



Gitanjali Public School

SENIOR SECONDARY

(AFFILIATED TO CBSE, AFF.NO:2430167, SCHOOL NO: 15614)

SESSION: 2024-25

NO: GPS/GN/24-25/011

DATE: 19-04-2024

NOTICE

We are happy to share that **tomorrow, 20th April**, we are organizing a full day CBP (Career Building programme, CBSE) on **“Stress Management”** on our school campus. More than 50 participants from different schools are attending to reap the fruit of it.

How to handle stress is a key question. The world is a magic house with mysteries. Still, **outgrowing stress keeps human being away from attaining the joy of life**. Ironically, we, Indians, belong to tradition which knows the path to solace. But we are away from it because of an unhealthy competition with western culture. Unfortunately, we teach all subjects without its moral and social value. **I always think why is ‘Happiness’ not a subject to read to teach?** The ultimate aim of life is to be happy. The end of the toil of the day should be happy sitting or sleeping. **Neither we have a subject like this nor parents/people foster or focus on this so that their children get an exposure to the world of “Charlie and the Chocolate Factory” for eternal sweetness. Our learning is centered on earning.** However, we have missed out the value of a smile at the end of a day because money has consumed everything “নিয়ন আলোয় পণ্য হোলো যা কিছু আজ ব্যক্তিগত”. All are requested to put maximum focus on this part in relation to a child.

Running a private institution has gifted us wavering curve of life where every second gets counted, measured, tested and evaluated. Unlike other private organizations, we bear the responsibility of everything of a child. Beyond his/her learning, we remain under subdued stress if a child falls down and gets injured, if two children fight each other and anything wrong takes place, if a child cannot perform well and carry good score, if some of the misspellings still remain after the correction, if water tank does not work and children suffer from it, if transport staff members do not arrive at their pick up spots on time, and finally, if we are not loyal to the payment of our parents for their children or if we as teachers do not justify the expectation of the management because they also feel that they pay us. **At the end of the day, we in a private school feel that we are the victims of “payment”**. However, we need to carry both the job and the consequent stress to live and survive.

This training is expected to be a therapy to minimize the stress so that we become better performers in school and private life as well. If this remains successful, we will try to go for our parents as well. The final line of the training according to me will be **“bear and share no stress”** because if I get stressed, others will definite be stressed out of it.

Signature of the Principal

Principal
Gitanjali Public School
Vill.-Daikota, P.O.-Deriapur
P S -Sainthia, Birbhum



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION
उत्कृष्टता केन्द्र
CENTRE OF EXCELLENCE

CBSE/COE(BBSR)/TRNG/SM/2024

05.04.2024

Subject : Invitation for participating in the Capacity Building Programme.

Central Board of Secondary Education, Centre of Excellence, Bhubaneswar is going to conduct a one day **Capacity Building Programme** as per the following details:-

| | |
|------------------------|---|
| Topic | Stress Management |
| Dates | 20th April 2024 |
| Timings | 9:00 am - 4:30 pm (Full Day) |
| Venue | GITANJALI PUBLIC SCHOOL VILL-DAIKOTA, PO-DERIAPUR PS-SAINTHIA, DIST-BIRBHUM WEST BENGAL |
| Principal | JOYDEEP MUKHERJEE |
| Contact Details | 6296639400, 15614@cbseshiksha.in , gitanjali.cbse@gmail.com |

It is mandatory for the invited schools to depute their teachers to attend if this is subject specific CBP/PRP. Not sending subject teachers to participate in subject specific CBP/PRP without a valid reason will be dealt as per the affiliation Byelaws.

सादर

Sd/-

ललित मार हिमांश

अवर सचिव, उत्कृष्टता केन्द्र, भुवनेश्वर

Phone: 0674-2720412

प्लॉट सं. - 4 (Pt.), शैलश्री विहार, चंद्रशेखरपुर, भुवनेश्वर, जिला- खुर्दा, ओडिशा- 751021

Plot No: 4 (Pt.), Sailashree Vihar, Chandrasekharpur, Bhubaneswar, Dist.- Khurda, Odisha- 751021