

# EXAM STRESS MANAGEMENT AND HEALTHY LIFE SKILLS



FOR INTERMEDIATE STUDENTS

## STAKEHOLDERS:



# PREFACE

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## INTRODUCTION

This handbook has been designed to help lecturers of 11th and 12th standard students from the Board of Intermediate Education, Andhra Pradesh to teach their students about managing stress and developing life skills. It is a collaborative effort between the Andhra Pradesh Non-Resident Telugu Society, Project EASE (emotional assessment of students by educators), and Suicide Prevention India Foundation.

## WHAT THIS HANDBOOK OFFERS

The handbook is a comprehensive guide that focuses on stress, its impact, and evidence-based practical ways to deal with it. The content covers topics such as time management, exercise snacking, nutrition, and hydration, among others. The content has been presented in a simple format that can be easily understood and consumed in small, manageable chunks.

## WHAT THIS HANDBOOK IS NOT

It is important to note that the content in this handbook is not intended to replace professional medical advice or support. What works for one student may not work for another, and this is not a quick-fix solution that will result in instant results. However, with consistent application of the strategies and techniques outlined in this handbook, students can gradually develop the necessary skills to manage stress and achieve their academic goals.

## CONCLUSION

We hope that this handbook will serve as a valuable resource for both students and teachers in the pursuit of stress-free academic success.

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# WHAT IS STRESS?

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Stress can be defined as a state of worry or mental tension caused by a difficult situation. It is a natural human response that prompts us to address challenges and threats in our lives.

Stress is a common feeling we get when we are under pressure, overwhelmed or unable to cope. Stress is our body's response to anything that requires attention or action.

**First Stage:** A short period of Alarm reaction stage with fight or flight response

- Being shocked at initial stage, results in fluctuations in cortisol levels
- When cortisol levels drop, breathing rate increases, BP and Heart Rate (HR) raise or drop to abnormal levels. The body remains alert until the stressful event passes. Then breathing, BP, HR come to normal condition.

**Next stage: Resistance stage** is when stress remains for longer periods

- The body continues to secrete stress hormones. The physiologic responses are elevated causing disturbances in concentration, reasoning, learning, memory, decision-making and leaving one frustrated and easily irritable.

**Exhaustion stage** is when stress seems to last forever

- Fatigue, burnout, anxiety, depression, immune system weakens

## HOW CAN YOU TELL IF YOU ARE STRESSED?

- Irritability and anger: reacting out of proportion to minor incidents, constantly annoyed and argumentative with parents
- Social withdrawal at school and home: isolating, keeping to themselves
- Somatic symptoms: tiredness, headache, stomachache
- Changes in Eating and sleeping: can decrease or increase
- Changes in behaviour and attitude: express anxiety and anger explicitly or totally ignoring
- Decreased academic performance: everything seems like a big problem and can lead to panic, anxiety or depression

# WHAT CAUSES STRESS?

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- Living conditions, conflicts in family, family discord, parental divorce or loss of near and dear ones
- Problems in making and keeping friends, dealing with bullies, peer pressure
- Anxiety about completion of assignments, tasks or academic performance in exams
- Chronic illness of self or family members
- Frequent shifting of schools/ homes
- Changes in their bodies and confusion with identity
- Negative thoughts or feelings about themselves
- Taking up too many activities and high expectations of parents

## WHEN STRESS TURNS INTO DEPRESSION

➔ If the following symptoms persists for more than 2 weeks:

- Being in sad or irritable mood, easily moving to tears
- disinterest on previously fond matters or anhedonia
- sudden weight loss or gain
- sleep disorders
- psychomotor changes (anxiety or lethargy)
- fatigue or feeling of helplessness
- feeling worthless and guilty
- wavering mind and indecisiveness
- recurrent thoughts of death

You need to get help with counselling and/or through medication

# WHAT CAN YOU DO TO REDUCE EXAM STRESS?

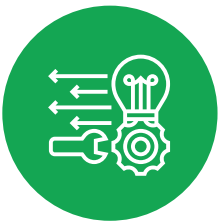
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- Stress is inevitable with exams but it can be overcome if we handle it in a healthy way



- Planned preparation is the key
- Have a revision plan and review past exam papers or revision guides
- Figure out your learning style for revision and do what works for you
- Plan a practicable timetable with small breaks



- Reach out to a lecturer or a friend if you need help with specific content
- Do not procrastinate until the last minute
- Get support from your family regarding the time and space you need to study



