

REFERENCES

- <https://www.narendramodi.in/parikshapecharcha>
- Kumari,A. (2014). Examination stress and anxiety A study of college students. *Global journal* volume-4.
- Bruner, I. (1996). *The culture of education*. Cambridge, MA:Harvard University Press. Caldas, S. (1999). *Multilevel examination of student, school, and district-level academic achievement. Journal of Educational November/December, p. 91- 101.*
- Khalil, S. (2004). *Effectiveness of instructional strategy for teaching chemistry to VII standard. Unpublished M.Ed dissertation submitted to Barkatullah University, Regional Institute of Education, Bhopal.*
- Doran, R.L. and Ngoi. M.K. (1979). “*Retention and Transfer of Selected Concept in Elementary School Students*”. *Journal of Research in Science Teaching*.
- Gupta, A., 1979. Psychological Stress related to Level of Aspiration and Achievement Motivation, Ph.D. Psy., RSU, Third Survey of Research in Education (1978-1983) V-I . M.B.Buch, NCERT New Delhi. Page no. 354.

- https://www.academia.edu/12258434/Examination_Phobia_among_Secondary_Level_Students
- Mohapatra, S. & Kumar, S.Panigrahi (2012). Examination Stress in Adolescents. *Asian Journal of Paediatric Practice, Vol. 16, No. 1,*
- Andrews B and Wilding JM. “*The relation of depression and anxiety to life-stress and achievement in students*”. *British Journal of Psychology 95.4 (2004): 509-521.*
- CBSE_Advisory for the psychosocial support & mental health promotion for school students.
- CBSE (Central Board of Secondary Education) - Mental Health and Wellbeing — A Perspective.
- WHO website
https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2
- WHO/UNESCO/UNICEF: Comprehensive School Health Education; Suggested Guidelines for Action. World Health Organization. Geneva. 1992.

- Adolescent Peer Educators' Orientation Course in Life Skills, Gender & Wellbeing, Training Manual for Peer Educators and Teacher Facilitators, Expressions India (Revised 2019)
- <https://www.who.int/publications/i/item/9789240029392>
- https://www.who.int/mental_health/media/en/545.pdf (Pages 7 to 10)
- <https://www.thehindu.com/opinion/op-ed/make-the-mental-well-being-of-teachers-a-priority/>
- <https://timesofindia.indiatimes.com/city/coimbatore/tn-school-girl-attempts-suicide-after-being-raped-by-relative/articleshow/87907904.cms>
- <https://health.economictimes.indiatimes.com/news/industry/stress-harms-relationships-how-you-can-reduce-it-during-holidays-and-beyond/88613283>
- <https://health.economictimes.indiatimes.com/news/industry/its-time-we-make-mental-health-a-part-of-the-curriculum/88563454>