

**PRO-Media Coordinator's Office
Jamia Millia Islamia**

November 18, 2019

Press Release

Workshop on “How to Handle Examination Anxiety” held at JMI

A workshop on “How to Handle Examination Anxiety” was organized by Jamia Millia Islamia’s University Counseling & Guidance Centre on 18th November 2019.

About 70 students from different departments of the university attended the workshop.

Main speaker Dr. Naveen Grover from Institute of Human Behaviour & Allied Sciences (IHBAS), New Delhi was welcomed and introduced to the audience by Prof. Naved Iqbal, Director of the Counseling & Guidance Center.

Dr. Grover talked about various examination related anxieties and suggested means to tackle them. He also answered queries from students related to the topic.

Ahmad Azeem
PRO-Media Coordinator



University Counseling & Guidance Centre

Jamia Millia Islamia

Organizes a Workshop on

How to Handle Examination Anxiety

Speaker: Dr. Naveen Grover, IHBAS

18th November 2019 at 10:00 am

Venue: Mir Anis Hall








University Counseling & Guidance Centre
University of Jammu
Department of Education
How to Handle Examination Anxiety
October 20, November 2020
10:00 AM - 12:00 PM
Room: 401/100










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University Counseling and Guidance Centre

Jamia Millia Islamia

Organizes an event on

Anniversary

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