



**T.M. PATEL  
INTERNATIONAL SCHOOL**

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**TMPIS/CIR/35/21-22**

**Date : 4th August , 2021**

**Subject: Webinar on Managing Stress & Emotional Well Being**

**Dear All,**

Greetings of the Day!

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Essential public health regulations, such as social distancing, has made us feel isolated adding to the daily stress and anxiety. Learning to cope with stress in a healthy way is an essential coping mechanism which helps us to become more resilient.

We as an institution wish to help our staff and parent community to learn more about this coping mechanism and accordingly we are arranging a webinar with support of Fortis Mental Health and Behavioural Sciences Department. The session will be delivered by Ms. **Mimansa Singh Tanwar**, Head- Fortis School Mental Health Program. (Profile attached.) The program will be held on Friday 06<sup>th</sup> of August 2021 between 3PM-4PM.

Login details of the program:

**VC Platform: MS Teams**

**Meeting Link:** [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_OTk1ZDdhMjktZjRkMS00MzJlWJmYjAtMzUxNTI5NzRiMmJi%40thread.v2/0?context=%7b%22tid%22%3a%2265abc7f3-e609-42ab-a3c7-961a6d918e62%22%2c%22oid%22%3a%2290710bfc-bdd4-4ed4-8c8e-206e3cb209a3%22%2c%22isBroadcastMeeting%22%3atru%7d&btpe=a&role=a](https://teams.microsoft.com/l/meetup-join/19%3ameeting_OTk1ZDdhMjktZjRkMS00MzJlWJmYjAtMzUxNTI5NzRiMmJi%40thread.v2/0?context=%7b%22tid%22%3a%2265abc7f3-e609-42ab-a3c7-961a6d918e62%22%2c%22oid%22%3a%2290710bfc-bdd4-4ed4-8c8e-206e3cb209a3%22%2c%22isBroadcastMeeting%22%3atru%7d&btpe=a&role=a)

You can login to the program either through your laptop or smart phones. If you are logging from your smart Phone/Tab kindly ensure you have **Microsoft Team**(MS Team) app installed prior to the event. (Please refer **annexure** for login instructions)

We strongly recommend everyone to participate in this program and make use of this learning opportunity.

**With Warm Regards**

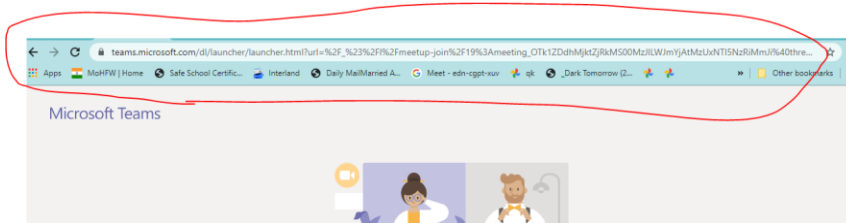
**Ms. Anuradha Premnath**

**Principal**

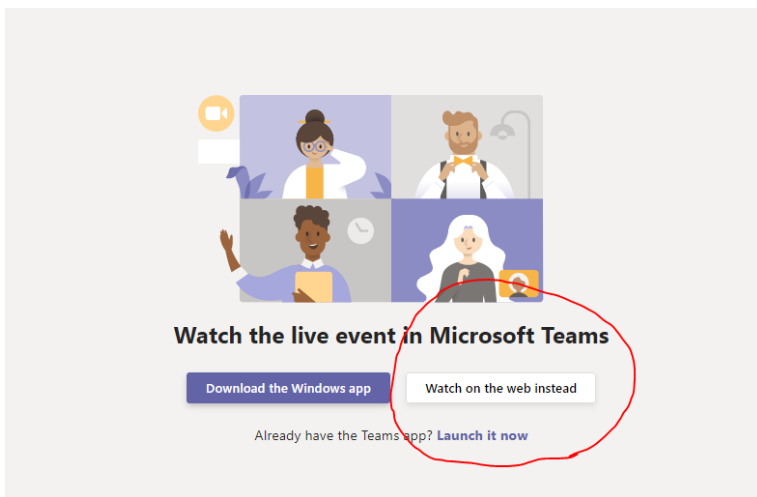
## **ANNEXURE: MEETING & LOGIN INSTRUCTIONS**

### **LOGIN VIA WEB :**

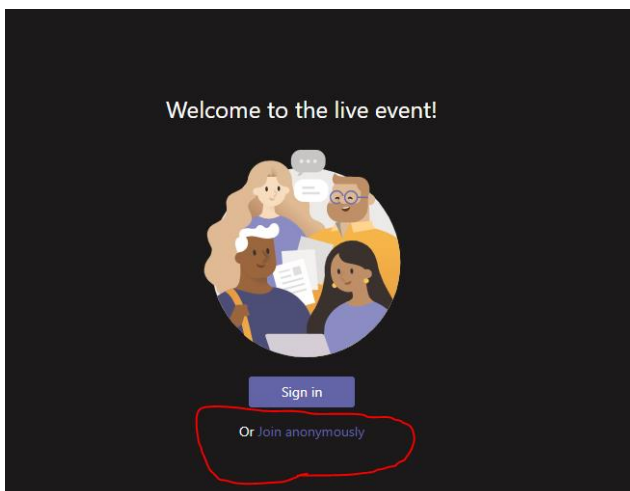
**Step 1: Paste the URL** on the web browser



