



**JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY**  
WAKNAGHAT, P.O. – WAKNAGHAT,  
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)  
PIN – 173234 (INDIA) Phone Number- +91-1792-257999  
(Established by H.P. State Legislature vide Act No. 14 of 2002)



## **REPORT**

**Special Talk on**  
**"Practicing Mindfulness to Deal with Exam Anxiety"**  
**Organised by**  
**Student Services Centre, Jaypee University of Information Technology**

### **Event Details:**

**Speaker:** Dr. Shalini Dhadwal, Student Counsellor, JUIT

**Date & Time:** Monday, November 24, 2025 (3:00 PM – 4:00 PM)

**Venue:** LT2

The Student Services Centre successfully hosted a timely and highly relevant special talk delivered by Dr. Shalini Dhadwal, the university's Student Counsellor. The session was scheduled before the critical examination period to provide immediate, actionable support to students grappling with academic stress. Dr. Dhadwal began by defining exam anxiety as a widespread psychological and physiological response that hinders academic performance, noting its manifestation across physical, emotional, and cognitive symptoms.

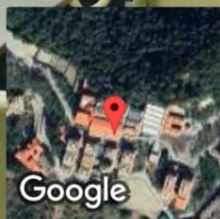
The core of the talk focused on introducing mindfulness as a practical and scientifically proven method to interrupt the spiral of negative thinking and activate the body's calming response. The presentation was structured to offer a comprehensive toolkit, ranging from immediate relief to long-term resilience:


- **Instant Relief Techniques:** Students were guided through two powerful, practical breathing exercises: the 2-1-4 Technique and Box Breathing (Square Breathing). These were positioned as tools for immediate self-regulation before or during an exam.
- **Building Resilience:** Emphasis was placed on the importance of consistent Mindful Meditation and Movement-Based Mindfulness (Walking Meditation and specific yoga poses) to cultivate lasting mental fortitude against stress.

The session was highly practical, moving beyond theoretical discussion to provide students with tangible strategies they could implement immediately. Dr. Dhadwal concluded with a strong call to action, encouraging students to commit to daily practice of just one technique. The talk reinforced the university's commitment to the mental health and academic success of its student body.



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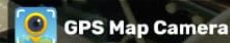


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