

# VSEC's interactive session for school students on "Exam Anxiety"



The Vidya Social Empowerment Center (VSEC) organized an interactive session for students of PCN Govt Higher Secondary School, Mookkuthala on the theme "Exam Anxiety" on 17 October 2021 through the Zoom platform. Alkesh Mohan (S7 B Tech EEE), Yogita R Nair (S7 B Tech CSE), VSEC Student Volunteers, served as the resource persons for the session.

The program was presided by Mr P Unnirajan IPS (Retd), Director of VSEC and was anchored by Meghna Vasanth (S2 B Tech ME) and Fayas Mohammed (S7 B Tech EEE).

The interactive session began with Alkesh talking about how to handle stress and pressure during exams. His words had a great positive impact on the students. He shared the issues students faced with regards to concentration and focus and how to overcome it. He emphasized on the factor that students had to always have to be consistent in their work and constant

persistence in their efforts could bring remarkable changes.

Yogita had later shared a few tips and methods to handle exams, based on her personal learning experience. She also brought into light the importance of “power of habit” one has in their life and how it could be achieved by leading a productive life. She had also advised students to make a good habit loop in their routine which would help them lead a productive life.

Later there was a “Treasure Hunt” for the students to captivate their minds.

The program was coordinated by Fayas Mohammed (S7 B Tech EEE) and Anjali S Nair (S7 B Tech CE). It was lead under the guidance of Dr Siju K C, Ms Lakshmi N S, Ms Salkala K S, Mr Shali K R, Ms Surabhi M S, Ms Akhila R, Mr Alex Chacko C and Dr Vineetha C P.

