

“ TheExam Warriors”

Exams have always remained a stress inducing factor for students in India. In order to cope up with the pressure of academics and to fulfill the expectations of the parents, students often feel overwhelmed and highly anxious. Therefore, to relax students and keep their spirits motivated, the school celebrated “ParikshaParv 4.0” and encouraged students to become “Exam Warriors”.

As exam warriors the students created a short audio-video message wherein they talked about their experiences, pointers, patterns, routines which helped them to deal with exam stress/anxiety and ace their examinations. The following videos were uploaded on the portal of the National Commission for Protection of Child Rights (NCPCR). The Jindalites participated in massive numbers to spread the positive message and were issued the e-certificates by NCPCR.