- Do your best and try not to compare yourself to others or worry about results which drain your energy. Focus your energy and thoughts on effective preparation

# SCENARIO 1

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- **Vijay attends classes regularly but is irregular in doing homework**
- **He spends a lot of time on the phone watching videos affecting the sleeping hours**
- **He wakes up late so doesn't have time to have breakfast**
- **He gets stressed about being late to college because of traffic. He feels sleepy in the daytime and to overcome that he keeps chewing something/drinks a lot of coffee/ tea**
- **He is irritable with everyone and loses interest to study for exams**
- **What should Vijay do to manage this stress? Are you facing any of these?**



# HEALTHY WAYS TO COPE

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- Getting enough sleep. An **average of 8 - 8.30 hrs sleep/day** is very important
- Good sleep hygiene means **no caffeine** after 5 PM and no screens 1 hour before bedtime to ensure melatonin is built up and delta brain waves are not suppressed.



- Exercise or get engaged in some **physical activity** for at least a few mins per day
- Find a **mentor or peer** to talk to about stress



- Rehearse and **practice** situations which cause stress
- Be practical by breaking **large tasks into smaller** chunks
- Taking **breaks** from stressful situations and engaging in activities like talking to a friend, listening to music, drawing, writing, spending time with a pet





# SCENARIO 2

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- Padma **commutes** from her village to college, **helps** her mother with chores, and also gives tuition to neighbour's children. She gets stressed about not getting expected marks in exams and puts pressure on herself.
- She **skips meals** and stays up late studying.
- She **does not take breaks or spend time with family** and friends. She feels it's a waste of time and can study instead.
- As a result, she has **fainted** a few times recently and had to be taken to the hospital
- What should Padma do to manage her stress? Are you like her in any way?



# RELAXATION RESPONSE TO STRESS

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- “Relaxation response” will steady the heart rate and breathing rate and promote a sense of well being.
- Square breathing technique (Breathe in and hold & breathe out and hold. Each on a count of 4). Practise this technique during breaks while studying (<https://www.mondaycampaigns.org/desstressmonday/square-breathing>)



- Abdominal breathing helps to calm down when anxious or experiencing a panic attack (practice needed) ([https://www.youtube.com/watch?v=\\_xQJ2O4b5TM&t=1s](https://www.youtube.com/watch?v=_xQJ2O4b5TM&t=1s))



- Take 3 Squeegie breaths just before the exam
- Guided muscle relaxation before going to sleep ([https://www.youtube.com/watch?v=jr1\\_JnYSeXs&t=4s](https://www.youtube.com/watch?v=jr1_JnYSeXs&t=4s))



- Huberman’s deep and sharp inhales and exhales: Take two short inhales through the nose, one long exhale through the mouth. Repeat it three times or as many times as needed.

# SCENARIO 3

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- Jay feels **very lonely** after his older brother has moved to a different town.
- He used to share everything with his brother about **his dreams, his interest** in art and architecture.
- He feels the pressure of his parents' expectations of his becoming an IT engineer.
- He is in a feeling that his parents do not understand him and so avoids speaking to them.
- He does not feel like talking to friends as he thinks they might not want to be with him.
- He is **not able to focus** on studying for exams as he feels that no one cares about him.
- What should Jay do to manage his stress? Can you identify with him?



# PROBLEM-SOLVING RESPONSE TO STRESS

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- A habit of writing down the problems faced and the known solutions to those problems leads to an awareness as to the number of solutions a problem can have. This makes you feel you have choices and do not feel helpless or hopeless



- **Define the problem:** Instead of “I am not good at math” you can write down “I have difficulty in understanding these kinds of math problems”



- **Try Brainstorming different possible solutions:** In the process don't hesitate to take the help of online tutorials, a good friend or a lecturer.



- **Choose the best option** after weighing the pros and cons
- **Exercise** the option
- **Review** and learn from that experience

# SCENARIO 4

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- Sunita was sick last month and was absent from college for several days, so she missed many classes.
- She has never failed an exam previously.
- She has friends but keeps **putting off** asking for notes
- She is **worried she will fail** the upcoming exams even though her mother tries to reassure her
- She feels like giving up and that she should not even take the exam this year
- What should you or Sunita do to avoid falling into the Over-thinking trap?



