

MANAGING STRESS, ANXIETY, AND ACADEMIC PRESSURE

EVENT: Workshop on Managing Stress, Anxiety, and Academic Pressure

DATE: 22 April 2026

CONDUCTED FOR: Class X

A workshop session was conducted for Classes X-A, X-B, and X-C on the topic “**Stress, Anxiety, and Academic Pressure.**” The session aimed to raise awareness about the challenges students may face during their academic journey and equip them with effective strategies to manage them.

Through interactive discussions, students explored the common causes and effects of stress and anxiety, particularly those associated with academic expectations, examinations, and personal goals. The session provided a safe and supportive environment where students were encouraged to share their experiences, concerns, and perspectives openly.

Practical coping techniques such as effective time management, relaxation exercises, positive thinking, and healthy study habits were introduced to help students navigate academic demands with greater confidence and balance. The importance of maintaining emotional well-being alongside academic achievement was also emphasized.

Students actively participated throughout the workshop, making it both engaging and insightful. The session empowered them to recognize signs of stress, adopt healthier coping mechanisms, and approach challenges with resilience and a positive mindset.

The workshop served as a valuable step towards promoting mental well-being and fostering a balanced approach to academic success.

