



**PHYSICS
WALLAH**



**VIDYAPEETH
—PATHSHALA—**

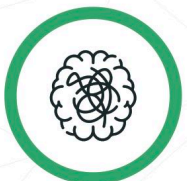
PW PRERNA

STRESS NA LO, BAS PW KO PHONE KARO!

**Exam Preparation Ke liye hi nahi,
de-stress hone ke liye bhi PW aa gaya hai!**

Your Guide To Emotional Wellness

Below are some common stresses that students face during exam preparation



Worry



Panic



**Exam Fear/
Stress**



Self-Doubt



**Sadness/
Distress**



**Overthinking
& More!**



If you are undergoing any of these symptoms, just call

Helpline Number : 099905 00122



Monday to Saturday



10 am to 9 pm

**PW Prerna Counsellors are available to help you in every way
to manage & even overcome these challenges effectively.**

Add: 2nd Floor, Shanti Hero Showroom, Kosabadi Chowk, Korba (C.G.)-495677

Disclaimer - PW Prerna Counsellors are not clinically certified, but will help you manage stress levels in a healthy manner.