

## સેમિનાર: “How to fight with Exam fear”

- ✓ શુ આપ પરીક્ષાનો ભય અનુભવો છો.?
- ✓ શુ આપ પરીક્ષામાં સારૂ પરિણામ મેળવવા ઇચ્છો છો.?

તારીખ: ૦૬, ફેબ્રુઆરી ૨૦૨૦, બુધવાર

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સ્થળ: સેમિનાર હોલ,  
ઉમિયા આર્ટ્સ & કોમર્સ કોલેજ.

## **How to Fight against Exam Fear**

### **Schedule**

<b>Time</b>	<b>Activity</b>
9:00 – 9:30	Registration
9:30 – 11:00	How to Control Exam Phobia and Stress of Exam
11:00 – 1:00	Few Techniques of Stress Management
01:00 – 02:00	Lunch – Break
02:00 – 03:30	Effective Time Management
03:30 – 04:30	Interactive Session
04:30 – 05:30	Valedictory

### **Report of the Activity**

Kind of Activity	:	Seminar
Date of Activity	:	05.02.2020
Name of the Speaker	:	Prof. Kunjvihari Makwana
Topic of the Activity	:	How to Fight against Exam Fear
Number of Participants	:	250

## **Summary of the Activity**

In the students' life, the only moments of stress are examination moments. Throughout the year, they enjoyed college life, but the examination time makes them obedient and polite. The Seminar was organized on 5<sup>th</sup> February, 2020, on "How to Fight against Exam Fear". In the inaugural function the President of KVC Education Trust Shree Babubhai J. Patel, the speaker, the principal and the Secretary of KVC Education Trust Shree Chandubhai Patel were present along with the faculty members and the students.

In the seminar many points were discussed with the students regarding how to control exam phobia and stress of exam. The students were guided to plan their studies structurally and to follow strictly the timetable.

To control exam phobia and management stress, some techniques were discussed like taking frequent breaks between study periods, exercising and going out doors for effective relaxation. Covering difficult subjects with a fresh mind will help to solve their problems. Incorporative various study methods is a good technique but everybody has different methods that work for them.

The speaker even discussed good habits like good food and good sleep. Another good practice that the speaker discussed was that the students need to understand the content well. The students actively participated by asking questions and taking tips. This seminar was very helpful to the students who attended it. The speaker enlightened and shared his views and knowledge.

## Conclusion Points

- Find the Reason & important for Study.
- What you want Pleasure or Desire.
- Limited time for study. Time is running out.
- Clear the Distraction, (Relation, Mobile, Fr.
- Smart Study
- Positive Attitude
- Take care of your Mind & "



