Workshops and seminars are an ideal platform for knowledge sharing. In this fast-paced world, technological development, pedagogical explorations and advancements have become everyday affair. To keep pace with the ever changing trends, it has become a necessity for educational institutions to expose their students to the innovative methods and abreast them with changes that surface every now and then in the field of education and future work places. These workshops and seminars familiarize them with a wide range of experiences.

OPJMS conducted a series of workshops and seminars on an array of topics for its student body during the session 2013-14. The focus of these workshops and seminars was to facilitate the young learners and equip them with right skills, attitudes and values so that they may successfully sail through their future ventures.

**Workshop on Stress Management**

A workshop on Stress Management was organized in the school premises for the students of OPJMS. The students had the opportunity to interact with luminary Retired Lieutenant Colonel D.P. Vats, Ex-Chairman AFMC, Pune and Member of Selection Committee, HPSE. The revered Guest speaker not only shared valuable and enriching information on ‘Stress-its causes and effects’ but also on –
‘Effective Stress Management Techniques’. He enabled the students to have a deeper insight into the topic by relating it to their lives. The workshop provided the students with efficacious methods to deal with stress and was applauded by all.

**Management Seminar**

Prof. C Raj Kumar, Vice Chancellor, Jindal Global University, Sonipat visited OPJMS and communicated with the students. He gave an insight into various career options available to the students in the field of Management and Law. He updated them about varied global courses, programmes and curriculum available at Global Law University, Sonipat. This interaction further initiated a visit by the students of OPJMS to the OP Jindal Global University. The students were given a peep into the functioning of the university along with the information on future prospects in legal arena. They had the very feel of the opportunities that lie ahead for them in these career domains. The students had the advantage of interacting with Mr. Andrew Hall and Mr. Shounak Roy and enriching themselves about pursuits in Management and Literal Arts and Humanities. This orientation endowed the students with career informations and widened their horizons about the job prospects and opportunities which exist in the domains they wish to excel.