



**THE INSTITUTE OF  
Company Secretaries of India**

**भारतीय कम्पनी सचिव संस्थान**

**IN PURSUIT OF PROFESSIONAL EXCELLENCE**

Statutory body under an Act of Parliament

**!!! Attention Students !!!**

**YOUTUBE LINKS :**

**VIDEOBYTES**

**“EXAMINATION RELATED STRESS AND  
HOW TO COPE UP WITH IT”**

Dear Student,

This has reference to the Video bytes prepared by the Institute for the students on the topic **“EXAMINATION RELATED STRESS AND HOW TO COPE UP WITH IT** . The video links will help the students in preparing for their examinations in a much planned and systematic manner.

**Speakers:**

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Sister B K Sangeeta , Director , Southern Wing , Delhi (Brahmakumaris).

The video bytes have been made available at the following Youtube links to facilitate the students.

- 1- <https://youtu.be/7HKli9dFI68>
- 2- [https://youtu.be/MSnWNGSq\\_K8](https://youtu.be/MSnWNGSq_K8)
- 3- <https://youtu.be/VM3tV6ul6Xk>
- 4- <https://youtu.be/vS92IM5zTzU>
- 5- <https://youtu.be/3gJZ7rFcRO0>
- 6- <https://youtu.be/JCUcwLeiUa4>

You all are advised to visit the link as given above to avail this unique opportunity.

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