

Management of Exam Stress

Mon 08.02.2010

Place: Government High School, Hill Street
Times: 11:00 to 12:30
Contact person: MaFo
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Category: Our Events
Additional Information:

Tips to reduce exam stress and study effectively

Date: 8th and 9th February 2010*****Time:** 11:00 am –12:30 pm

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Makro Foundation organized an education program on Examination Preparations Tips to reduce stress and tension for 115 students of the Government High School.

Participants: Students of 8th and 9th and 10th students. (VIII A,VIII B, IX A, IXB,X)

Objective: To provide tips on "Studying effectively to reduce Exam stress and tension"

Content: The session began with an introduction, followed by session on tips and stress management mechanisms. It was an interactive session. Publicity about suicide prevention helpdesk was done. At the end of the program, biscuits were distributed to the students. The students were very happy and faculty was satisfied with the program.

Method: Power point presentation, discussion.

Material Provided: A 3-page document on Tips of effective study to reduce exam stress provided in English and Telugu.

Calendar - Event detail

Makro Foundation

Photos: [click here](#)

Print date: Fri 26.04.2024

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