



Summary Feedback

ST1 – ST4 Teaching Programme 2025

FRCR 2B Practice Viva (Session 117)

DKT Masterclass: HOW TO COPE WITH EXAM STRESS?

Stress Mastery for High Performance in FRCR and beyond!

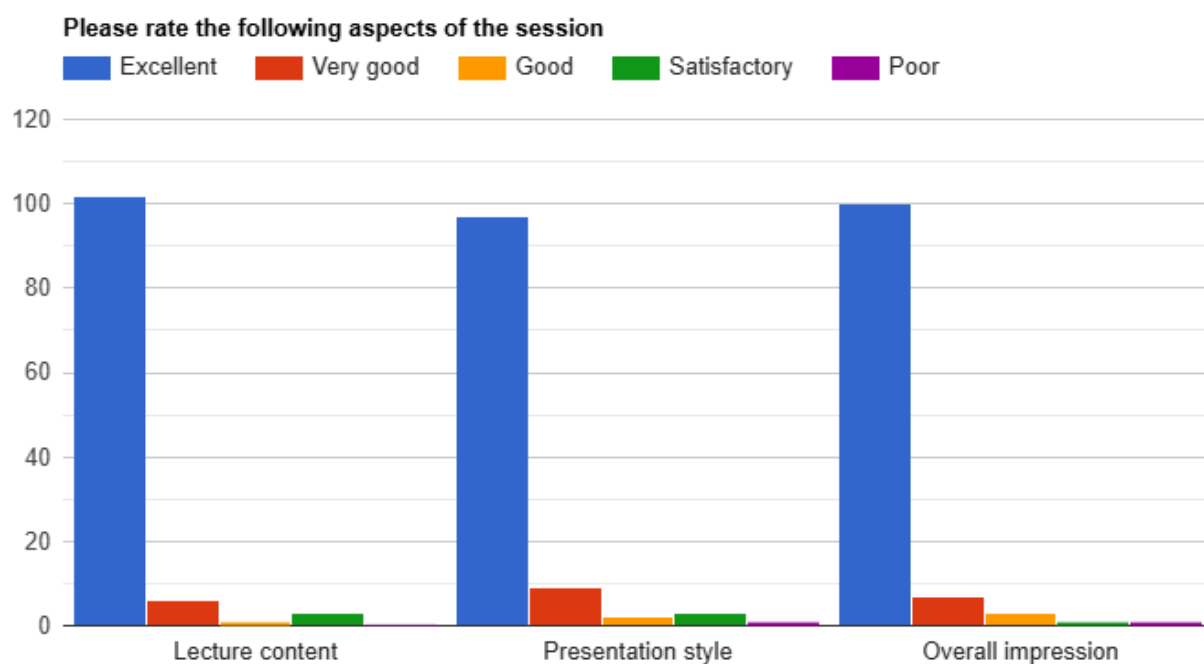
(4th September 2025)

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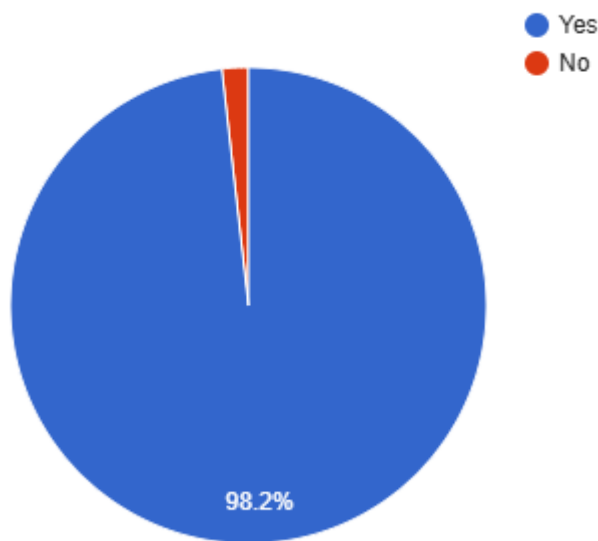
(Sumaira Ilyas)

Summary Points:

