A Report On

EXAM TIME WELLNESS
Stress Management & Emotional Care

Project: Exam Time Wellness: Stress Management & Emotional Care

Date: December 7, 2025

Mode: Online/Virtual (Google Meet)

Host: Rotaract Club of Government College Sanjauli

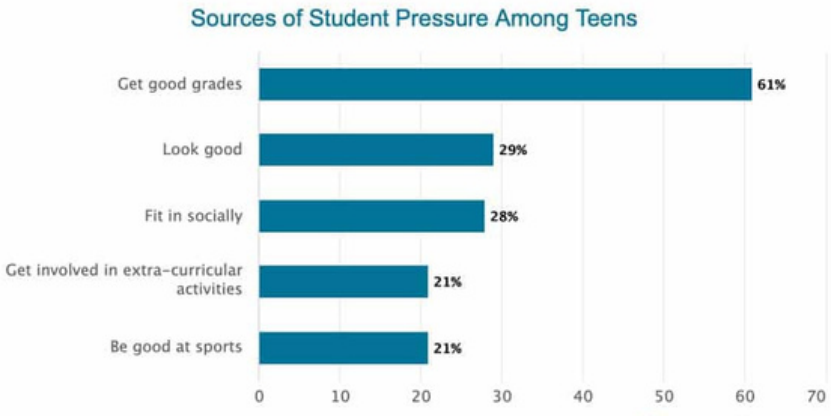
In Collaboration With: Rotaract Club of Chandigarh Himalayan

The Rotaract Club of G.C. Sanjauli, in collaboration with **RAC Chandigarh Himalayan**, successfully organized an online session titled "Exam Time Wellness: Stress Management & Emotional Care." The session was conducted with the objective of helping students manage academic pressure, reduce stress, and maintain emotional well-being during examinations.

The guest speaker for the session was **Ms. Prena Kashyap**, Postgraduate in Psychology (JPMR), EFT & Hypnotherapy Practitioner, Director & Founder of Inscape: Stepping into Inner World, and Guest Lecturer in the Department of Psychology, PGGC-11, Chandigarh. She shared valuable insights into understanding exam stress and provided practical techniques to manage anxiety effectively.

Key topics covered during the session included understanding the psychological and physiological impact of stress, emotional regulation strategies, breathing and grounding techniques, maintaining a healthy study-life balance, and the importance of seeking support when required. The speaker emphasized that success begins when stress ends and encouraged students to prioritize mental wellness alongside academic preparation.

Members actively participated in the session and engaged in the interactive discussion and Q&A segment. The program proved to be an insightful and enriching experience that equipped participants with practical coping mechanisms to handle exam-related stress confidently. The session concluded on a positive note, reinforcing the importance of emotional care and resilience for holistic student development.



Reported by: Rtr. Nancy Chandel

Rotaract Club,

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