



GOVERNMENT OF KARNATAKA
GOVERNMENT FIRST GRADE COLLEGE
FRAZER TOWN, BANGALORE- 560 005



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Topic: Overcoming Stress, Anxiety and Exam Fear

Date: 16/10/2017

Resource Person: Dr. C.L Gayathri Devi



Coordinator addressing the students



Student's Participants in the program

On **16th October 2017** Student Counseling Cell Coordinator **Dr C.L Gayathri Devi** gave a special lecture to students to overcome stress, anxiety and on exam fear. Tips were given for preparation for exams, to improve memory skills and to maintain balanced psychological status. Awareness and suggestions was also given to students to cope up the age related problems they are facing in day today life.