



Feeling Stressed About Exams?

OVERCOME EXAM STRESS THROUGH TRANSFORMATIONAL
SMART LEARNING



Discover the Secrets to
Stress-Free Success
in our online
TRANSFORMATIVE WORKSHOP

Workshop Highlights

- ✓ Stress-Free Exam Strategies
- ✓ Strategic Goal Planning
- ✓ Get Access to a Personalized Counseling Session

Workshop Details

Date : **Jan 26th , 27th / Feb 3rd**
Time : **7 .00 pm to 8.00 pm (IST)**
(You can join any one workshop which is open to anyone experiencing Exam Stress)
Medium: **Online Zoom Meeting**
Language: **English & Malayalam**

How to Join

To enroll in the online workshop, scan the QR code, fill in the form, make the payment and you will receive the online access link.

Conducted by

Dr. Sanjo Cine Mathew

Counseling Psychologist, Skill Coach &
Learning Facilitator

Scan to Register



or visit **www.sanjo.in**
for more details