



## ***Report on Overcoming Examination Phobia***


**Happy Thinking Laboratory**  
in association with  
**Counseling & Guidance Cell**  
**Organises**  
**Overcoming Examination Phobia**  
**(A Interaction with college students)**

Date-02.05.2025  
Time- 11:00 onward  
Venue- Happy Thinking Laboratory, ONGC  
Building 3rd floor, University of Lucknow

**Patron**  
  
**Prof. Alok Kumar Rai**  
Vice-chancellor, University of Lucknow

**Coordinated by**  
Prof. Divya Pandey,  
Nari Shiksha Niketan,  
P.G. College, Lucknow

**Convenor**  
  
**Prof. M. Priyadarshini,**  
Director, Happy Thinking Laboratory

**Convenor**  
  
**Dr. Vaishali Saxena,**  
Director, Counseling Guidance Cell

On May 2, 2025, the Happy Thinking Laboratory, in collaboration with the Counselling and Guidance Cell, organized an interactive session with college students on the topic “Overcoming Examination Phobia.” The workshop was designed to help students develop more effective study habits, thereby improving both their academic performance and overall well-being. The event was honoured by the presence of Prof. ‘Divya Pandey’ and Assistant Prof. ‘Richa Chand’ from Nari Shiksha Niketan P.G. College, Lucknow, who shared valuable insights and contributed significantly to the enriching experience of all participants.

The primary goal of the workshop was to help students overcome examination-related anxiety and stress by equipping them with effective study strategies and mental wellness techniques. The session aimed to enhance both academic performance and competitive spirit among students.

The event began with the traditional lighting of the lamp, a symbolic act that marked the official inauguration of the program. This age-old ritual signifies the dispelling of darkness and the ushering in of knowledge, wisdom, and enlightenment.

The session featured **Prof. Divya Pandey**, Assistant Prof. Richa Chand from **Nari Shiksha Niketan P.G. College, Lucknow**, as the keynote speaker. Her engaging and insightful talk addressed the psychological aspects of exam stress, study techniques, time management, and positive thinking. Prof. Pandey highlighted the significance of self-confidence, effective time management, and maintaining a balanced lifestyle in overcoming exam phobia. She advised students to combat fear through proper preparation, adopt mindfulness techniques, and not hesitate to seek support. Her insightful session stressed that a positive attitude and consistent effort are essential to managing academic stress successfully.

The interactive format allowed students to share their personal experiences and receive practical guidance on coping strategies. A Q & A session followed, during which Prof. Pandey addressed student concerns with empathy and clarity.

Prof. M. Priyadarshini addressed the theme by emphasizing the need for emotional resilience and self-discipline to tackle examination stress. She encouraged students to stay organized, maintain a healthy routine, and develop a growth mind-set. Her talk inspired students to view exams as opportunities for growth rather than sources of fear.

Everyone present at the event actively participated in the engaging activities and tools provided by the Happy Thinking Laboratory. These interactive exercises fostered self-awareness, positive thinking, and stress management, creating a lively and supportive atmosphere. The tools helped students connect with their emotions and approach exams with greater confidence.

Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, concluded the event with a heartfelt vote of thanks. She expressed deep appreciation to Honorable Vice Chancellor Prof. Alok Kumar Rai for his unwavering support, also extended her heartfelt gratitude to Prof. Divya Pandey for her inspiring and insightful session. She also thanked Director HTL, Prof. M. Priyadarshini, the organizing teams from the Happy Thinking Laboratory and the Counseling and Guidance Cell, and all the students for their enthusiastic participation. She concluded by

expressing hope that the workshop would leave a lasting positive impact on the students' academic journey.

The event concluded with a commitment to further support students through similar programs that enhance mental well-being and academic performance. Motivated by the encouraging response, the organizers plan to conduct more interactive sessions cantered on stress management, self-development, and resilience, aiming to nurture a more confident and emotionally healthy student community







# Attendance

Overcoming Examination Phobia  
(A Interaction with college students)

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