# DETECT NEGATIVE TALK AND REPLACE

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- Be aware of and decrease negative self-talk: Detect, Negate and Replace it with alternative, neutral or positive thoughts.



- Assertiveness training.
- You can practice it in front of a mirror or with family members.
- Communicate clearly, confidently and in a calm, controlled manner.



- Don't curse yourself. Learn to be kind to yourself or feel good about doing a "good enough" job and do not be too harsh on yourself. Don't dwell on what has happened, focus on what you can do today, right now and do your best!



- Practice 'gratitude' when you wake up and before sleep: Think of 3 things and 3 people in your life that you are grateful. Think of what you have instead of what you don't have!

# SCENARIO 5

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- Aman is a good student but gets **very nervous** about exams.
- Last year he was so anxious about the exams that he started vomiting before an exam. Even **during the exam**, he **kept comparing** himself to the others who looked confident.
- He is very much liked by his lecturers but he is too shy to talk to them.
- When he starts revising, he **feels overwhelmed** with negative thoughts and puts off studying.
- When he encounters a difficult question, he **gets stuck or goes blank**. He suffers **panic attack** thinking that he will fail the exam and will have no future.
- Have you had similar experiences?



# SCENARIO 6

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- Raja is usually a good student and performs well at school. He's especially worried about the upcoming exams and has a lot of pressure from his parents to perform well. He **doesn't take any breaks** while studying as he wants to ensure he can cram as much information as possible so that his performance does not drop. As a result, he has been **unable to sleep** at night and he spends his night lying awake and mindlessly scrolling through **social media** to get some stress relief. He doesn't feel like sharing about the stress he's experiencing to anyone as he doesn't want anyone worry about him or disappoint his parents.
- What can be done to help him cope with such situation?





# DE-STRESSING

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## What is destressing?

Destressing is taking time off after a period of hard work to allow recovery and recuperation.

## Why is it important to destress?

After studying for long hours the brain gets saturated. It needs rest to ease the tension, recover and become fully productive.



## HOW CAN YOU DE-STRESS?

There are three ways you can de-stress:

1. After waking up
2. During studying
3. Before sleeping

## AFTER WAKING UP

Spend 10-15 minutes with a de-stressing activity:

- Deep breathing - deep inhales and exhales
- Positive affirmations like 'I can do', 'I'm capable', 'I am happy', 'I'm doing the best I can', 'It's ok to ask for help' that will enable you to focus
- **Declutter** the brain by doing above
- Ask not to be disturbed while doing the above

# DURING STUDYING

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Take a **break** every hour for 10-15 minutes :

1. Find a quiet place where nobody can distract you. If at home, put earphones on or listen to some calming music.
2. Stand and place both feet apart, roughly hip-width on the ground.
3. Breathe deeply through your nose into your belly without forcing it - count from 1-5.
4. Hold your breath - count from 1-3.
5. Breathe out through your mouth slowly count from - 1-5.

Keep doing this belly breathing for at least 5 minutes.

# BEFORE SLEEPING

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- Yoga Nidra or Guided muscle relaxation.
- Gratitude journaling: 5 things that went well today or things you want to go well today but are unfinished.
- Positive affirmations: I will focus/I will study hard/ I won't get distracted/I will remain calm/I will eat three meals and drink three litres of water a day.
- Time-table for the next day: activities and allocation of time for each activity.

# DE-STRESSING

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## 1. Mindfulness

Mindfulness is a mental training exercise combined with meditation. Practising mindfulness meditation helps an individual in accepting one's thoughts, feelings and sensations without any judgement. It is a useful technique to slow down the racing thoughts and calm down the mind and body.

Mindfulness meditation is extremely useful in reducing stress in one's body. There has been evidence indicating that practicing mindfulness reduces symptoms of stress in healthy individuals. Additional benefits include normalizing heart rate, improved immunity and quality sleep.



### Here are some steps to practise mindfulness:



- Find a comfortable space: Finding a place that you are at ease with, wearing comfortable clothes and having a space which is quiet and one where you can keep your back straight is desirable.
- Having a timer (optional): Having a timer ensures that one can focus on meditation without any distractions and also helps in keeping track of time.
- Focus on breathing: Being aware of one's breath. Keep observing your breath - the air passing through your lungs and leaving your nostrils.
- Focus on thoughts: One shouldn't be processing the thoughts but rather should "face" the thoughts, let them float away, remain calm and breathe.
- Being easy on oneself: It can be quite possible that you wander away with your thoughts, or get distracted. In such a scenario, don't be harsh on yourself and keep practising the above.

