

DISTRESS TO DE-STRESS: HANDLING EXAMINATION STRESS

Gurugram schools conducting stress management sessions to help students

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<https://www.prlog.org/12705696-distress-to-de-stress-handling-examination-stress.html>

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GURGAON, India - Jan. 23, 2019 - *PRLog* -- Gurugram: The boards' exams are coming and fear of

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<https://educationpostonline.in/2019/01/21/distress-to-de-stress-handling-examination-stress/>

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<https://newsfeed.co.in/cities/stressed-for-cbse%E2%80%89board-exams-gurugram-schools-counselling-sessions-to-help-students-education/>

Stressed for CBSE board exams? Gurugram schools counselling sessions to help students | education



With board examinations around the corner, private schools in the city are taking a host of measures to ensure that students appearing for the exams are not burdened by stress and anxiety. To ease the pressure, schools are holding counselling sessions and exam-related stress management workshops. While the class 12 CBSE board examinations will start February 15 and conclude April 3, the class 10 board examination will commence February 21 and end March 29.

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The school conducted a workshop for class 12 students in November, and experts from the mental health wing of a private hospital in the city were called in. “We call experts from outside for special sessions. Webinars focusing on exam anxiety and stress are also conducted. These sessions are important since board examinations are an important deciding factor, especially for class 12 students, on whom the pressure of making wise career choices is relatively higher,” Bhardwaj added.

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The school conducted multiple examination stress sessions for class 10 and 12 students in December. Other schools have counselling sessions planned for the months of January and February. “We have a session planned for the first week of February, for which we are bringing persons from outside. These day-long sessions will not only give students a platform to raise their concerns, but will also focus on meditative exercises,” Aparna Erry, principal, DAV Public School, Sector 14, said. Sessions will also be held for parents of students.

“During this time, children also face a lot of pressure from peers and family. So, it’s important for them to be a part of the conversation,” she added.

Ajanta Public School, Sector 31, also conducts counselling sessions for its students. “Preparing for board examinations is crucial for students, and support through counselling is important. We also hold extra revision classes and meditative sessions to help students maintain their confidence,” Vaibhav Kapoor, principal, said.

<https://www.studentsnewsindia.com/2019/01/stressed-for-cbseboard-exams-gurugram.html>

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Counselling session for student at Blue Bells Public School.

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<http://www.chennaihavenews.com/Education/Features/20190123084301/DISTRESS-TO-DE-STRESS--HANDLING-EXAMINATION-STRESS.aspx>

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INVC NEWS

New Delhi ,

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