



Managing Exam Stress in a Heartfulness Way

Objectives: To understand the impact of exam stress on students' well-being and Heartfulness techniques (to practice relaxation and focus techniques as well as to develop a positive mindset and resilience) for managing exam stress

Outcomes: At the end of session students able to reduce stress and anxiety levels, Improved focus and concentration, enhanced self-awareness and self-regulation and Improved overall well-being and happiness

Date	12-10-2023
Time	9:30 am to 11: 30 am
Venue:	Gopla Bhavan
Speaker	Shri Hiteshbhai Parekh
Class:	FYBBA
Coordinator	Ms. Vaishali Pillai
Category	Spiritual Club

Exam stress is a common experience for students, and it can have a significant impact on their well-being and performance. Heartfulness offers a unique approach to managing exam stress by focusing on relaxation, mindfulness, and self-awareness.





Managing exam stress in a Heartfulness way has proven to be highly effective. Participants reported significant reductions in stress levels, improvements in focus and concentration, and increased confidence and positivity. The program's emphasis on relaxation, mindfulness, and self-awareness helped students develop resilience and better coping mechanisms. It is important to understand, and routine practice the heartfulness techniques into regular exam preparation routines for optimal well-being and performance.

The following points were discussed:

- Heartfulness relaxation and meditation techniques
- Yoga and breathing exercises
- Mindfulness and focus exercises
- Journaling and reflection
- Group discussions and sharing

By adopting a Heartfulness approach to managing exam stress, students can develop the skills and resilience needed to perform at their best and maintain their well-being.