- ST1-ST4 teaching programme 2025 – FRCR 2B Practice Viva Session 117: 2 hours teaching time
- Total Attendees: 232 from 33 Countries (Algeria, Bahrain, Bangladesh, Canada, Dominica, Egypt, Ghana, India, Indonesia, Iran, Iraq, Kenya, Kuwait, Libya, Maldives, Namibia, Nepal, Nigeria, Oman, Pakistan, Qatar, Saudi Arabia, South Africa, Sri Lanka, Sudan, Swaziland, Thailand, Türkiye, UAE, Uganda, UK, Yemen, Zimbabwe).
- Total feedback received from 112 participants



Did you find it useful
112 responses



Testimonials

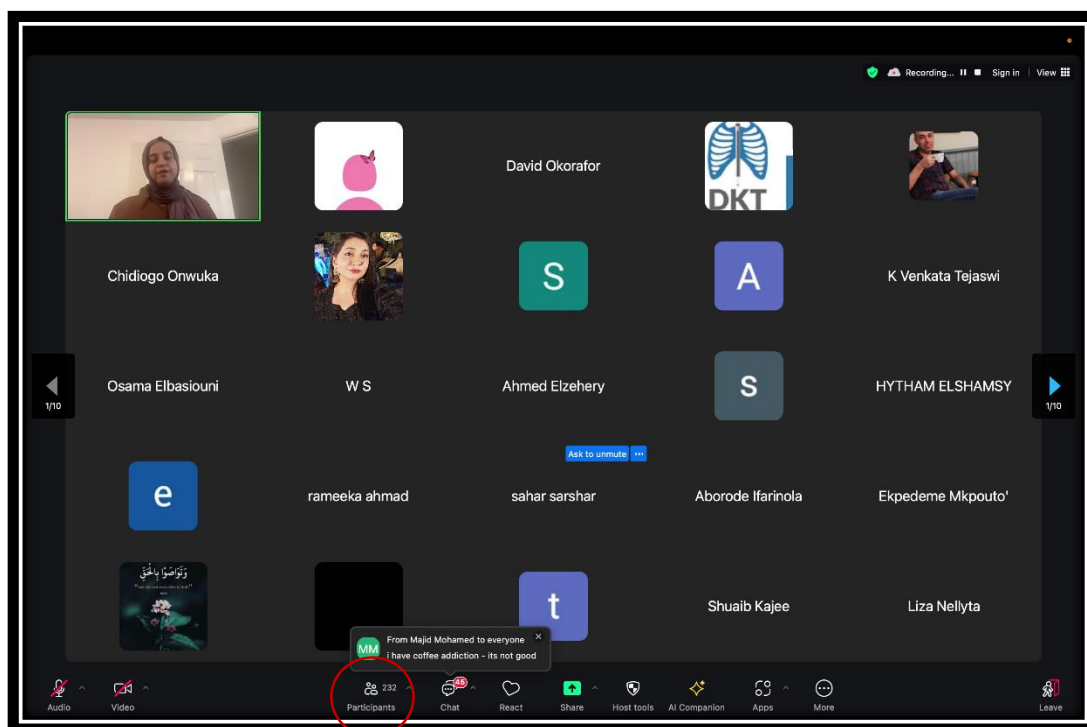
- Really indebted to DKT for not only taking care of the academic aspect of exam preparation but also the mental health of exam candidates in particular and radiologists in general. Blessed to have DKT in our lives (UK).
- A much-needed discussion on what radiologists and health care professionals go through and how to cope with various issues (Kenya).
- Excellent and one-of-a-kind lecture. A great idea indeed, as we are never taught and trained how to face the actual challenges of life in medical school or in any institution. Great initiative, Dr. Sumaira Ilyas. Thanks so much to Dr. Sumaira Ilyas & Dr. Khan & his team (Pakistan).
- Wonderful session, most needed at this point of time. Thank you, Dr. Ilyas & DKT, for arranging this one (India).
- Amazing insight into why we are in chronic stress and how to handle it, not just for the exam but also in other day-to-day situations (UK).
- The knowledge that one is not alone and that there are ways to overcome the exam stress was useful (Nigeria).
- Coming one-on-one with my own stresses was a powerful thing that happened to me during this lecture (Saudi Arabia).
- Simple tips to deal with stress—it really helps. Thanks a lot, Dr. Sumaira (Egypt).
- The relaxation practice was useful. It taught me things I can practice later (UK).
- Very informative and helpful as I'm going through this stress these days (Pakistan).
- Very thoughtful and essential topic. I enjoyed every bit of the lecture. I would definitely practice meditation more often and check up on her book recommendations. Thanks for this great initiative (Nigeria).