# DE-STRESSING

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## 2. Cardiovascular Exercise

Cardiovascular exercises involve vigorous exercises that increase heart rate, respiration, blood flow and oxygen levels throughout the body. One of the most beneficial forms of cardiovascular exercise is exercise snacking. Exercise snacking is the concept of breaking down one's day with short bursts of exercise.

Practicing exercise snacking or any other cardio activity can give an individual energy boost and improve their productivity.

### Here are some tips to practice exercise snacking



- Target on an activity that helps the individual in increasing their breathing rate.
- Exercise snacking or any cardiovascular activity should last for 1 to 2 minutes and not more than that.
- Some activities can be stair climbing, push up, squats, jumping jacks, and jogging in a place.
- Setting an alarm can help with reminding the individual to perform cardiovascular exercise.

# DE-STRESSING

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## 3. Shavasana

Shavasana is a yogic posture that is done in lying still position. It is a position of rest that is practiced towards the end of a yoga session.

Shavasana has many benefits including bringing in a deep meditative state of rest that aids in healing and tissue repair, releasing stress, bringing on a state of rejuvenation, reducing blood pressure, insomnia, and anxiety and helping in grounding the body.

Here are some ways to practise Shavasana:

- Lie flat on your body preferably without a pillow or a cushion.
- Keep your eyes closed
- Keep your arms, feet, toes and body relaxed with the palms facing upwards.
- Bring attention to different parts of your body and slowly relax your body parts one by one.
- Keep breathing slowly and gently relax your body as you breathe.
- Surrender your body to the floor and be cautious not to fall asleep.
- After practising Shavasana for 10 to 20 minutes, gently roll onto your side and lay in the same position for a minute.
- Take a deep breath and slowly become aware of your surroundings
- Open your eyes when you are ready.



# DE-STRESSING

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## 4. Square Breathing

Square breathing is a technique that involves taking deep breaths while counting from 1 to 4. It is known to improve concentration and performance and reduces stress. It is also referred to as Samma Pitta Pranayama.

It has been proven to help with anxiety, depression, and stress. As much as it brings relief to our minds, it also helps our bodies regulate blood pressure and experience an immediate sense of calm.



### How to practice Square breathing?

- Sit in a comfortable position. Your hands should be on your lap, and the palm may face upwards. You may also close your eyes.
- Exhale slowly. Be mindful of the intention of doing this, and focus on it.
- Now start to inhale. Count from one to four very slowly as you inhale. Fill your lungs to full.
- Hold your breath: Hold your breath and again count from 1 to 4.
- Slowly exhale on the count of 4. Feel yourself expelling air from your lungs.
- Hold your breath: Again hold your breath till the count of 4.
- Finally, repeat the entire process. You may do it for 4-5 rounds.



# DE-STRESSING

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## 5. Squeegee

A squeegee is a breathing technique wherein you imagine a window squeegee – a cleaner used to wipe windows.

It's an easy-to follow technique that can be taught to students. It encourages students to learn to relax without experiencing any guilt. It helps bring a sense of calm which can be generated by employing the technique whenever a student desires.

### How to practise squeegee breathing?



- Close your eyes.
- Be seated in a comfortable position. You may also lie down.
- Imagine a window squeegee on the top of your head, and start exhaling.
- As you exhale, imagine the squeegee moving down from your head to your toes, pushing out all the negative thoughts and energy, just like a real-life squeegee would push down all the dirt from the window pane.
- Now slowly inhale and imagine the window squeegee moving up from your toes to your head, bringing in positive thoughts and energy.
- Continue to breathe in and breathe out with similar imagination.
- Try to practice squeegee breathing even when you are calm and relaxed. Make it a habit and do it as often as possible.

# DE-STRESSING

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## 6. Yoga Nidra

**What is it?** Yoga Nidra means 'Yogic sleep'. However, it makes us more aware of our body and may even transport us to different states of consciousness.

**Why is it useful?** It is a popular method of relaxation that brings stress relief, and calmness, and nudges its users closer to their authentic selves.

