

PUNJAB PUBLIC SENIOR SECONDARY SCHOOL BRAHMAN MAJRA

Dated 9 July 2026

Teachers Training Programme: "Stress Management and Happy Classroom"

Punjab Public Senior Secondary School (PPS), Brahman Majra, organized a in house Teachers Training Programme on "Stress Management and Happy Classroom" on 9 July 2026 for its teaching faculty. The workshop was conducted to enhance teachers' professional competence by equipping them with practical strategies to manage stress and create positive, joyful, and student-centred classrooms.



The resource person, Dr. Amir Bashir, Assistant professor, Central University of Kashmir conducted an engaging and interactive session. He highlighted the importance of emotional well-being, positive thinking, effective communication, mindfulness, and work-life balance. Through various activities and discussions, teachers learned practical techniques to reduce stress and foster a happy, inclusive, and motivating classroom environment.

The teachers actively participated in the activities and appreciated the insightful and practical guidance shared during the programme.

At the end of the session, the principal of the school, Mr. Arun Kumar Katoch, expressed his heartfelt gratitude to Dr. Amir Bashir for delivering an inspiring and informative workshop. He appreciated the resource person's valuable guidance and encouraged all teachers to implement the learned strategies in their classrooms to create a positive and happy learning environment.

The programme concluded with a formal vote of thanks and proved to be highly informative and beneficial, empowering teachers to promote their own well-being while creating happier and more effective learning environments for students.

Regards
PPS