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- Very important because I faced problems with my husband during the 2A exam (Sudan).
- Excellent session. Very inspiring and helpful meeting. Need such sessions in the future (UAE).
- Useful for long-term success and thought-provoking about my current attitude and approach to stress (UK).
- Nice sharing (Malaysia).
- Very good stress coping strategies for preparing for an exam or career progression. Thank you for sharing your knowledge and expertise (UK).
- Fruitful discussion on what radiologists face in their career paths and how to manage stress, failure, and other issues (Kenya).
- Most needed topic (Pakistan)!
- The session is very nice, with a lot of emotions; we need more of these sessions (Egypt).
- Lecture content was useful (UK).
- Excellent content (India).
- Much needed session. Thank you, DKT (Saudi Arabia).
- Very useful for all life, not only for exams (UK).
- Counselling regarding cutting down stress was useful (Pakistan).
- Stress-relieving measures were useful (India).
- Provoking out-of-box thinking was useful (Pakistan).
- The Q/A that actually made sense was useful (Pakistan).
- Good talk to go through stress and management strategies from real-life examples and sciences (UK).
- Ways to reduce stress were useful (Pakistan).
- Mental health struggle in the medical profession was useful (Kuwait).
- Useful tips to improve on mental health and emotional well-being (Zimbabwe).
- Very nice stress coping techniques (Pakistan).
- Nice sharing (Malaysia).
- Realistic advice was useful (UK).
- It's all useful (UAE).
- It was perfect (UAE).
- All of it was very useful & valuable (Egypt).
- Knowledge of the speaker was valuable (Pakistan).
- The question and answer session was useful (UK).
- The guide to coping with stress was most useful (UAE).
- Excellent relaxation techniques. Very helpful (UAE).
- Good session (Pakistan).
- Wonderful session (Libya).
- The whole lecture is helpful. Great (Pakistan).
- The advice to overcome stress was useful (UK).
- A highly valuable lecture covering stress-related topics (UK).
- Even though she lost her presentation, she nailed it (Sri Lanka).
- Her way of talking was valuable (Pakistan).
- The talk about stress and its effect was useful (UK).
- Very nice session to improve our emotions and fears (Saudi Arabia).
- Elaboration of psychological issues and management was useful (Pakistan).
- Teaching and psychotherapy were useful (Nigeria).
- Stress coping strategies were useful (Sudan).
- Very practical tips! (Saudi Arabia).

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- The strategy of dealing with failure was useful (UK).
- Stress release tips were useful (Pakistan).
- Wonderful (Nigeria).
- Wonderful session, very informative (Pakistan).
- The great insight about stress and mindfulness was useful (UK).
- How to cope with exam stress, especially viva, was useful (UK).
- Very informative, insightful (Pakistan).
- Amazing session (Iraq).
- The way the speaker explains everything was most useful (Pakistan).
- Please keep doing the great work (UK).
- Perfect session! (UK).
- It gives a wholesome touch to the regular stuff-filled sessions (UK).
- Very helpful session (Saudi Arabia).
- Good session given The exam is 1 month away. We forget the fundamentals that we experience and our families experience just to get past this hurdle (UK).
- Very impressive (Nigeria).
- Good content and presentation However, without slides and visual illustration, the interaction is greatly reduced (UK).
- Thank you to the presenter and team for this new idea (UK).
- Absolutely brilliant (Botswana).
- Brilliant session (Pakistan).
- Excellent, just what I needed (UK).
- Excellent session, much needed topic (UK).
- Nice experience (Nigeria).
- Very useful (UK).



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DKT MASTERCLASS - HOW TO COPE WITH EXAM STRESS ?

Stress Mastery for High Performance in FRCR and beyond !

Neuroscience of success by a radiologist for radiologists

Dr. Sumaira Ilyas
Consultant Radiologist
Northern Health and Social Care Trust,
Northern Ireland
Certified Life Coach and Hypnotherapist
Certified in Study of Happiness

4th September 2025
18:30 - 20:30 BST

**2 RCR
CPD**

DO NOT MISS IT

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SUMAIRA ILYAS

Wendy Gao

Wendy Gao

Dr Khan's Teaching

MS

Khaled Abd el baky

Chidiogo Onwu...

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