



***Being their Best
In spite of pandemic !***



Adamas International School Empowers Class X



**Self Study
techniques-
3A model to
Deal with
Pandemic**

**11th June 2021
10.00 am-11.30 am**

**Zoom
Meeting**

**ID:93204054108
Passcode:953801**

Salony Priya

Founder Director UMMEED

Community psychology of
India ,International CBT
association , AISCAP

**Positive psychologist, Therapist ,
Coach , Parenting expert ,Life skills
& HR Trainer Education Consultant**



- Proactive & Productive Plan
- SELF STUDY
- SMALL STEPS EVERYDAY

**BUILDING MY
SKILLS**

**BALANCE
VIRTUAL & REAL**

BEYOND SCHOOL

Counselling & Guidance

**Proactive approach in Pandemic
Enabling and Empowering our students
to be their best**

**Have faith and direction to carry on building
their skills and knowledge !**