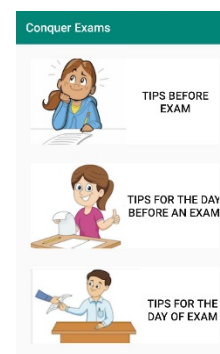
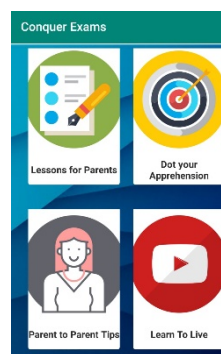
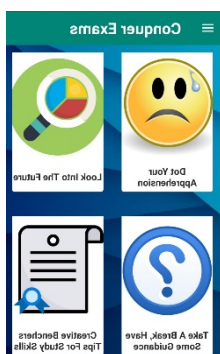
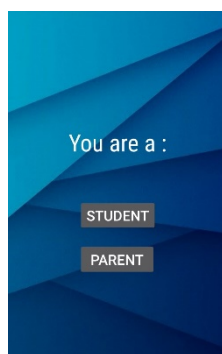
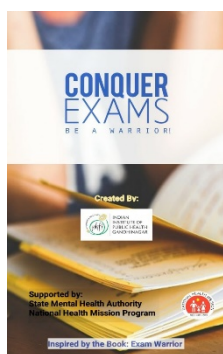


CONQUER EXAM, BE A WARRIOR

A mobile application to cope with Exam related Stress and Anxiety for Students and their Parents

Developed by Indian Institute of Public Health Gandhinagar, Gujarat in collaboration with National Mental Health Program, Department of Health and Family Welfare, Government of Gujarat

Conquer Exam -Be a Warrior is available on the android Market Now!



Gujarat, Ahmedabad - 18/03/2019 – The Indian Institute of Public Health Gandhinagar (IIPHG) has launched a mobile application – **“Conquer Exam, Be a Warrior”** in collaboration with National Mental Health Program, Department of Health and Family Welfare, Government of Gujarat.

Dr. Somen Saha, Associate Professor at IIPHG and Principal Researcher explains “It's that time of year where exam stress hits a peak. There is a way to beat stress, as well as anxiety during the exam. Conquer Exam - Be a Warrior is a powerful and intuitive collaborative idea of IIPHG to create awareness and help students and parents to analyse and overcome exam pressure. It is designed to provide assistance to empower students to do the best use of their ability and knock the exams season with help of parents. We have currently launched the app in English language only. Very soon, we will incorporate Hindi, Gujarat and Marathi language too.”

The app is open access, and it will remind students to stay motivated. It enables students to share their creative memorizing learning tips, they can write their success stories and share funny school experiences. It helps them to stay focused and positive and send gratitude messages to loved ones. A parent can share advice and tips for other parents, and this will empower them to support their child. Currently, this app is available for android devices only and IOS version will be available soon. The app **Conquer Exam, Be a Warrior** can be downloaded from Google play store.

Exam Warrior, the book by Honourable Prime Minister of India, Shri Narendra Modi is a source of inspiration to launch this app - Conquer Exam, Be a Warrior by IIPHG.

Indian Institute of Public Health Gandhinagar is a Public Health University based out of Gandhinagar in Gujarat, set up by the Government of Gujarat and Public Health Foundation of India. The institute offers several academic courses including two years Master in Public Health and Master in Hospital Administration. For more information visit <http://iiphg.edu.in/>.

Download the app: <https://play.google.com/store/apps/details?id=com.examsconquer.exams.conquerexams2>

Press Release



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