



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

E-mail: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com Website: <https://www.bmb.ac.in>

Tel: 07106-232349

DETAILED REPORT OF THE ACTIVITY

2023-2024

ACADEMIC SESSION	2023-2024
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY	Students' Awareness Programme on "Examination and Stress"
CORE AREAS COVERED	<ul style="list-style-type: none">• Effective Study Strategies• Stress Management Techniques• Understanding Examination Stress• Maintaining Well-being during Examinations• Seeking Support and Help• Strategies for Managing Examination Stress• Effects of Examination Stress• Causes of Examination Stress
SCHEDULE	24 th April, 2024
VENUE	Ground Floor, Annex Building
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))	OFFLINE
ORGANIZING COMMITTEE	Students' Counseling Centre

CHIEF COORDINATOR	Asst. Prof. Dr. Ravikant Mishra
COMMITTEE MEMBER	Asst. Prof. Dr. Anita Mahawadiwar
KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote Speaker's Expertise)	Prof. Dr. Prakash Itankar Associate Dean (Science & Technology) Director Technology and Energy Park, Rashtrasant Tukadoji Maharaj Nagpur University (RTMNU), Nagpur
BENEFICIARIES/TARGET GROUP	Students
NUMBER OF STUDENTS/BENEFICIARIES	144
DETAILED REPORT OF THE ACTIVITY	<p>The Students' Counseling Centre of our Institution, under the aegis of IQAC, organized Awareness Programme for the Students' on 24th April, 2024 at 11.00 AM on the topic "Examination and Stress".</p> <p>The Students' Awareness Programme on "Examination and Stress" was designed to assist students in managing the pressures associated with examinations and academic performances. This Programme provided Resources, Techniques and Support Systems to reduce stress and improve the well-being of students during Examination periods.</p> <p>Dr. Jobi George, the Principal of our College, Chaired the Event, while Prof. Dr. Prakash Itankar, Associate Dean (Science and Technology), Director Technology and Energy Park, RTMNU, Nagpur was the Keynote Speaker. Asst. Prof. Dr. Ravikant Mishra</p>

	<p>delivered the Opening Remark of the Event. As a Keynote Speaker, Prof. Dr. Prakash Itankar focused on the need for recognizing the mental issues of students and suggested a few techniques to develop coping skills. He threw a flood of light on Examination Strategy, Examination Superstitions, Yoga, Stress Management and also gave 3R formula for studying viz. Read, Remember and Reproduce. He also appreciated the endeavors of the “Students Counseling Centre” for arranging such awareness programme to develop healthy coping strategies for creating a stress-free environment for the students.</p> <p>Dr. Jobi George, in his Presidential Address, advocated the healthy study habits and time management skills. He also shared his experiences with the students, about various Career Opportunities. Ms. Manisha Ghare, Member of Vigyan Bharti and Asst. Prof. Dr. Vinita Virgandham, the IQAC Coordinator, also graced the Dias.</p> <p>The Proceeding of the Event was conducted by Ms. Siya Giri, a student of B.Sc.-III. Ms. Pranali Hatwar delivered the formal Vote of Thanks. In all, 144 students marked their attendance in this Event.</p>
<p>PROGRAMME OBJECTIVES</p>	<ul style="list-style-type: none"> • To educate students on the impact of Stress on mental and physical health.

	<ul style="list-style-type: none"> • To provide students with effective Stress Management Techniques and Strategies. • To promote healthy study habits and Time Management Skills. • To encourage students to seek support from Counselors and Educators.
<p>PROBLEMS FACED, IF ANY</p>	<ul style="list-style-type: none"> • Technical issues: Technical issues with audio-visual aids. • Limited knowledge: Students may not have a clear understanding of Stress Management Techniques and Strategies. <p>However, the Organizing Committee addressed these challenges through careful planning, effective communication and contingency strategies which ensured the smooth execution of the Programme.</p>
<p>IMPACT/OUTCOME ACHIEVED</p>	<ul style="list-style-type: none"> • Educated students on the impact of Stress on Mental and Physical Health. • Provided students with effective Stress Management Techniques and Strategies. • Promoted healthy study habits and Time Management Skills. • Encouraged students to seek support from Counselors and Educators.
<p>ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS ETC.</p>	<p>The participants provided Feedback, with most praising the Institution's efforts and expressing a strong desire for more similar initiatives in the future.</p>

Bhiwapur Mahavidyalaya, Bhiwapur
Students Counselling Center
Organizes
Awareness programme on "Examination and Stress".
Feedback Form

