Jockey Club PandA launches mindfulness resources package to support DSE students

By India Education Diary Bureau Admin - March 24, 2020

The Hong Kong Diploma of Secondary Education Examination (DSE) will soon begin under the threat of coronavirus. Students not only need to prepare for the public examinations, but also need to take care of their mental health, in order to concentrate on their studies. Jockey Club "Peace and Awareness" Mindfulness Culture in Schools Initiative (JC PandA) has launched ‘Mindfulness in the Face of Academic Stress’ resources package to encourage DSE candidates and students to create a mindful space in times of the epidemic, so as to better adjust their emotions for their mental well-being. This package is a follow-up of an earlier resources package, ‘Mindfulness in the Time of Coronavirus Epidemic’, that supports the general public in this difficult time.

Professor Lam Shui Fong, Director of JC PandA and Professor in the Faculty of Social Sciences of the University of Hong Kong, expressed the view that it was common for