



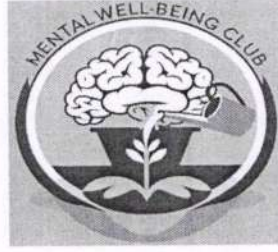
# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-1)

Approved by AICTE, Ministry of Education Govt. of India,

Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Ref. No: TIAS/MHYC/2024-25/006

Date: 5 February, 2025

## Tecnia Mental Well-being Club

### **Title: Examination Anxiety and Focus Enhancement Workshop**

#### **Values:**

Emotional Resilience, Self-awareness, Mindfulness, Confidence, Mental Preparedness

#### **Learning Outcome:**

Students learned practical techniques to manage exam-related anxiety, improve concentration, and develop a positive mental approach toward academic performance under pressure.

#### **Objectives:**

- To address the psychological challenges of examination anxiety
- To introduce relaxation and mindfulness strategies for calming the mind
- To teach focus enhancement techniques for effective study and performance
- To help students develop personalized coping strategies for academic stress

**Organized by:** Tecnia Mental Well-being Club

**Program Theme:** Managing Examination Stress and Enhancing Focus

**External/Internal Expert:** Internal

**Date:** 5th February 2025

**Time:** 12:00-1:00 PM

**Venue:** TIAS Campus

**No. of Students:**

80

**No. of Faculty:**

10



*Pranottra*

PRAGATI GANOTRA  
Clinical Psychologist

Nodal Officer, Mental Health & Yoga Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



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## Report Description:

On 5th February 2025, the Tecnia Mental Well-being Club conducted a targeted workshop titled "*Examination Anxiety and Focus Enhancement*" for students of all courses. The session provided students with practical psychological tools to manage test-related stress and enhance concentration during critical academic periods. Key strategies covered included progressive muscle relaxation, diaphragmatic breathing, and cognitive restructuring—aimed at challenging and transforming negative thoughts related to exam performance. The Pomodoro technique was introduced to support efficient time-bound study habits, alongside mindfulness-based attention training to improve sustained focus. Students also practiced visualization and mental rehearsal to boost exam preparedness and self-confidence. Through open discussion, the workshop normalized the emotional impact of academic pressure and empowered students with individual action plans to mindfully approach their exams. By the end of the session, participants reported feeling more confident, focused, and mentally equipped to face their academic challenges.

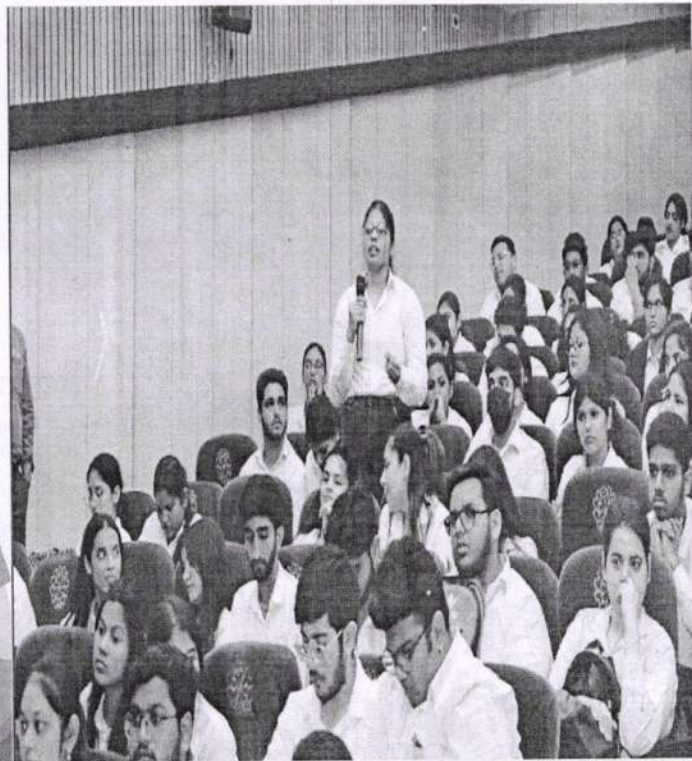
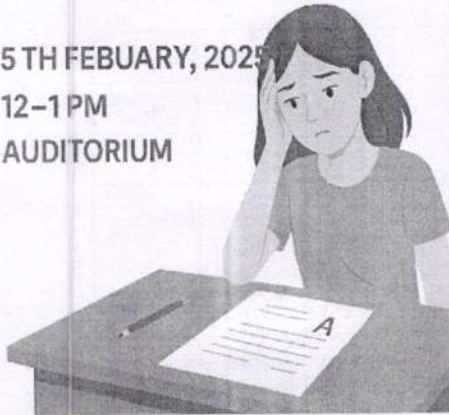


MENTAL HEALTH  
AND YOGA CLUB



## Welcome Students! EXAMINATION, ANXIETY, AND FOCUS ENHANCEMENT

5 TH FEBRUARY, 2025  
12-1 PM  
AUDITORIUM



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