

SMARTGRAM PROJECT INITIATIVE BY RASHTRAPATI BHAVAN

Gov. Senior Secondary School, Alipur (January 2017)

As per the January Schedule, a workshops were conducted on 12th January at the Government Senior Secondary School, Alipur and neighboring with about 90-100 students of class 9th and 10th. A brainstorming sessions was conducted where students discussed about the challenges they faced before and during the examinations. The common coping skills and relaxation techniques during preparation for exams along with other study skills for revision were briefed. **The importance of diet, sleep and general hygiene was discussed in the MOBILE CLASSROOM EDUCATIONAL VAN via chart papers and the students unanimously agreed on these.**

The key coping strategies were learnt along with basic skills for building the physical and psychological resources for exam preparation. Based on the student's feedback, the subsequent workshops will be conceptualized.

