

Sushrutha Ayurvedic Medical College & Hospital

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**REPORT ON 'EXAM MOTIVATION AND STRESS MANAGEMENT TALKS – 2025'
(Panthers batch - 2021-22)**

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

Date: 1st February 2025

Time: 11.00 am to 12.00 pm

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

To uplift the spirits of the panthers Batch and help them navigate exam-related pressure with a calm mind, a special session on **"Exam Motivation and Stress Management"** was conducted on **1st February 2025, from 11:00 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. Ravikiran, Dr. Sandhya, Dr. Nikhila, Dr. Sunitha, Dr. Harish babu, Dr. Anagha, Dr. Anupama, Dr. Akshata 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 students on how to manage stress continued by Dr. Ravikiran, Dr. Nikhila, Dr. Sunitha, Dr. Harish babu, Dr. Anupama, Dr. Sandhya and Dr. Anagha 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.

The event successfully created a supportive atmosphere, leaving students feeling empowered, focused, and better prepared mentally to face their upcoming exams.

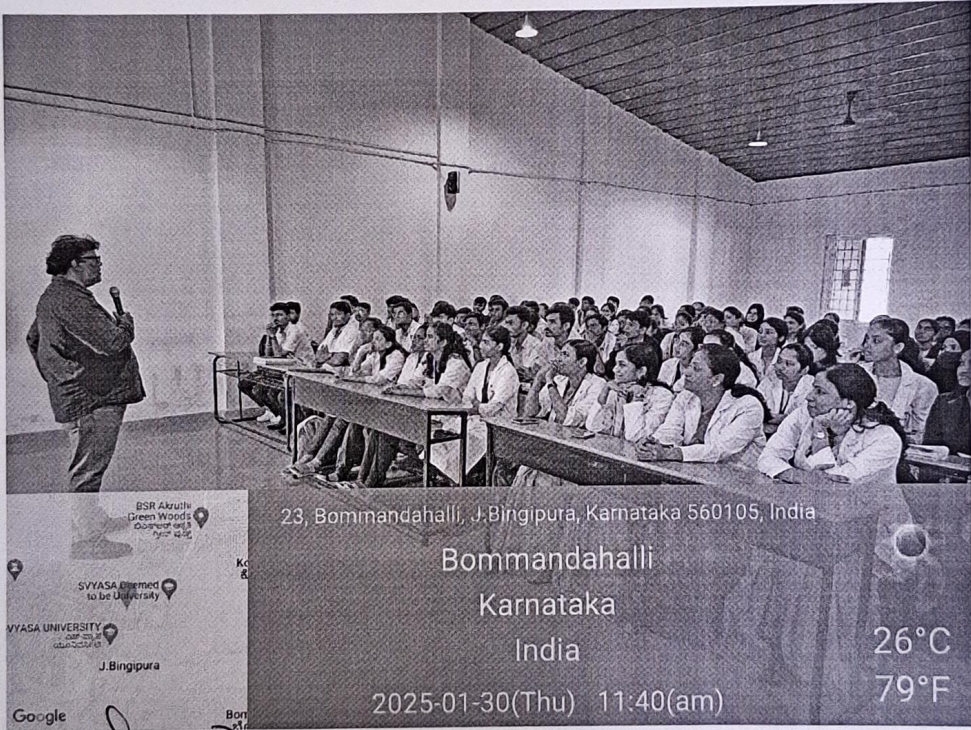
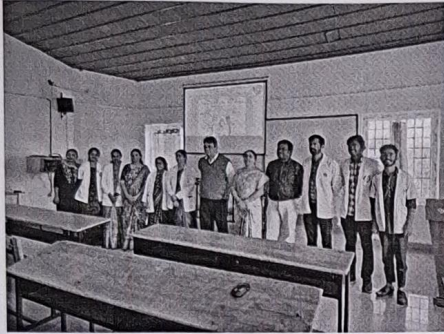
*Dr. Nischal P
NSS PO, SAMC&H, Br*



PRINCIPAL

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(Niss P, Saman B)

23, Bommandahalli, J.Bingipura, Karnataka 560105, India
Bommandahalli
Karnataka
India
2025-01-30(Thu) 11:40(am)
26°C
79°F





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 : 1/2/2025 Time : 11:00 - 12:00
Venue : 2nd BAMS classroom



*Dr. Nishant P
NSS PG, Sushrutha BVM*