- **How to practise Yoga Nidra?**

- First, lie down in a comfortable position. If you continue to experience discomfort, adjust your body and find a position in which you can comfortably remain still. Close your eyes to ensure you remain focused.
- Think of your resolve (Sankalpa). Resolve can be a simple heartfelt desire or a sincere wish. Take a mental note of this resolve and repeat it three times.
- Focus on your breathing. As you inhale, feel its nourishing energy through your breath. Feel the breath rising from your navel to your throat and then slowly exhale.
- Start feeling sensations in each of your body parts. Move from focusing on one body part to another. For example, you can focus on your right arm, then move to your thumb, index finger, middle finger, ring finger, and finally the little finger. Do the same with the rest of the body parts for a few minutes.
- After you have felt your body parts, return to your mind. Imagine a mind screen and put your focus on it. Notice any colours or patterns that you may see. Then practice detachment after a while and let the mind screen fade away. Do the same for a few minutes.
- Finally, visualize a calm and gentle scenario. It can be you walking on the beach or engaging in child-like activities when you used to be a child. Stay in that moment and let it bring feelings of warmth and excitement to your heart.
- As you slowly let the scenario fade away, focus on your resolve (Sankalpa) and say it three times.
- Open your eyes, and start making small movements to break from the stillness. Then make larger movements like stretching your entire body or rolling on the other side of the bed. Take deep breaths while you make larger movements, and then return to a seated position.



# TIME MANAGEMENT

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## What?

Time management is efficiently allocating your time to different activities so that you can spend the maximum time studying in a distraction-free environment to get the desired results.

## Why is it important?

Proper time management is essential to ensure maximum productivity in minimum time and achieve your study goals effectively with less stress.

## HOW CAN YOU MANAGE YOUR TIME?



- Create a **schedule**; a timetable
- **Prioritise** this list and allocate time accordingly
- Use the **Pomodoro technique** (25 min study, 5 min break/50 min study, 10-15 min break; every 4 Pomodoros, take a 20-30 minute break.)



- Figure out the best **time** to study



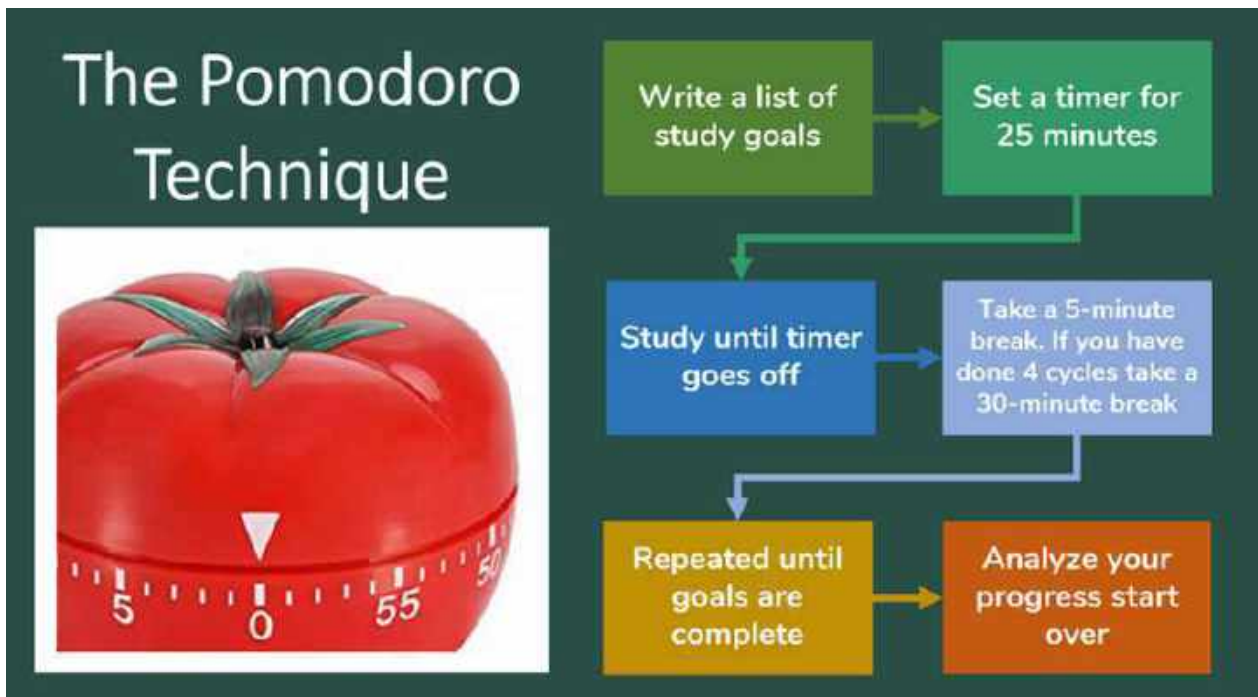
- **Breakdown** the tougher subjects/concepts into manageable chunks



