

IIT-Delhi Well-Being Cell Presents A Talk On

STRESS MITIGATION STRATEGIES: OVERCOMING THE PRESSURE OF EXAMS & BEYOND

By



AAKANKSHA BHATIA
Founder, Together We Can

ABSTRACT: Exam stress has been a cause of concern for students all across their academic life. The way we perceive examinations, especially at the university level, places a lot of emphasis on good performance and almost invariably links it to an individual's success. This talk will be focused on creating awareness about the stress and its symptoms especially during examination time, and equipping the students with strategies to manage it. The talk will also include some interesting tips and tricks for enhancing productivity, avoiding procrastination, and mastering time management. This will be followed by an important segment on 'coping with failure'. As a society, we hardly speak about failure, and the ways to cope with it. The 'almost' rejection of the possibility of 'failure' further reinforces the pressure to succeed among students, thus leading to higher levels of stress and anxiety. This segment will encourage students to remain hopeful even during unfavorable times and reach out for help, if necessary.

BIO: Aakanksha Bhatia is the founder of Together We Can, a mental health organisation based in Delhi where she provides mental health counseling, as well as conducts workshops and training for various academic institutions and corporates. She has a strong academic background in Psychology and Education and is a PhD from the Department of Psychology, University of Delhi. She is also working as an Assistant Professor/ Founding Faculty Member at the Department of Psychology, Lakshmi Bai College, University of Delhi. Her areas of expertise include inclusion, menstrual health management, relationships, self growth, life skills, child safety, adolescence, gender. She also consults as a Research Lead with iDreamCareer where she has worked for several state government projects and projects funded by International Agencies like UNDP, Central Square Foundation, UNICEF.

DATE: Wednesday, 25th November

TIME: 3:30-4:30 PM

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