Name of Students: Saurabh Govinda mangar
 Name of College: Bhiwapur Mahavidyalaya Bhiwapur
 Class: Bsc- 1st Semester Whatsapp No. 9309903179

Please Tick ✓ the option you find more suitable

Sr. No.	Particular	Extremely Good	Good	Quite Good	Poor
1.	Arrangement of Programme	✓			
2.	Programme made it comfortable for me to relate my problems	✓			
3.	How useful to you was the counselling experience	✓			
4.	How satisfied were you with the way your counselor helped with your issues	✓			
5.	What are your overall experience on "Examination and Stress" Programme	✓			

Suggestions if any Overall very good and knowledgeable program. Lots of queries/problems are solved by the program.

Saurabh
 Signature of Participant

GEOTAG PHOTO GALLERY WITH CAPTIONS (Only GEOTAG photos covering the entire gamut/span of the activity will be accepted)

Circular of the Event

Bhiwapur Mahavidyalaya
Student Counselling Committee
 Notice

All the students of Bhiwapur Mahavidyalaya are informed that Student Counselling Center has organized a program on the topic "Examination and Stress" on Wednesday, 24th April 2024 at 11.00 am. for the counselling of students.

The program will address the Educational, Psychological and Emotional requirements of the students. The Students are requested to avail the benefits by attending the orientation programme.

Saurabh
 Member Secretary
 Student Counselling Committee
 Bhiwapur Mahavidyalaya

Arshant
 Principal
 Bhiwapur Mahavidyalaya
 Bhiwapur

- 1) R.K. Qureshi - RK
- 2) S.V. Wankar - SV
- 3) M.R. Chavhan - MR
- 4) S.K. Shinde - SK
- 5) Dr. V.S. Jogapalham - VJ
- 6) Dr. M.V. Kadam - MV
 C.B.A.I
- 7) Dr. M.V. Nanchwar - MV
- 8) Dr. A.M. Kadam - AM - B.Sc-I
- 9) Darshana Shanday - DS - B.Sc-II

The Proceeding of the Event was conducted by Ms. Siya Giri, a student of B.Sc.-III



Asst. Prof. Dr. Ravikant Mishra welcoming Dr. Jobi George, the Principal of our College.



Asst. Prof. Dr. Ravikant Mishra delivering his Opening Remark of the Event.



Prof. Dr. Prakash Itankar delivering his Keynote Address



Prof. Dr. Prakash Itankar, the Keynote Speaker, guiding the Students on Stress Management



Dr. Jobi George, the Principal of our College, delivering his Presidential Address.



Members of Teaching Staff and Students of our College witnessing the Event.



SCANNED COPY OF ATTENDANCE SHEET

Attendance Sheet of the Students

**BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
STUDENTS' COUNSELLING CENTER
AWARENESS PROGRAMME ON "EXAMINATION AND STRESS"
ATTENDANCE LIST (2023-24)**

Sr. No.	Name of Student	Class	Sign
1	Rohini Haridas Dhoble	11 th Art	Rohini.H.Dhoble
2	Anurupa Ramu Bhiwankar	11 th (Sci)	A.Bhiwankar
3	Tejasvini Chintaman Dahake	11 th (Sci)	Dahake
4	Yashvini Kundan Khandale	—11—	Khandale
5	Tannu Chandragupta Santakke	—11—	T.Santakke
6	Mansi Bapusa Chilkankar	—11—	Mansi
7	Tumanna bhambdas dhore	—11—	Dhore
8	Kavaj Sureshda Bhiwankar	B.A I st year	K.Bhiwankar
9	Bhagyashree Suresh Santakke	—11—	Santakke
10	Sakshree G. Bhiwankar	B.com 2 nd year	G.G. Bhiwankar
11	Pramila G. Bhambhule	B.com 2 nd year	P.G. Bhambhule
12	Sejal .D. Baghel	B.A I st year	Sejal Baghel
13	Aishwarya Sahase	B.A II year	Aishwarya
14	Sudha .C. Khandekar	B.A III year	Sudha
15	Shilpa V. Lingayat	B.A III year	Shilpa
16	Shivani S. Chaudhari	B.A III year	S.Chaudhari
17	Sayli S. Naxine	B.Sc III year	Sayli
18	Bhanshree P. Taskar	B.Sc III year	Taskar
19	Saniya S. Jambhulkar	11 th arts	S.Jambhulkar
20	Lisha V. Vikey	B.A III year	Lisha Vikey
21	Krunal T. Vaidya	B.com 2 nd year	Krunal
22	Vaibhav R. Bhatnagar	—11—	Vaibhav
23	Rohit R. Raut	—11—	Rohit
24	Rohit V. Desai	B.A I st year	Rohit
25	Ganesh P. Desai	—11—	Ganesh
26	Maruti P. Kulkarni	—11—	Maruti

