

Capacity Building Programme on Stress Management: Fostering Emotional Well-being in Educators at M.K DAV Public School, Daltonganj

The first day of the two-day Capacity Building Programme on Stress Management, organised by the CBSE Centre of Excellence (CoE), Patna Region , was conducted in a purposeful and engaging manner. The programme commenced with a ceremonial lighting of the inaugural lamp by the Honourable Principal, MRS. INDRANI CHATTERJEE symbolising the illumination of minds and the pursuit of holistic well-being. This was followed by a warm welcome of the esteemed resource persons through the presentation of bouquets and shawls reflecting the school's spirit of respect and gratitude.

The interactive learning sessions were led by Mr Rahul Singh, Principal of Bright Land School and a distinguished CBSE Resource Person, Mr Vijay Pandey, CBSE Resource Person . The resource persons addressed the growing challenges of stress in the teaching profession and shared practical strategies for emotional regulation, mindfulness and resilience. Through interactive discussions, experiential insights and real-life illustrations, the sessions enabled participants to recognise stress triggers and adopt constructive approaches to maintain balance and positivity in their professional lives.

Speaking on the significance of the occasion, the Honourable Principal emphasised that such capacity building programmes are indispensable in the present educational scenario, where educators are expected to balance academic responsibilities with emotional mentoring. She highlighted that stress management is not merely a personal skill but a professional necessity that empowers teachers to remain composed, empathetic and effective. She further remarked that initiatives like these embody the institution's resolute commitment to building emotionally resilient educators who, in turn, create a supportive and learner-centric school environment.





