



PRESENTS

46th Fortnightly Workshop on

# NAVIGATING EXAMS WITH CONFIDENCE AND SUCCESS

A Guide to Effective Routine Management and Anxiety Control

By Dr. Komal Parihar

(Art Therapist & Founder of Ekaki Vedam)

For Students from Classes 5th to 12th

(Parents/Teachers can also Participate)


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February 29th, 04:00PM IST



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**KNOWLEDGE AND AWARENESS MAPPING PLATFORM**

KNOWLEDGE SESSION 2024: EPISODE 46

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

**Topic:** Navigating Exams with Confidence and Success; A guide to effective routine management and anxiety control

**Category:** Academic Development

**Speakers/Presenters:** Dr. Komal Parihar

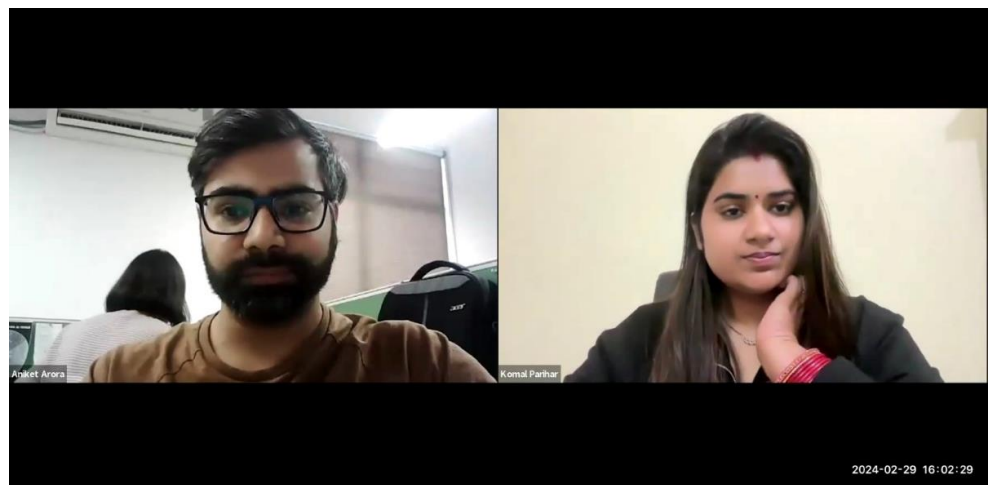
**Organized for:** Students from classes 5 - 12 **Date:** February, 29th, 2024

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

**Overview:**

On the 29th of February 2024, the Knowledge and Awareness Mapping Platform (KAMP) successfully organized its 46th knowledge-sharing session, titled "Navigating Exams with Confidence and Success: A guide to effective routine management and anxiety control." This exclusive workshop had an active participation of over 500 students from classes 5th to 12th, representing various CBSE, KV, JNV, EMRS schools across India.

Leading this enlightening session was Mr. Aniket Arora, the convener, whose role proved crucial



not only in event organization but also in highlighting the profound importance of the workshop's theme. Mr. Aniket's dedicated commitment set the stage for a comprehensive exploration of strategies extending beyond traditional exam preparation, focusing on routine management and anxiety control as integral components of the journey toward academic success.



The workshop aimed to be a guiding beacon for students facing the challenges of examinations. Its primary goal was to empower participants with effective routine management strategies and tools for anxiety control, paving a clear pathway to success imbued with confidence. In essence, the event sought to go beyond conventional exam preparation, fostering a holistic approach that addresses the psychological and emotional dimensions of academic pursuits.



Driving the expert facilitation of this transformative session was Dr. Komal Parihar, a distinguished rehabilitation psychologist, art therapist, and the visionary founder of the Ekaki Vedam Foundation. Possessing a master's degree in counseling psychology and a PG diploma in rehabilitation psychology (RCI certified), Dr. Parihar enriched her repertoire with certification in art therapy from UNESCO. Her nine-year career in NGOs and specialized organizations reflected a profound commitment to societal betterment.



Throughout the workshop, Dr. Parihar immersed participants in a wealth of invaluable insights, expert advice, and engaging interactive discussions. Her approach aimed not only to prepare students for exam challenges but also to equip them with essential skills to thrive amidst broader academic challenges. The workshop, guided by Dr. Parihar's expertise and passion for societal

contribution, transformed into an experience fostering resilience, confidence, and enduring success for participating students.

Noteworthy in the session was Mr. Aniket Arora's announcement regarding upcoming Scientific Excursions and Teacher Training programs organized by KAMP at various CSIR Labs and ISRO Centers throughout the year, emphasizing KAMP's commitment to providing unique opportunities for both students and teachers.

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.

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**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)

**Ms. Kavita Tripathi**  
(System Analyst)