

## Workshop Report

### *Keep Calm and Ace Your Exams – Stress Management Seminar at RGNUL*

The Counseling Centre of Rajiv Gandhi National University of Law (RGNUL), in collaboration with Prof. (Dr.) Kamaljit Kaur, Dean Student Welfare, successfully organized an online workshop titled “**Keep Calm and Ace Your Exams: Stress Management Strategies that Actually Work!**” on **21st May 2025** from **6:00 PM to 7:00 PM**. The session was conducted by **Dr. Jaismeen Kaur**, University Counselor, and witnessed enthusiastic participation from approximately **100 students** across various batches.

The workshop aimed to equip students with practical, research-backed tools to manage academic stress, anxiety, and performance pressure—especially during the examination period. The interactive session included real-time techniques recommended by psychologists and neuropsychologists, such as physiological sighs, bilateral tapping, and cognitive reframing. Students also engaged in a guided mindfulness practice titled “*Thoughts on the Stream*,” designed to help them detach from academic overwhelm and reconnect with inner calm.

What made the session particularly impactful was its blend of **science, humor, and relatable student experiences** which kept participants engaged throughout. Activities such as live chat reframing exercises, study habit restructuring, and digital detox challenges resonated strongly with attendees.

The session concluded with key takeaways and an open invitation for students to seek support through the Counseling Centre whenever needed. Feedback from participants reflected a deep sense of relief, gratitude, and motivation to approach exams with a healthier mindset.

This initiative is a part of RGNUL’s ongoing commitment to promoting student well-being and creating a psychologically safe academic environment.