



16. Workshop on Management of Examination Related Performance Anxiety

Name of the Program	Workshop on Management of Examination Related Performance Anxiety
Resource Person	Ms. Neerajana Ghosh, Consultant, Clinical Psychologist
Organising Department	Psychology , IQAC & Psychological Counselling Cell
Date	16.07.2021
Beneficiaries	100
link	View

Report of the Program

On July 16, 2021, the Department of Psychology, in collaboration with the IQAC and the Psychological Counselling Cell at Basanti Devi College, conducted a workshop titled "Management of Examination Related Performance Anxiety." The workshop, aimed at helping students manage stress and improve their performance, was attended by 100 participants.

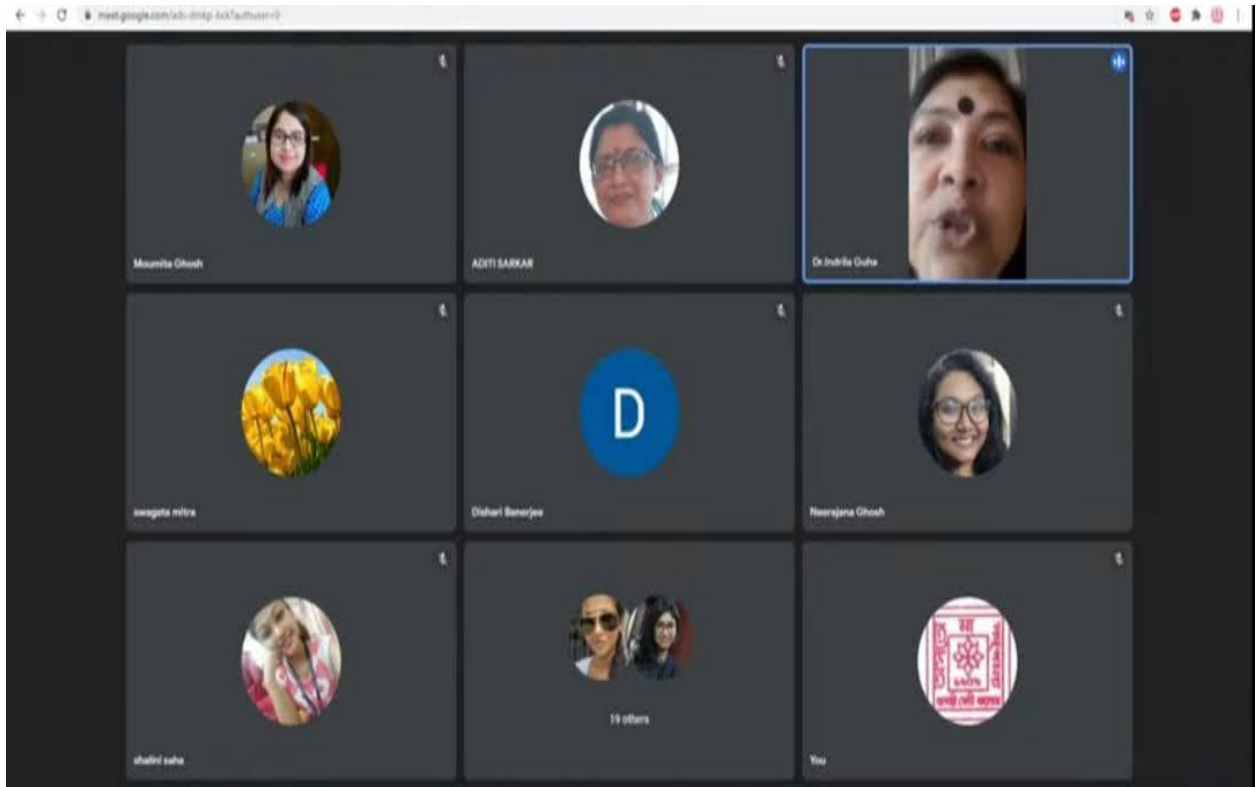
Ms. Neerajana Ghosh, a Consultant Clinical Psychologist, served as the resource person for the event. Ms. Ghosh provided valuable insights into the psychological aspects of examination-related anxiety, offering practical strategies for managing stress and enhancing academic performance. Her session covered techniques such as mindfulness, cognitive restructuring, and effective study habits to reduce anxiety and boost confidence.

The workshop was highly appreciated by attendees for its practical approach and the interactive nature of the session. Participants left with actionable tools and techniques for handling examination stress, which will support their academic and personal well-being.

Indrila Guha



Highlights of the Program



Workshop on Management of Examination Related Performance Anxiety (online)



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