

EmpowerU *Navigating Life's Path...*

A Workshop on Essential Adolescent Skills

Shree Swaminarayan Gurukul
Gyanbag International School

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**What are life skills?
How to Manage Stress?
What is mindfulness?
Can I use mobile?
and many more things....**



Date: 16-09-2023, Saturday 10:00 am onwards

Send your questions (What'sApp only): 9825220807