

NEURO LINGUISTIC PROGRAMMING WORKSHOP IN THE ASIAN SCHOOL

Neuro Linguistic Programming is conducted in The Asian School on 28.02.2020 comprising cyber crime awareness and health checkup programme. A renowned counselor Shri Dinesh Sharma, Cyber Security Awareness expert and health checkup team of doctors carried out the workshop to the students. Shri Dinesh stressed that NLP can be used to remove fear, phobia, traumas and to get relief from addiction. It can be used to cure BP, to develop confidence and to get relief from anxiety, depression and guilt. It will lead to the bright future creating high self image of the students. The expert of cyber security awareness told the students that they should use net carefully, not to talk with strangers and not to share their passwords with anyone. In health checking programme a team of doctors advised the students to avoid junk food which leads to obesity causing many diseases. The Doctors threw a flood of light on HIV, HB, prevention of accidents, family and sex education, mental health and adolescence. By and large, the programme was beneficial to the students who attended the workshop.