

M.K DAV Public School, Daltonganj Fosters Open Conversations on Exam Stress through

Pariksha Pe Charcha

As part of the Pariksha Pe Charcha initiative, an interactive open forum was organised today bringing teachers and students together in a supportive and informal setting. The session provided students with a safe space to openly express their feelings, concerns and anxieties related to examinations including the stress they experience before and during exams.

Teachers attentively listened to the students and offered practical guidance on managing stress through effective study habits, time management, relaxation techniques and positive thinking. The open exchange helped students feel heard, reassured and better equipped to face examinations with confidence and calmness.

The interaction proved to be a meaningful step towards fostering trust, emotional well-being and a stress-free academic environment.

The Honourable Principal, MRS. INDRANI CHATTERJEE expressed that the initiative was undertaken to create a culture of open communication and emotional support within the school. She emphasised that when students are encouraged to voice their concerns and receive timely guidance, they develop resilience and self-confidence. Reiterating the school's commitment to holistic development, she affirmed that academic success must be accompanied by mental well-being and emotional balance.

