



# المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

A NABET Accredited School Affiliated to CBSE vide Affiliation No. 6130012

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ISD/ACAD/CIR/005/2022

11/04/2022

## CIRCULAR (Classes X & XII – AY 2021-22)

### SESSION ON EXAM PREPAREDNESS AND STRESS MANAGEMENT

Dear Parents,

Greetings of the day !

The Term - II board examination is round the corner and fear of not performing well causes great anxiety among the students. It is important for students to be in a calm state of mind and to deal with any emotion that may be causing distress, during examination. To overcome the stress and anxiety caused during exams, an interactive online session on stress management and exam anxiety will be held for the students of Classes X & XII. The objective of the session is to equip the young aspirants of classes X and XII with the skills and strategies to manage exam stress in various ways, so that they can deal the stress and most importantly, be at ease and confident for the upcoming board examination.

The session details are as follows:

Sl. No	TIME	Day & Date	Class	VENUE
1.	7:00 PM- 8:30 PM	Tuesday, 12 <sup>th</sup> April 2022	X.A & X.B	<b>GOOGLE MEET</b>
2.	7:00 PM- 8:30 PM	Wednesday, 13 <sup>th</sup> April 2022	X.C & X.D	The link for the session will be posted in the respective Google Classroom by the class teacher.
3.	7:00 PM- 8:00 PM	Saturday, 16 <sup>th</sup> April 2022	XII.A & XII.B	
4.	7:00 PM- 8:00 PM	Monday, 18 <sup>th</sup> April 2022	XII.C & XII.D	

PS: Kindly note that the sessions on Tuesday, 12<sup>th</sup> April & Wednesday, 13<sup>th</sup> April 2022, will be followed by the orientation on selection of elective subjects in class XI.

Regards

  
Amar Srivastava  
Principal