- **Ask for help** and have people check on you if needed
- Don't **waste time** on a subject/concept if it doesn't work the first time

# POMODORO TECHNIQUE

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(Source: [Chemistry Help centre](#))

**\*\*Study sessions can also be broken down into 25-minute sessions as well with a 5-minute break\*\***

**Keeping a checklist for exams is important.** These can include:

- Pen, pencil and stationaries
- Hall ticket
- Water bottle
- ID card

Make sure to get 8 hours of sleep and staying up late past 11.00 pm is not advised because it can interfere with your memory.

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# SCENARIO 7

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- Rekha has her exam coming up but she's unable to fully focus on her work. She's feeling lethargic, despite getting some sleep at night. She is still tired and unable to concentrate. She's very stressed about her upcoming exams and spends all day locked in her room trying to study. She relies on cola to get through her study sessions and snacks on chips throughout the day as it doesn't require her to get up for her meals. When she is physically unable to focus anymore, she stress-eats a lot of unhealthy snacks and spends the rest of her evening watching YouTube before bed, making it difficult to fall asleep properly.
- What can she change about her routine to help herself?



# NUTRITION AND HYDRATION

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## Why is it important?

Even a slight amount of **dehydration** can lead to **disruptions** in our cognitive functioning (the mental act of acquiring knowledge through our various senses) and mood, with increase in fatigue, confusion and anger. Mild dehydration has also been linked to causing alterations in concentration, alertness and even short-term memory. The actual process of learning information in our brains can be hindered by poor nutrition habits.

## WHAT CAN YOU DO?

**What can you do to have sufficient nutrition and stay hydrated?** Keeping a **large bottle of water with you** at all times can be helpful. It is generally recommended that women have 11 cups of water, and men have 16 cups of water every day. This doesn't mean that it has to come from drinking water alone; fruits such as watermelon, grapes and muskmelon made up of over 90% water can be taken. Buttermilk can also be taken along with water.

A healthy diet for memory and learning consists of many different elements such as omega-3 fatty acids, glucose and vitamins.

# SCENARIO 8

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- Manav is an avid gamer and invests a **lot of time** into his favourite games to master them. He documents his gameplay on social media and spends a lot of time interacting with his followers, especially through the night. All of his study **breaks are over 3 hours** long and he spends them continuously gaming and posting on social media. During these breaks, he also constantly **snacks** on the spicy mixture and consumes at least 2 litres of coke each day, in addition to his regular meals. He gets very angry anytime someone asks him to stop and get back to work. His marks have been suffering as a result.
- What can be done to help him?



# REDUCING THE USAGE OF SMARTPHONE AND SOCIAL MEDIA

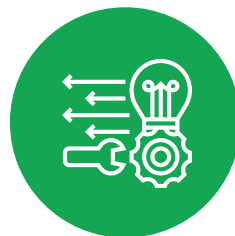
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## Why is it important for exams?

Any amount of screen time over 2 hours a day has been associated with short sleep durations and unhealthy eating habits due to mindless eating while using electronic devices.

**Problematic Smartphone Usage** has been consistently associated with depression, maintenance insomnia (the inability to consistently stay asleep through the night) and increased perceived stress.

Cutting down on screen time can be difficult. To make on-screen time measurable, you can note down your current amount of time spent and your ideal amount of time you want to cut down on.

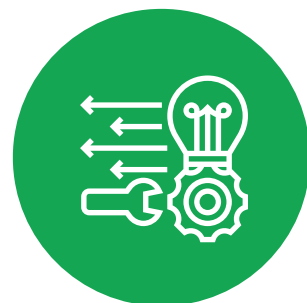
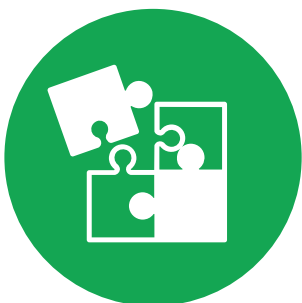


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## What can you do to limit social media and the time spent on your phone?

