



ITL organizes Workshop on “Minimize your stress and celebrate the Exam Season”

DATE	:	12 FEB 2015
VENUE	:	ITL PUBLIC SCHOOL
ORGANISED BY	:	EXPRESSIONS INDIA & HINDUSTAN TIMES
ATTENDED BY	:	STUDENTS OF CLASS IX & X

An interactive workshop “Minimize your stress and celebrate the Exam Season” was held in ITL Public School on 12 February 2015. The workshop was a collaborative effort of Hindustan Times, Expressions India – The National Life Skills and School Wellness Programme, AISCAP – Association of Indian School Counsellor and Allied Professional and ITL Public School. The workshop aimed at creating a positive and balanced approach towards examination. The workshop had as its resource person Dr. Jitendra Nagpal, MD, DNB, Program Director, Expressions India and Pooja Shivam Jaitly from Expressions India. The focal themes of discussion were Time Management, Concentration and Study Skills during Exams, Tricks to improve Memory, Everyday Family support and communication, detoxing from internet & phone, the importance of sleeping right and eating right, importance of outdoor activities, exercises and better health & wellness, short relaxation methods, seeking help from school teachers and experts during exam. A lively discussion was held on Eustress, Distress and No stress situations.

Students were guided on how to identify the signs of stress. Examination strategies were also discussed upon, students shared their unique strategies which have proved to be effective in confronting the exam challenge. A movie by students on exam stress beautifully depicted the traumatic situation of students during exams and suggested how students should smile their way through exams. Exam guidelines given by the yoga expert on how to mitigate stress gave students the realization that exam is a way of life which should be faced with grace and confidence. Ayesha Banerji, Editor H.T. interacted with students building up their confidence. In a nutshell, the workshop was truly enlightening, knowledgeable and would surely benefit the students during exam time.