



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)
(A step ahead...)



CBSE AFFILIATION NO.
1730974

Session 2026-27

CIRCULAR

Ref. No. BPSG/2026-27/EC/0002-A

Date: 12 April 2026

Theme: "Fear less focus more: beat the exam stress"

Dear Parents and Students,

Greetings!

We are pleased to inform you about an insightful and engaging event on the theme "**Fear Less, Focus More - Beat Exam Stress.**" This event is specially designed to help students manage examination stress effectively and develop a positive, focused mindset towards their academic goals.

Examinations often bring anxiety and pressure, but with the right strategies, students can overcome fear and perform with confidence. This session will emphasize practical techniques such as time management, mindfulness, positive thinking, and maintaining emotional well-being during exams.

Through interactive discussions and activities, students will learn how to:

Stay calm and composed under pressure. Improve concentration and productivity.

Build self-confidence and a growth mindset. Balance studies with mental well-being.

Event Details:

Venue: A.V. Room (BPSG)

Date: 18 April 2026

Time: 8:30 A.M. to 09:30 A.M.

We look forward to your presence and enthusiastic support!

Warm regards,

Birla Public School Ganganagar