

The first term examination is round the corner and fear of not Performing well causes great anxiety among the students. It is important for Students to be in Calm State of mind and to deal with any emotion ,that may be causing distress, during examination. To overcome the stress and anxiety caused during exams, an interactive workshop on stress management and exam anxiety was organized in D.A.V. Public School, Kailash Hills on 28th August 23, for students of grade IX& X. The objective of the workshop was to equip the young aspirants with the skill and strategies to manage exam stress. Ms. Jaishree consultant and life skills trainer conducted the workshop.

