

**REPORT ON PREEXAM JITTERS**

**DATE: 04/04/2024**

**TIME : 11 am to 1pm.**

**VENUE: Hospital Theater, SMBT Hospital.**

**TOTAL No. of Participants: 100 Students**

**SPEAKER: Dr. Vikrant Patankar**

**Introduction:**

Has this ever happened to you? You've been studying hard for your chemistry midterm, but when you walk into your exam, your mind goes blank. As you sit down to start your test, you notice your sweaty palms and a pit in your stomach. If these classic signs of test anxiety sound familiar, your grades and test scores may not reflect your true abilities. Learn ways to manage test anxiety before and during a stressful test.

**BRIEF REPORT:**

The programme had started with the felicitation of guest by Dr. Kavita Matere, Principal SMBT Institute of Nursing. Dr. Vikranth Patankar Sir, MD Psychiatry, had explained students regarding different measures and techniques to reduce anxiety during exam period. Sir had explained regarding Test anxiety and given Test Anxiety Tips to the students. The session was helpful for the students.

**Signature of Principal**



A Guest Lecture on  
**PRE-EXAM  
JITTERS**

Guest Speaker

**Dr. Vikrant Patankar**  
MD Psychiatry  
Chatrapati Sambhaji Nagar

📅 Saturday, 4<sup>th</sup> April 2024

🕒 11 am to 1 pm

📍 Lecture Theatre, SMBT Hospital

