

BUSTING EXAM STRESS WITH COLOUR, CRYSTALS

CHITKARA

chitkara@metronow.co.in

They say a little bit of stress can be a positive thing — it gets the body going with an energising adrenaline rush. But when board exams round the corner, many students suffer an overload of stress, with so much to cram and deadlines to be met. The time bomb is ticking away and pressure is building on students. Some sink into depression and others contemplate suicide. This is when the role of counselling comes into play. However, traditional counselling fails to soothe, and alternate therapies provide the much-needed balm — an active exam stress-buster. Hypnotherapy, crystal healing, reiki and acupressure are now gaining popularity for providing comfort.

Ahluwalia is a Class 10 student at Springdales, Dhaula Kuan. She has never bothered about board exams and made fun of people who practised reiki or worshipped deities. She had a negative attitude towards life. I lived in my own world. I never even respect elders at home, I was disrespectful of them. My mother and

Traditional counselling fails to soothe, alternate therapies provide the much-needed balm — an active exam stress-buster.

Other practitioners practise reiki and I never believed in it till my dad expired three years ago. This made my mom very sad. But then one day a reiki expert came home and I gradually embraced it. I feel much better now and my negativity has disappeared," she says. Not only this, there was a significant improvement in his academic performance. "His report card says that his pre-board scores had improved. It has been a miracle," says his mother.

Alternate therapies are doing wonders for them. "I was not able to study for more than an hour. I was unable to concentrate because I am in Class 12 and board exams are approaching. Three months back, I came in touch with Dr. Agarwal and he gave me two crystal balls, which I hold while studying. Now I can study for two hours at a stretch," Abhishek says.



Dr Mallika Bhatia practises hypnotherapy on a student.

him to study science. He did not perform well in Class 11 and he was very tense. "I had doubts if I will be able to perform well. My future seemed insecure and I was unable to concentrate. In December, I visited a crystal therapist. He gave me two crystal balls and a lingam. It has changed my attitude. I don't feel depressed anymore. I feel I have it in me," he says.

"If students are resorting to alternate therapies for better grades, then there is no harm. There is a very thin line between the two. But alternate therapies are any day better

'HEALED' ONES

“I had doubts if I would perform well. I was unable to concentrate. In December, I visited a crystal therapist. He gave me two crystal balls and a lingam. It has changed my attitude.”

“I lived in my own world. I did not even respect elders at home. My mother and elder brother practise reiki but I never believed in it till my dad died three years ago. One day a reiki expert came home and I gradually embraced it. I feel much better

HOW ALTERNATE THERAPY HEALS

ACUPRESSURE:

Feeling stressed out? Just press the body buttons and feel relaxed. The body has energy buttons — finger tips and stimulating them relieves you of the stress.



COLOUR THERAPY:

There are eight energies corresponding with eight colours. If a student cannot

because wind creates movement. To sedate it, he needs dryness and humidity. So the person can apply either yellow or brown colour on the tips in half circles.



CRYSTAL HEALING

Crystals are placed on or around the body, which helps in clearing negative energy. Crystals must be placed on the

a student has a problem in concentrating, it means of the salts is lacking in his body. We are to be held i

HYPNOTHERAPY
Hypnosis is a trance like state. Experiences twice a week. Hypnotist uses this m