakers shared their rich experiences, emphasizing the importance of maintaining emotional balance, cultivating mindfulness, and creating positive, stress-free learning environments. The sessions highlighted practical techniques for managing classroom stress, fostering resilience, and aligning with the National Education Policy (NEP 2020) vision for holistic education.

The day-long workshop featured interactive activities, reflective discussions, and group tasks that encouraged teachers to explore effective coping strategies. Participants found the sessions insightful, motivating, and relevant to their daily teaching experiences.

The event concluded with a heartfelt vote of thanks to the resource persons and the Hyderabad Sahodaya Schools Complex for organizing a meaningful and impactful professional development program.