

“How to Cope With Exam Stress”

Exams can be stressful, but being prepared can help in managing stress and allow to perform at your best.

Keeping in mind the same, a workshop "How to Cope With Exam Stress" exclusively meant for classes VI to X was organised on 27.9.22 by Grievance Committee to share lots of exam techniques to make sure to get the most out of your exams and keep the stress and anxiety at bay.

Resource person:

Ms Kapila Rekhi

