AMITY CENTER OF EXCELLENCE FOR POSITIVITY AND HAPPINESS (ACEPH) CELEBRATES DAY OF BELONGINGNESS

1. Our students belong to us, and it is our duty to understand and help them for their optimal performance in both personal and professional lives. Hence, Amity Centre of Excellence for Positivity and Happiness decided to conduct an Online Session for Managing Examination Stress for students. Subsequently, Director ACEPH, Prof (Dr) Manju Agrawal, conducted the session from 4:00 PM to 5:00 PM on 29th April 2022 at MS Team portal.

Team Code - badoj46

Team Link

https://teams.microsoft.com/l/team

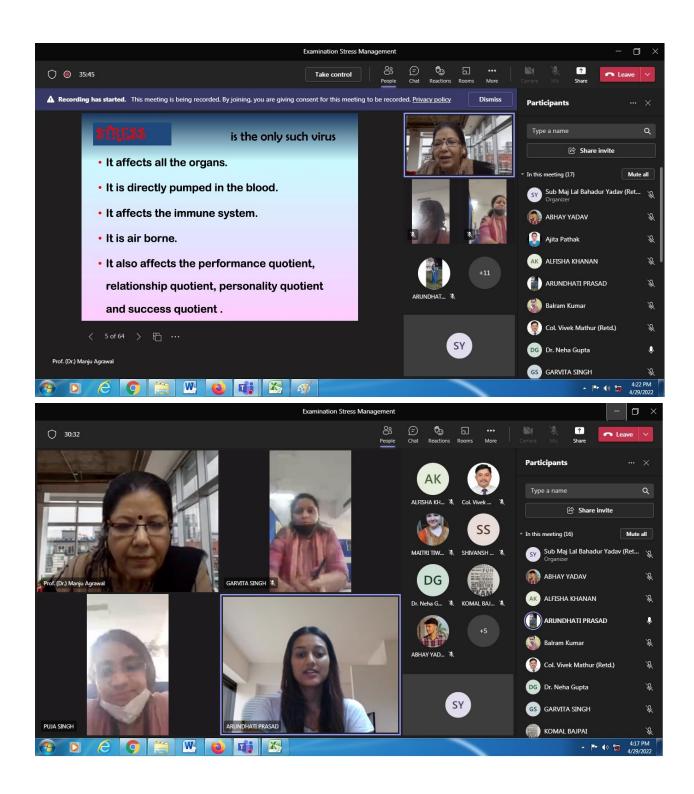
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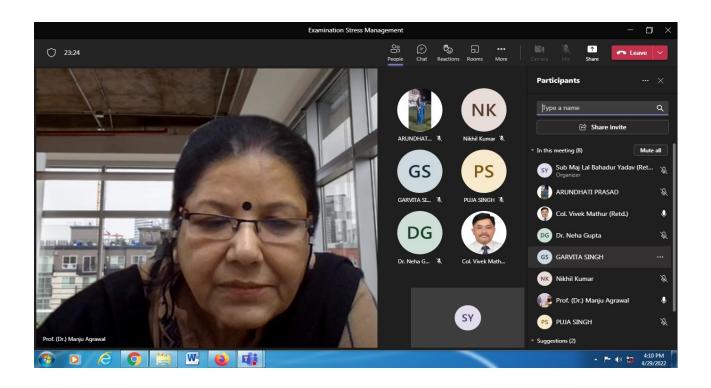


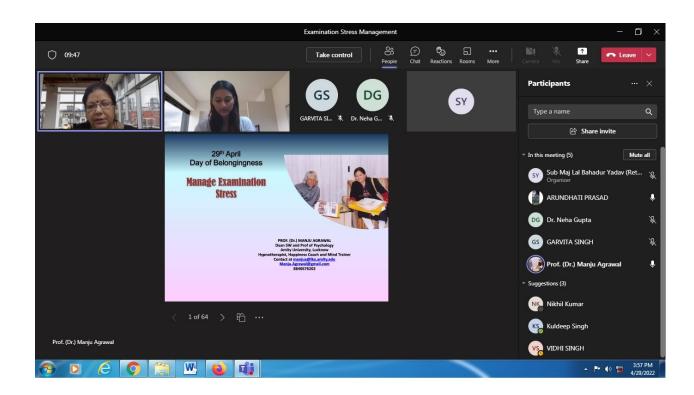
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- 2. There was a brief interaction on concept of stress i.e. what is stress, why stress and how stress can be reduced at their end. It was not a theoretical but a skill based workshop. It was divided into three levels (1) before examination (2) on the day of examination (3) at the time of examination. They were given the techniques of Pranayama and Self-talk and how to make stress their friends. They were also made aware of psychological and physiological changes in their body due to examination stress and how to deal with them.
- 3. Approximately **38** numbers of participants including faculty, staff & students attended the workshop. They gave extremely positive feedback of the workshop as it was currently relevant for them. They demanded for more such workshops.











Amity Center Of Excellence For Positivity and Happiness (ACEPH) Celebrates Day Of Belongingness

WORKSHOP

Managing Examination Stress



MS TEAM CODE

badoj46 originated



Prof (Dr) Manju AgarwalDirector ACEPH

open to all students who wish to excel their performance in examination