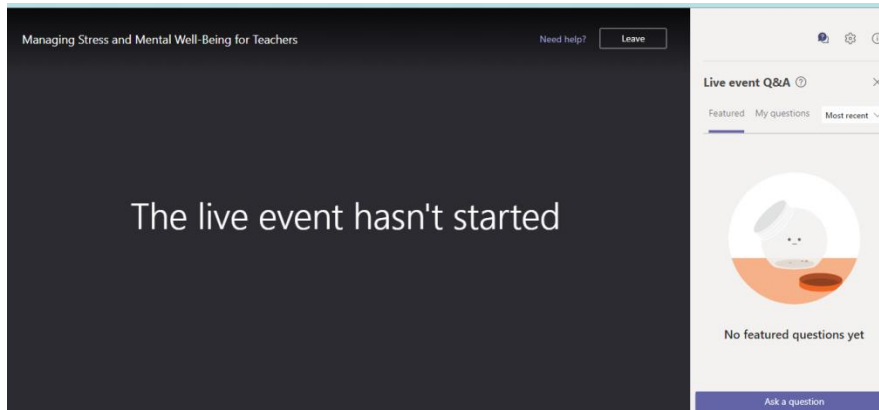
**Step 2: Select the Option Watch on the web instead**



**Step 3: Select the option Join anonymously.**



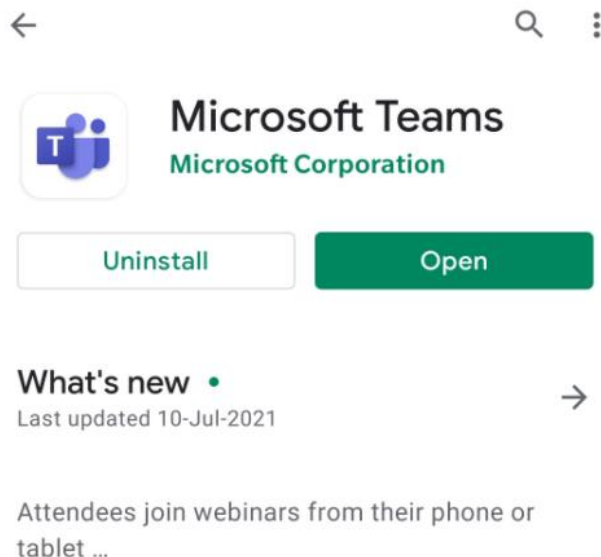
Step 4: The Page will direct you to event you will be able to listen to the speaker here



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## JOINING FROM SMART PHONE/ TABLET

Step 1: Ensure you have **downloaded/ updated version** of MS Teams in your device



Step 2: Click the Meeting login URL from your phone. When the link opens in the app select the option **Join meeting**

## Microsoft Teams



Meeting time!  
How would you like to  
join?

Join meeting

Sign in and join



Step 3: type your **full name** and click on the button **Join Meeting**. This will direct you to the event page



Type your name, then select Join meeting.

Uday

Join meeting



**Important Points to note.**

1. Meeting will be moderated by the speaker.
2. Participants will be provided an option only to listen to the speaker during the talk.
3. There will be a QA session open for participants after completion of the talk.
4. Questions can be posted during this time in the chat box which the speaker will respond at the end.



**Are you feeling stressed and finding it difficult to manage daily routines...?**

**JOIN THE WEBINAR ON**

**MANAGING STRESS &  
EMOTIONAL WELL BEING**

**To know how to practise self-care that ensures emotional wellbeing**



**Speaker : Mimansa Singh Tanwar**  
**Head, Fortis School Mental Health Program**  
**Lead Clinical Psychologist & Author**

**DATE & TIME: FRIDAY, 06 AUG 2021 - 3 PM TO 4 PM**

**PLATFORM - MS TEAMS (meeting link below)**

Click to join : [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_OTk1ZDdhMjktZjRkMS00MzJILWJmYjAtMzUxNTI5NzRiMmJi%40thread.v2/0?context=%7b%22Tid%22%3a%2265abc7f3-e609-42ab-a3c7-961a6d918e62%22%2c%22Oid%22%3a%2290710bfc-bdd4-4ed4-8c8e-206e3cb209a3%22%2c%22IsBroadcastMeeting%22%3a%22true%7d&sbtype=a&role=a](https://teams.microsoft.com/l/meetup-join/19%3ameeting_OTk1ZDdhMjktZjRkMS00MzJILWJmYjAtMzUxNTI5NzRiMmJi%40thread.v2/0?context=%7b%22Tid%22%3a%2265abc7f3-e609-42ab-a3c7-961a6d918e62%22%2c%22Oid%22%3a%2290710bfc-bdd4-4ed4-8c8e-206e3cb209a3%22%2c%22IsBroadcastMeeting%22%3a%22true%7d&sbtype=a&role=a)