



ST. JOSEPH'S ACADEMY

Orientation Programme for Teachers

Date: 30th June 2026

An orientation programme for the teachers of St. Joseph's Academy and St. John's Academy was conducted on 30th June 2026 with the aim of promoting mental well-being and effective stress management among educators. The session focused on the important topic of Stress Relief, which is highly relevant in today's demanding educational environment.

The resource person for the programme was Ms. Tarana Chakervarti, who shared valuable insights on understanding stress, its impact on personal and professional life, and practical ways to manage it effectively. Through interactive activities, discussions, and simple relaxation techniques, the session encouraged teachers to prioritize their mental health and maintain a healthy work-life balance.

The programme was both informative and engaging, helping the teachers gain a better understanding of stress management strategies. It also motivated them to adopt positive habits and techniques to remain calm, focused, and productive in their daily lives.

The orientation programme concluded successfully, leaving the participants inspired and equipped with useful tools for stress relief and emotional well-being.