Studies have found that limiting social media usage to a maximum of 30 minutes a day can lead to significant improvements in well-being. Changing your display to greyscale (making the colours on your display screen grey) has been shown to reduce screen time. Studies have also shown that **keeping your phone outside** of your room has led to increased levels of quality of life for people and subjective happiness.

You can also request a family member to keep your phone away from you while you are studying.



# CHECKLIST BEFORE EXAM

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## DOs

- Get 8 - 8.30 hours of sleep
  - Eat a protein-rich diet with fewer carbohydrates and refined sugars
  - Reduce caffeine intake, not more than one cup of coffee or tea before exams
  - Be properly hydrated - 3 litres of water and supplement with Vitamin C-based non-sugary drinks like Electral
  - Keep hall ticket in your bag
  - Reach 30 minutes before the exam
  - Do a 5-10 minute deep mindful breathing exercise with positive affirmations - I will remain calm and do my best and perform well
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## DON'Ts



- Don't stay up all night, your ability to retain information decreases
  - Don't skip meals or forget to drink water
  - Don't try and study any new material
  - Don't check social media
  - Don't stress over what you didn't study or over how tough the exam would be
  - Don't go late
  - Don't get upset if you are not fully prepared
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# TIPS FOR PARENTS

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## DOs

- Do listen to your kids
- Do ask if they need help
- Ensure they eat nutritious meals
- Help them manage their time
- Be calm, supportive and patient
- Ensure that they get enough sleep
- Encourage them to reduce their screen time

## DON'Ts

- Don't compare them to others
- Don't pressurise them unnecessarily
- Don't feed them junk food
- Don't pass on your stress
- Don't shout or get angry
- Don't threaten or make them feel guilty
- Don't force them to make certain choices in life -- like a particular college or the grades that they should score

# SEEKING HELP

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## What?

Seeking help is **reaching out** to friends, family, teachers or professionals when your capacity is limited or depleted.

## Why is it important?

Seeking help is important because it helps us to tap into the external resources that are available to us. It helps strengthen our ability to learn and perform better.

## HOW CAN YOU SEEK HELP?

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Decide what you need help for

Decide on whom to ask

Decide on how and when to ask - in person, by phone, or by email

After asking and receiving help please thank the person



# REACH OUT FOR SUPPORT

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If you or someone you know is experiencing stress, anxiety, depression, or suicidal thoughts and feelings, reach out to the following helplines for support:

- Tele-MANAS: 14416 or 1800 914 416
- KIRAN: 1800 599 0019
- GGH - Kakinada: 98499-03870
- Roshini Helpline: 040 6620 2000
- 1 Life: 78930 78930 or 100
- NIMHANS (Helpline for psychosocial support during disasters): 080 - 4611 0007

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# ABOUT OUR STAKEHOLDERS

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## **Project EASE (Emotional Assessment of Students by Educators)**

Project EASE is a program that aims to provide support to students who are struggling with emotional and mental health issues. The program trains educators to identify and support students who may need mental health services. By working with educators, Project EASE aims to create a supportive and inclusive school environment that promotes emotional well-being, and prevention of suicides among young people. The program is in collaboration with the [American Association of Physicians of Indian Origin \(AAPI\)](#)

## **Suicide Prevention India Foundation**

SPIF is India's first organization dedicated to preventing suicides. It has partnered with the QPR Institute, the world leader in Gatekeeper Training, and aims to create a community-based platform for organizations and individuals involved or interested in awareness creation, self-care, research, advocacy, and training in suicide prevention.

## **Board of Intermediate Education, Andhra Pradesh**

The Board of Intermediate Education is the organization responsible for overseeing intermediate education (also known as higher secondary school) in the state of Andhra Pradesh. They are responsible for setting educational standards, conducting exams, and providing support to students and educators. They also play a role in promoting emotional well-being and mental health among students.

## **Andhra Pradesh Non Resident Telugu Society**

The Andhra Pradesh Non Resident Telugu Society is a Government of Andhra Pradesh initiative to unite the Telugu Diaspora worldwide and provide them with the right platform to engage with their motherland in ways and means which are symbiotic in nature. APNRTS division dedicated exclusively to catering to the needs of the NRTs has been responsible for their welfare, growth and empowerment as much any other group domiciled within Andhra Pradesh.

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# CONTRIBUTORS

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**SPONSORED BY:**

**AP BOARD OF INTERMEDIATE EDUCATION**

**&**

**ANDHRA PRADESH NON RESIDENT TELUGU  
SOCIETY**

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# Notes

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