



 zoom  **LIVE** STREAM 

 **An Exclusive FORTNIGHTLY SESSION ON**

STRESS LESS, ENJOY MORE:

Practical Anxiety Hacks for Students
By: Ms. Isha Tiwari (Psychologist)
For Students from Classes 3rd to 12th
(Parents/Teachers can also Participate)

 **JOIN NOW**

 **NOVEMBER 7TH,
04:00 PM IST**

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In Association With



Institute of Artificial Intelligence and Research

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KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2024: EPISODE 62

Organized By: Knowledge & Awareness Mapping Platform (KAMP)
In Knowledge Alliance with CSIR -NIScPR and M/s NCPL

Topic: Stress Less; Enjoy More: Practical Anxiety Hacks for Students

Category: Scientific and Life Skills

Organized for: Students

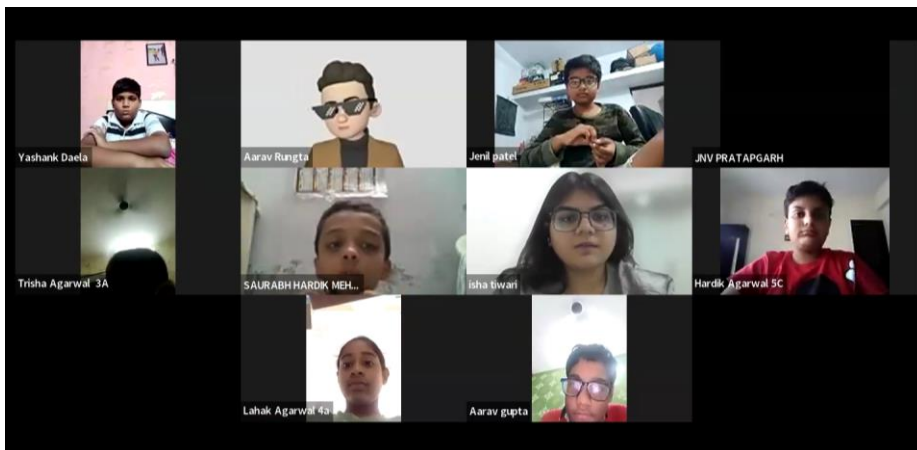
Speakers/Presenters: Ms. Isha Tiwari (Psychologist)

Date: November, 7th, 2024

No. of Participants: 500+ Students from different schools across India

Overview:

On 7th November, KAMP conducted an insightful and interactive Fortnightly Session titled "Stress Less; Enjoy More: Practical Anxiety Hacks for Students" designed for students from grades 3 to 12. This initiative aimed to provide young learners with actionable strategies to effectively manage stress and enhance their overall mental and emotional well-being. A central theme of the session was the importance of maintaining a harmonious balance between academics, social life, and personal growth.



The session was graced by Ms. Isha Tiwari, a highly accomplished Psychologist, CBT Practitioner, and Relationship Therapist. Drawing from her extensive expertise, Ms. Tiwari introduced students to practical and evidence-based techniques to identify and manage stress. Her discussion encompassed

key concepts such as understanding the nature and triggers of stress, differentiating between stress and anxiety, and recognizing the internal and external factors that contribute to stress. She emphasized the benefits of mindfulness, offering simple yet effective relaxation exercises, including visualization techniques, to help students stay present and grounded. Furthermore, the session encouraged the adoption of healthy coping mechanisms and positive thinking patterns to manage the pressures of daily life constructively.

An integral part of the session was its interactive component, which allowed students to actively participate by sharing their concerns and personal experiences. A thoughtfully curated Q&A segment enabled students to seek personalized advice from Ms. Tiwari, ensuring that the session addressed their unique challenges and needs. This personalized engagement fostered an environment of trust and relatability, making the learning experience impactful and memorable.

As the session concluded, students left with a toolkit of strategies and techniques to identify, manage, and mitigate stress. From mindfulness practices to relaxation exercises, the session equipped them with the resources necessary to build resilience and maintain a positive outlook on life.



This session underscores KAMP's unwavering commitment to fostering the holistic development and mental well-being of students. By organizing such enriching and empowering workshops,

KAMP continues to pave the way for students to thrive academically, socially, and personally, ensuring their overall growth and success.



KAMP's fortnightly workshops aim to help students develop creativity, meaningful learning, and critical reading and thinking

skills, bringing out their inherent abilities. The vision of KAMP is to identify and capture the Scientific and Technological temperament in students, contributing to making India a Global Leader in the fields of science, technology, and the humanities.

These workshops, conducted by KAMP, cover various topics falling under the categories of science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that exposure to such topics from experts within specific fields helps students become aware of real-life situations and challenges, develop a problem-solving nature,

understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

Organized By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Moderated By:
Mr. Aniket Arora
(Outreach Coordinator, KAMP)

Team Credits:
Ms. Arika Mathur
(Member, KPMC)

