

Understanding Stress, Building Resilience: A CBSE Training Session for Teachers

Pune, Maharashtra | 29th August, 2026



S.B. Patil Public School, Ravet, organised an all-day CBSE training session on Stress Management for its teaching faculty on 29th August, 2026. Nearly 40 teachers participated in the professional development programme, which focused on understanding the nature of stress, identifying its causes and learning practical ways to manage it effectively in everyday professional and personal situations.

The session was conducted by two resource persons who brought extensive experience in education, teacher development and student well-being. Dr. Hitesh Sharma, CBSE Master Trainer and recently appointed Deputy Director for CBSE Training for the Pune region, led the session with his expertise in education, leadership and academic administration.



Ms. Rutika Bhatkhande, PGT Biology and HOD of Science, Psychology and Physical Education at The Orchid School, Baner, Pune, brought over 15 years of teaching experience, along with qualifications in school leadership, student psychology and school counselling.

The training began with an understanding of the basics of stress and the different ways in which it can affect an individual. The resource persons explained that stress is not necessarily harmful in itself. Depending on its intensity, duration and impact, it can either motivate an individual or become a source of significant difficulty.



An important distinction discussed during the session was between positive stress, or eustress, and negative stress. Eustress is the form of stress that can energise and motivate a person, helping them remain focused, rise to a challenge and perform effectively. For teachers, a healthy level of pressure before a lesson, examination or important school event can sometimes encourage preparation, alertness and productivity.

On the other hand, negative or excessive stress can become overwhelming and interfere with an individual's ability to function effectively. Persistent pressure, unrealistic expectations, heavy workloads, time constraints and challenging situations can contribute to stress when they are not managed appropriately. Recognising the difference between productive pressure and harmful stress is therefore an important part of maintaining emotional and professional well-being.

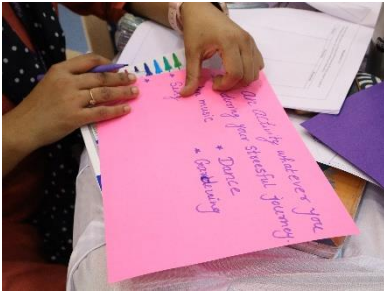


The resource persons also explored the common causes of stress in the teaching profession, including workload, deadlines, classroom challenges, multiple responsibilities and the need to respond to the varied academic and emotional needs of students. The discussion encouraged teachers to recognise their own stress triggers and become more conscious of how they respond to difficult situations.

A key strength of the training was its practical and relatable approach. Rather than limiting the discussion to theory, the resource persons used real-life classroom examples to demonstrate how stressful situations can arise and how teachers can approach them more constructively. Various situations familiar to educators were discussed, allowing participants to reflect on their own experiences and consider practical alternatives.



The teachers were introduced to ways of dealing with stress through better awareness, appropriate responses, effective prioritisation and healthier approaches to everyday challenges. The emphasis was not simply on eliminating stress, but on understanding it and developing the ability to respond to it in a balanced and constructive manner.



The session also highlighted the importance of teacher well-being in creating a positive classroom environment. A teacher who is able to recognise and manage stress is better positioned to remain calm, patient and responsive when faced with the everyday challenges of teaching. Thus, stress management is not only a personal skill but also an important aspect of effective teaching and classroom practice.

The day-long training provided the teachers with valuable opportunities for learning, reflection and professional growth. By combining conceptual understanding with practical classroom situations, the session encouraged educators to look at stress from a more informed perspective and equip themselves with strategies to navigate pressure more effectively.



The programme was a meaningful professional development experience, reinforcing the message that while stress is an unavoidable part of life, our understanding of it and the way we respond to it can make all the difference.