

**ONE DAY WORKSHOP ON “Mental Health And Well Being
During exams”**
**Organized by psychological counseling cell GGV
Bilaspur**
13 August 23

A workshop on preventing exam phobia is designed to help students manage anxiety and stress related to exams. This type of workshop focuses on building confidence, teaching coping strategies, and providing practical tips for exam preparation. Here's a suggested outline for such a workshop.

The workshop was led by a mental health professionals Mr.Prashant Pandey and Ashish Tiwari (Psychiatric Nurse and Master Trainers)and Psychological Cell members GGV Dr. Rajeshwari Garg and Dr. Prasenjit Panda they included interactive discussions, videos, and activities.

Workshop Objectives:

- To help participants understand exam phobia and its causes.
- To provide practical strategies for managing anxiety and stress related to exams.
- To build confidence and improve study habits.
- To create a positive mindset towards exams.

Workshop Outline:

1. Understanding Exam Phobia

- Overview: Definition of exam phobia and how it differs from normal test anxiety.
- Causes: Common causes of exam phobia, including fear of failure, high expectations, and lack of preparation.
- Symptoms: Physical, emotional, and behavioral symptoms of exam-related anxiety.
- Activity: Icebreaker activity or a quick survey to assess participants' experiences with exam anxiety.

3. Building a Positive Mindset

Topics

- Techniques for reframing negative thoughts into positive affirmations.
- Visualization and positive imagery to build confidence.

Activities

- Guided visualization exercise: Participants imagine themselves succeeding in an exam.
- Creating personalized positive affirmations for use during study sessions and before exams.

4. Effective Study and Time Management Skills

Topics

- How proper planning and organization can reduce exam-related stress.
- Effective study techniques, including active learning, spaced repetition, and summarization.

- Creating a realistic study schedule.

Activities

- Workshop on creating a personalized study timetable.
- Practice sessions on different study techniques (e.g., mind mapping, flashcards).

5. Stress Management and Relaxation Techniques

Topics

- Understanding the body's stress response and how to manage it.
- Techniques for relaxation, including deep breathing, progressive muscle relaxation, and mindfulness.

Activities

- Breathing exercises: Teaching deep breathing and mindfulness techniques.
- Guided relaxation session: Progressive muscle relaxation or a short mindfulness meditation.

This workshop aims to empower students with the tools and confidence they need to approach exams with a positive mindset and effective strategies, ultimately reducing their anxiety and improving their performance.