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STUDENTS' COUNSELLING CENTER
AWARNSS PROGRAMME ON "EXAMINATION AND STRESS"
ATTENDACE LIST (2023-24)

Sr. No.	Name of Student	Class	Sign
1)	Jirani Atmakam malve	11 th com	JA-malve
2)	Sharu Jasman Randam	11 th com	Sharu Randam
3)	Shaujal Mohan Shandis	BSc III rd year	Shaujal
4)	Poanali Dilip Matwar	BSc III rd year	Poanali
5)	Aishwarya Gaudes Dakhule	BSc III rd year	Aishwarya
6)	Tushar Raju Chaiwad	BSc 2 nd year	T. R. Chaiwad
7)	Vaibhav Shankar Narayankar	B.A 2 nd year	Vaibhav
8)	Shivan Ratan Raut	BSc 3 rd year	Shivan
9)	Vivek Ravindra Bawane	BSc 1 st year	Vivek
10)	Poizam M. Mandape	B.Sc 1 st year	Poizam
11)	Yashesh A. Dohare	B.com 2 nd year	Yashesh
12)	Rant .R. Malodi	B.Sc 3 rd year	Rant
13)	Ritik Arun Tumbe	B.Sc 3 rd year	Ritik
14)	Vaishika A. Chingayat	B.com 1 st year	Vaishika
15)	Pratiksha C. Jangam	B.com 1 st year	Pratiksha
16)	Sanhu D. Chhadare	B.com 1 st year	Sanhu
17)	Poerima K. Randhau	B.com 1 st year	Poerima
18)	Samvedna R. Pillawar	B.com 1 st year	Samvedna

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Sr. No.	Name of Student	Class	Sign
1)	Maresh Ramkrushna Hedou	BSc 1 st year	Maresh
2)	Ganesh Dilip Bokode	B.Ed 1 st year	Ganesh
3)	Saurabh Govinda Mangar	BSc 1 st year	Saurabh
4)	Jahvi L. Mathane	B.A 1 st year	Jahvi
5)	Smriti S. Ingelle	B.A 2 nd year	Smriti
6)	Vaishnavi D. Tumde	B.A II year	Vaishnavi
7)	Kamal Laxman Wagh	B.A II year	Kamal
8)	Kashish Asoy Gedam	11 th sci	Kashish
9)	Jshwata Kiran Gondane	11 th sci	Jshwata
10)	Sumiksha Baba Sawarkar	B.A 1 st year	Sumiksha
11)	Vaishnavi Anil Nikalje	B.A 1 st year	Vaishnavi
12)	Tonika Rushi Parate	BSc 2 nd year	Tonika
13)	Pranita Pratiksha Bhalhokar	B.A 1 st year	Pranita
14)	Anjali suril marum	B.A 1 st year	Anjali
15)	Ananali Nazendae Rudekar	B.A 1 st year	Ananali
16)	Riya Amal Gaurikar	11 th Sci	Riya
17)	Piyush S. Dupare	11 th (Sci)	Piyush
18)	Ketaki U. Ramteke	11 th (Sci)	Ketaki

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AWARNSS PROGRAMME ON "EXAMINATION AND STRESS"
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Sr. No.	Name of Student	Class	Sign
	Shailesh R. Deshmukh	Bcom 1 st year	[Signature]
	Vaibhav R. Nagekar	-11-	[Signature]
	Priyanshu T. Vaidya	-11-	[Signature]
	Rohit R. Kulkarni		[Signature]
	Shital S. Nimje	-11-	[Signature]
	Nikhita T. Meshram	11 th science	[Signature]
	Anushka N. Gaurhe	-11-	[Signature]
	Bhuvanika L. Patil	B.A. II nd year	[Signature]
	Trushali V. Ramteke	Bsc 1 st year	[Signature]
	Gayatri K. Tighore	-11-	S.K. Tighore
	Sakshi Mishra Samant	Bsc 1 st year	[Signature]
	Apurva Jagendra Gajbhiye	11 th science	[Signature]
	Rashmi Chandrashekhar Bhat	11 th com	R. Bhat
	Savitri Chaitram Mahabadi	B.A. III rd year	[Signature]
	Ayush S. Jadhav	B.A. 1 st year	V.S. