

Exam Stress...

A Natural Feeling...

...Let's LEARN to DEAL with it



4 STEPS TO ACCOMPLISHMENT

- Plan purposefully
- Proceed positively
- Prepare prayerfully
- Pursue persistently



- [Some tell tale signs of Stress](#)
- [Study and Memorization Tips](#)
- [Diet, Exercise & Sleep](#)
- [FAQs by Parents](#)
- [FAQs by Students](#)
- [Mantras for your mind, body & soul](#)

“Literature, music and the arts, all are necessary for the development and flowering of a student to form an integrated total personality.”

Rabindranath Tagore

* Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit.

Conrad Hilton

* You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

Woodrow Wilson

* Someone has defined genius as intensity of purpose: the ability to do, the patience to wait. . . . Put these together and you have genius, and you have achievement.

Leo J. Muir

Be the Change you wish to see

M.K. Gandhi

OBJECTIVES

- To help examination going students understand stress and anxiety.
- To be aware of the signs of stress that build up during examinations..... naturally..... and learn to deal with it.
- To help parents and guardians facilitate children towards healthy coping and preparation for examinations.

“If men took life less seriously, they could very soon make it more perfect. God never takes his works seriously; therefore one looks out on his wonderful Universe”.

Sri Aurobindo

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