

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
(DEEMED UNIVERSITY)**

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**RESOURCE TALK**

on

**Counselling of Student-Teacher for Coping with Exam Stress**

Organised by:

Centre for Teacher Education

Central Institute of Higher Tibetan Studies, Sarnath,

A resource talk on “Counselling of Student-Teacher for Coping with Exam Stress” was held at CTE on 17<sup>th</sup> February 2023. This resource talk was organized under “Azadi ka Amrit Mahotsav” Celebration as directed by National Council for Teacher Education, New Delhi, for the students of Two-year B.Ed. and 4- year B.A. B.Ed. programme. The resource person for the session was Prof. P.C. Shukla, former HoD and Dean, Faculty of Education & Founder Coordinator of Career Guidance and Counselling Cell, Banaras Hindu University. Director, CTE, Dr. Himanshu Pandey presented a brief introduction of the resource person, the objective of the guest lecture and felicitated sir with the traditional khatak and a memento.



Prof. P.C. Shukla explained in detail about the exam stress, its normality as well as abnormality and role of a counsellor in the coping with it. He explained that Exam stress refers to the psychological and physiological reactions that people experience in anticipation

of or during an examination. It is a normal reaction to the pressure of having to perform well in an important academic test or assessment. Exam stress can cause feelings of anxiety, tension, nervousness, and worry. It may also result in physical symptoms such as sweating, headaches, and stomach upset. Exam stress can affect students of all ages and academic levels, and can impact their academic performance, mental health, and overall well-being. It is important to learn effective coping strategies and to seek support from skilled counsellors when necessary to manage exam stress.



Resource person Prof. P. C. Shukla in his talk conveyed important tips and strategies in order to cope with exam stress. It was an interesting session loaded with witty remarks and humour.

After the completion of discussion, Mr. Anil Kumar Gupta, organiser of the resource talk, gave the vote of thanks to, Prof. P. C. Shukla for his resourceful and enlightening lecture cum discussion, Dr. Himanshu Pandey for his guidance and encouragement, Dr. Huma Kayoom for her support in organising, and other teaching, non-teaching staffs and students for coming and participating in resource talk.



In a nutshell, it was a productive talk with an abundance of tips and strategies to understand exam stress and effectively coping with it. It was completely beneficial for everyone including me.



*(This report is prepared by Mr. Anil Kumar Gupta, Assistant Professor, Education, CTE, CIHTS)*

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Dr. Huma Kayoom  
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Himanshu  
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