

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/19%3agtVOoSXjMMTCjTyKa7CKnGJczZBRs7bDjxFUAqco0yw1%40thread.tacv2/conversations?groupId=2a2664fa-9972-4d2f-85cd-a93aca73963a&tenantId=8d46a076-d093-416d-a57b-8692cde13bf8>



Join conversation

teams.microsoft.com

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.

Examination Stress Management

35:45

Take control

People Chat Reactions Rooms More

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#) Dismiss

Participants

Type a name

Share invite

In this meeting (17) Mute all

- SY Sub Maj Lal Bahadur Yadav (Ret...) Organizer
- ABHAY YADAV
- Ajita Pathak
- AK ALFISHA KHANAN
- ARUNDHATI PRASAD
- Balram Kumar
- Col. Vivek Mathur (Retd.)
- DG Dr. Neha Gupta
- GS GARVITA SINGH

5 of 64

Prof. (Dr.) Manju Agrawal

4:22 PM 4/29/2022

Examination Stress Management

30:32

Take control

People Chat Reactions Rooms More

Participants

Type a name

Share invite

In this meeting (16) Mute all

- SY Sub Maj Lal Bahadur Yadav (Ret...) Organizer
- ABHAY YADAV
- AK ALFISHA KHANAN
- ARUNDHATI PRASAD
- Balram Kumar
- Col. Vivek Mathur (Retd.)
- DG Dr. Neha Gupta
- GS GARVITA SINGH
- KOMAL BAIJAI


4:17 PM 4/29/2022

Examination Stress Management

23:24

People Chat Reactions Rooms More

Camera Mic Share Leave



Prof. (Dr.) Manju Agrawal

Participants

Type a name

Share invite

Mute all

In this meeting (8)

- SY Sub Maj Lal Bahadur Yadav (Ret...) Organizer
- ARUNDHATI PRASAD
- Col. Vivek Mathur (Retd.)
- DG Dr. Neha Gupta
- GS GARVITA SINGH
- NK Nikhil Kumar
- Prof. (Dr.) Manju Agrawal
- PS PUJA SINGH

Suggestions (2)

ARUNDHAT... Nikhil Kumar

GS GARVITA SL... PS PUJA SINGH

DG Dr. Neha G... Col. Vivek Math...

SY

Windows Taskbar: Edge, Chrome, File Explorer, Word, Outlook, Teams

System Tray: 4:10 PM, 4/29/2022

Examination Stress Management

09:47

Take control

People Chat Reactions Rooms More

Camera Mic Share

Leave

Participants

Type a name

Share invite


In this meeting (5) Mute all

- SY Sub Maj Lal Bahadur Yadav (Ret...) Organizer
- ARUNDHATI PRASAD
- DG Dr. Neha Gupta
- GS GARVITA SINGH
- Prof. (Dr.) Manju Agrawal

Suggestions (3)

- NK Nikhil Kumar
- KS Kuldeep Singh
- VS VIDHI SINGH

29th April
Day of Belongness
Manage Examination Stress



PROF. (Dr.) MANJU AGRAWAL
Dean SW and Prof of Psychology
Amity University, Lucknow
Hypnotherapy, Happiness Coach and Mind Trainer
Contact at manjus@lko.amity.edu
Manju.Agrawal@gmail.com
884067932

1 of 64

Prof. (Dr.) Manju Agrawal

3:57 PM
4/29/2022



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

WORKSHOP

Managing Examination Stress



29th April 2022
at 4 pm - 5 pm

MS TEAM CODE

badoj46 originated



Prof (Dr) Manju Agarwal
Director ACEPH

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