

Sushrutha Ayurvedic Medical College & Hospital

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REPORT ON EXAM MOTIVATION AND STRESS MANAGEMENT TALKS – 2025
(Titans batch 2023-24)

Organized by:

NSS Unit, Academic council, Student council of Sushrutha Ayurvedic Medical College & Hospital (SAMC&H), Bengaluru

Date: 30th January 2025

Time: 10.30 am to 12.00 pm

Venue: 2nd yr classroom, SAMC&H, Bengaluru

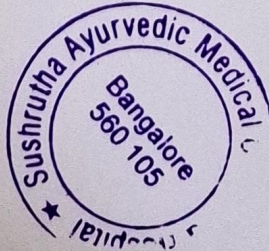
To uplift the spirits of the Titans Batch (Exam going batch) and help them navigate exam-related pressure with a calm mind, a special session on "**Exam Motivation and Stress Management**" was conducted on **30th January 2025**, from **10:30 AM to 12:00 PM** at 2nd BAMS Classroom.

The event aimed at boosting the students' confidence as they approach their exams and equipping them with practical ways to manage academic stress effectively. The session opened with a warm welcome to the teachers Dr. Alok roy (Principal), Dr. Remitha (Academic dean), Dr. Chandrakala, Dr. Divya, Dr. Suganya by NSS Programme Officer Dr. Nischal, who were invited as special guests to inspire and encourage the students with their words and presence.

As part of the opening, Dr. Alok Roy addressed the students on how to manage stress continued by Dr. Remitha, Dr. Divya and then Dr. Chandrakala, which set a focused and positive tone for the session.

Throughout the session, various techniques, real-life examples, and tips were shared to help students channel their energy positively, maintain discipline, and stay motivated during exam preparation. The session was interactive, engaging, and appreciated by the attendees. As part of the ending, Kshithija led the group by reading a motivational pledge, which set a focused and positive tone for the session. Later, pens were distributed as a blessing to the students.

*(Dr Nischal. P
NSS P.O, SAMC&H, BSV)*

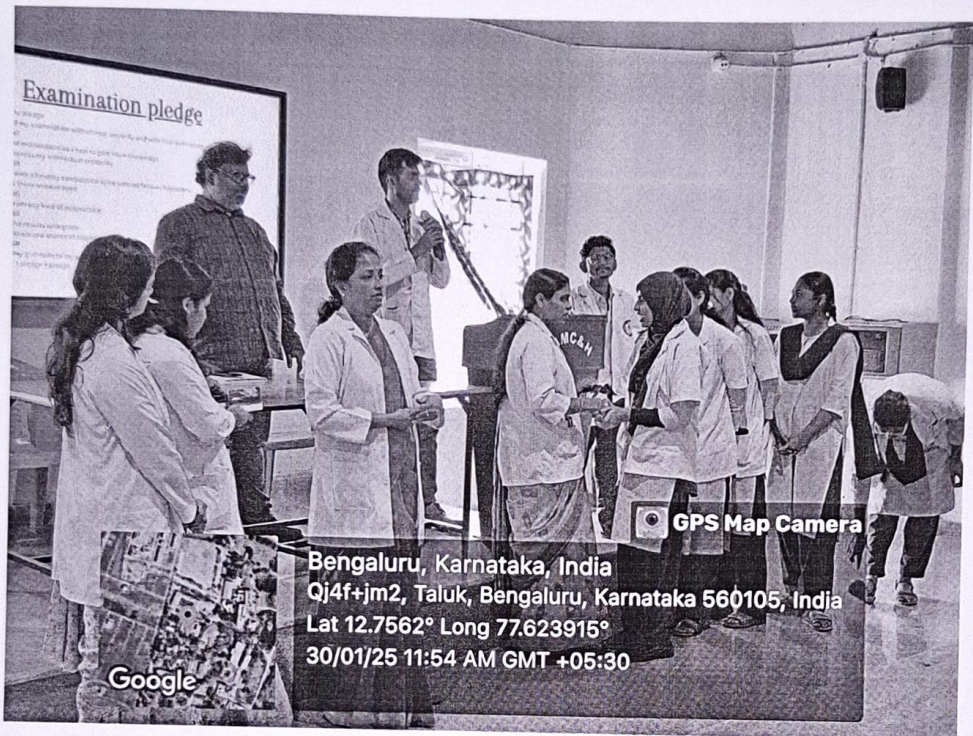


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Sushrutha Ayurvedic Medical College
and Hospital, Bengaluru-560105.
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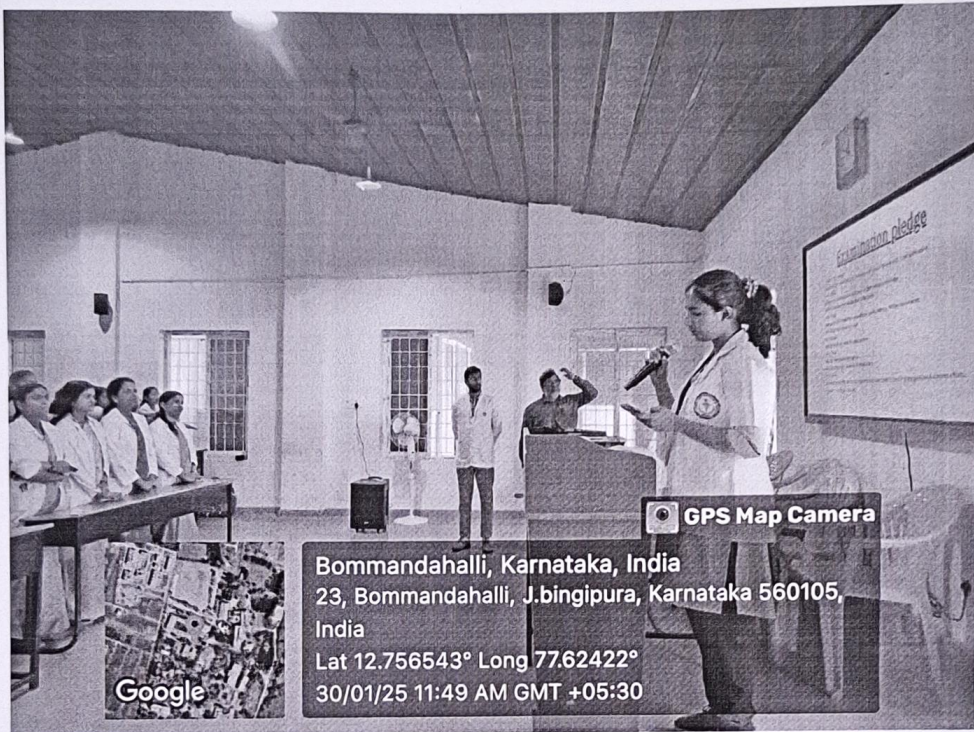
The event successfully created a supportive atmosphere, leaving students feeling empowered, focused, and better prepared mentally to face their upcoming exams.



*Dr. Nischal P
NSS PO, SAMEN (Bx)*



N. Cal
(Dr. Nishal P)
NSS PO, SPMU, BSV





Sushrutha Ayurvedic Medical College and Hospital, Bengaluru
(Recognised by NCISM, Ministry of AYUSH, New Delhi, Affiliated to RGUHS, Karnataka)

EXAM MOTIVATION & STRESS MANAGEMENT TALKS
(To exam-going batches)
Organised by
NSS wing, Academic Council, Student council
Date : 30/1/2025 **Time : 10:30 - 11:30**
Venue : 1st BAMS classroom



(Dr. Nishat P. NSS PO, SMCMB)