

SAMADH HIGHER SECONDARY SCHOOL

Report on the Motivational Session on Examination Readiness - 29 July 2026

SAMADH Higher Secondary School organized a highly inspiring and informative motivational programme titled "**The Art of Performing Well in Exams**" for the students of Classes IX to XII on **29 July 2026**. The session was conducted by **Ms. B. Josephine Sudhanthra, Psychologist, Maa Kauvery Hospital, Tiruchirappalli**, with the objective of helping students overcome examination anxiety and develop effective strategies for academic success.

The programme commenced with a warm welcome to the distinguished resource person by **our School Secretary and Correspondent**, who felicitated her with a bouquet and appreciated her willingness to guide the students. In his address, he encouraged students to remain confident, disciplined, and focused in their preparation, emphasizing that perseverance and a positive attitude are the keys to success.



During the session, Ms. Josephine Sudhanthra explained the common causes of examination fear, including fear of failure, inadequate preparation, peer comparison, and academic pressure. She shared practical techniques to manage stress, such as systematic study planning, deep breathing exercises, maintaining a healthy lifestyle, getting adequate sleep, developing a positive mindset, and adopting effective time-management and examination-writing strategies. The session was interactive, engaging, and well received by the students.



The students actively participated in the programme and gained valuable insights into managing examination stress with confidence. The guidance provided by the resource person motivated them to approach their forthcoming examinations with a calm mind, positive attitude, and renewed determination.

The Management, Secretary and Correspondent, Principal, staff, and students expressed their sincere gratitude to **Maa Kauvery Hospital** and **Ms. B. Josephine Sudhanthra** for conducting such a meaningful and enriching programme.

Programme Highlights

Photo 1: *Our School Secretary and Correspondent welcoming the resource person, Ms. B. Josephine Sudhanthra, Psychologist, Maa Kauvery Hospital, by presenting a bouquet.*

Photo 2: *Ms. B. Josephine Sudhanthra addressing the students during the motivational session on "The Art of Performing Well in Exams," with enthusiastic participation from the students.*

This programme served as a timely initiative to strengthen students' confidence and prepare them mentally and emotionally for their upcoming examinations.