

CRASH PROGRAM SCHEDULE



3 days - Once a week for three weeks
THESE

TAKE

5 Session in 3 weeks
2-3 hours every session
STEPS

25 tools across 3 weeks
TO

SUCCEED



METICULOUSLY FOLLOWING ACTION PLAN

IN EXAMINATION

Counseling - 3 sessions in 3 weeks

YOU NEED TO CRASH THESE EXAMINATIONS

Join Our
**CRASH
PROGRAM**



Course Fee : **INR 2500/-** (Rupees two thousand five hundred only)
Only 4 Batches : Limited seats
Batch 1 : Starts on **29.05.2022**



Yoga

Rumble & Jumble



Fun

Fit in yourself



samrakshana

Building younger generation into national resources

Contact us at

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EXAMINATIONS ARE Exercises to determine one's extent of learning and understanding. But Public exams and results are **OFTEN** very **STRESSFUL AND DIFFICULT** for majority of students.

A recent student survey indicates

- ⦿ 30-40% students suffer from exam fear and pressure
- ⦿ Lack of interest in subjects
- ⦿ Over 50% students experience tension and anxiety.

Further

Every student has some intensity of fear like

- ⦿ Failure in exams
- ⦿ Coping parent's expectations
- ⦿ Societal pressure and
- ⦿ Career choices

ONE IN EVERY 50 SUICIDES happened due to **EXAMINATIONS**, Suicides India, 2019

This happens to any child whether weak or strong; scores or not.

And at times, this fear

- ⦿ Make a few children abscond
- ⦿ Make very little children attempt to commit suicide
- ⦿ Make very few children kill themselves

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EXAMINATIONS
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Hence our CRASH PROGRAM

Crash Program (CP) is an immediate and need based program designed with the involvement of psychologists, counsellors and experienced trainers at Samrakshana. This program is evolved on a "Study on Examinations and its challenges among the students of Chennai."

Samrakshana has given this program to hundreds of students from different schools.

What is CRASH PROGRAM?

The Crash program strengthens **CHILDREN'S SKILLS AND QUALITIES** in students to look at the examination as an exercise to rejoice and achieve.

CP develops student's emotional balance and provides opportunity

- ⦿ To identify their strengths against examination, and
- ⦿ To locate all possible and available support systems
- ⦿ To improve their performance in examinations

CP is based on a simple theory of JOHARI WINDOW and the principle of SWOT.
It helps you to focus on WHAT YOU CAN, and WHAT YOU NEED TO AVOID

**At the end of the training
Your Child will get TWO REPORTS**

1 Status report

- ⦿ What exactly your child feels about examinations?
- ⦿ What are his/her interest and learning styles?
- ⦿ What support does a student have and from whom?
- ⦿ Student's strengths and gaps in addressing the examination

2 Action plan

- ⦿ List of priorities in addressing the issues of examinations
- ⦿ Effective time schedule with appropriate relaxation techniques
- ⦿ Realistic estimation of what a student and parents can expect

RELAXATION

PUZZLES

STORIES

YOGA

BRAINSTORMING

DEMONSTRATION

TOOLS & EXERCISES

GAMES

**The program
is through**

MUSIC