



SCAN TO BOOK A SESSION

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Helping aspirants stay composed and continue preparation with structure and clarity through...

# Competitive Exam Stress Counseling

Designed for ambitious aspirants preparing for UPSC, CAT, CA, NEET-PG, & other high-octane exams on tight timelines

Certified Experts

Ethical Practice

Fully Confidential

Evidence-Based

Starts@49\*

*When preparation begins to feel like a constant test of your worth rather than your effort, many aspirants experience...*

## P erformance Pressure



- ✓ Manage exam-related stress without letting it dominate your preparation.
- ✓ Develop healthier ways to stay focused under high expectations.

Preparation can begin to feel steady again.

When the thought of not clearing the exam begins to overshadow the preparation itself, it may signal...

# Fear of Failure



- ✓ Understand the anxiety that often accompanies high-stakes examinations.
- ✓ Build emotional resilience to face uncertainty with greater confidence.

Confidence can begin to return with the right support.

When long study hours begin to drain motivation and concentration, aspirants may experience...

# Mental Exhaustion



- ✓ Recognize the early signs of burnout during extended preparation cycles.
- ✓ Restore mental energy through structured coping and recovery strategies.

Time to let focus feel natural again.

When repeated attempts or changing strategies begin to create doubt about the path ahead, it can lead to...

# Direction Uncertainty



- ✓ Reflect on preparation strategies and personal goals with clarity.
- ✓ Strengthen decision-making around study plans, timelines, and expectations.

Clarity of direction can begin to return with open communication.

