

**Nagaland Board of School Education
Kohima**

CIRCULAR

Dated Kohima, the 21st August, 2021

No.NBE-24/Ad-Trg&Sem/2021-22:: The NBSE is pleased to invite the teachers to an upcoming webinar to be conducted by Madhubun Educational Books on "***Stress Management***" by Ms. Ira Sehgal on **Friday, 27th August 2021**, from **4:00 pm to 5:30 pm**.

Ms. Ira Sehgal, a Post Graduate in Education and with 14 years of experience in teaching senior students, has conducted students training programs in over 700 schools. She has also designed and conducted various teacher training programs. She is a certified Quest Trainer and thus trains teachers to ***handle behaviour issues*** as well as conducts theatre workshops for ***behaviour changes***. She has set up her own company ***Spectrum Growth*** that creates & conducts workshops for both students and teachers.

All the Heads of Registered Institutions are, therefore, requested to inform their teachers to participate in this webinar positively.

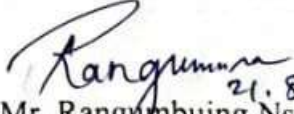
The meeting ID and passcode of the webinar will be shared at a later date in the email address of the schools and district WhatsApp groups.

Sd/- Asano Sekhose
Chairman

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Copy to:

1. The Special Secretary to the Government of Nagaland, Department of School Education & SCERT, Nagaland, Kohima for information.
2. The Mission Director, Samagra Shiksha, Nagaland, Kohima for information.
3. The Principal Director, School Education, Nagaland, Kohima for information.
4. The Heads of Registered Institutions under NBSE for information and necessary action.


21.8.2021
(Mr. Rangumbing Nsarangbe)
Secretary