

An interactive session was conducted for the secondary and senior secondary students of the school on Eradication of stress and enhancing inner strength and concentration.



The session was conducted by Dr EV Swaminathan under the aegis of the Brahmakumari foundation and was organized by the Southern Naval Command.



Through an interactive discourse, Dr Swaminathan inspired the students to be positive through their lives. Various memory enhancing techniques were also demonstrated and taught to the students.



The session was highly appreciated by the students as it focussed on combating stress which each of them have been facing during these days of exams.

