

# **SISE & CTE, JABALPUR**

## **ONLINE CLASS SESSION**

- Date : 23/04/2020
- Coordinator : Smt. Sadhna Pandey
- Class : M.Ed. 4<sup>th</sup> Sem
- Time : 12:20 to 01:10 PM
- Subject : Guidance & Counselling
- Topic : Strategies to reduce Stress.
- TLM Used : Power Point Presentation
- Attendance : 100%

2:04

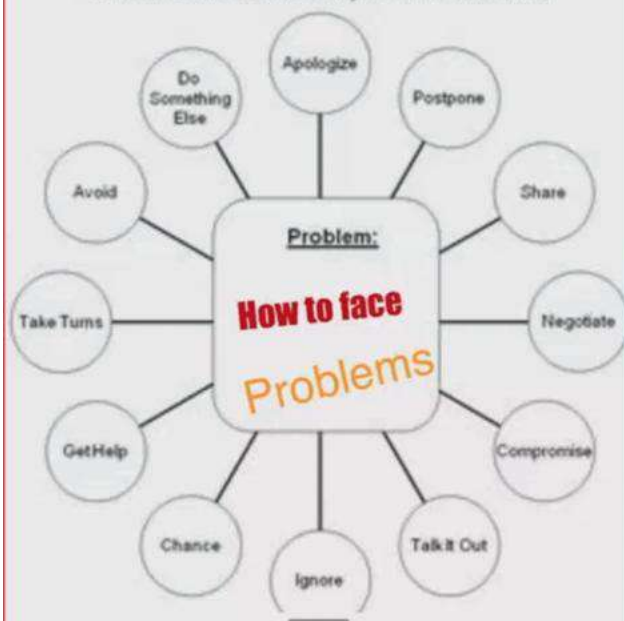


## Which Is Best?

Not all problem solving solutions work for every problem.

**Directions:** Write your problem in the box below. Think about each solution and decide if it would work for your problem.

Put a star next to the solutions that you think will work the best!



2:36

akhilesh is recording the call



Pandey Mam

43 minute

