

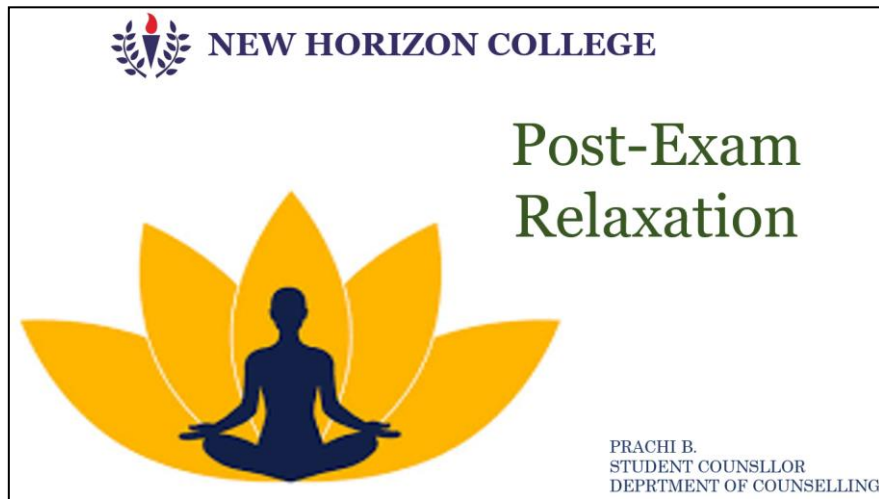
NEW HORIZON COLLEGE OF ENGINEERING
COUNSELING DEPARTMENT

Post-Exam Relaxation Session Report

Date: 23rd and 24th November 2023

Session facilitator: Ms. Prachi B

Participants: B.com 1st sem. Students (Section A, B, C)



I. Introduction:

This session aimed to uncover strategies for building confidence and fostering independent study habits, creating a holistic approach to post-exam well-being and academic success. Embrace the session's insights to cultivate a refresh mindset and resilient study habits.

II. Meditation Session with Music:

The session began with an ambiance, as participants settled into a comfortable position. The counselor introduced soothing instrumental music to create a serene atmosphere. Guided meditation focused on deep breathing and mindfulness techniques aimed at relieving post-exam stress. The calming music complimented the meditation, fostering a sense of tranquility among students. Throughout the session, individuals reported reduced tension and increased mental clarity.

III. Building confidence and independent study habits:

The second part of the session addressed cultivating confidence and fostering independent study habits. The facilitator encouraged open discussion, allowing students to share their experiences and challenges. Strategies for effective time management, goal-setting, and personalized study approaches were explored. Students engaged in reflective exercises to identify strengths and areas for improvement. By the end of the session, individuals expressed a heightened sense of empowerment, equipped with tools to approach their studies and greater confidence and independence.

Conclusion:

The post-exam relaxation session successfully combined mindfulness techniques with practical strategies, providing a holistic approach to alleviate stress and enhance study habits.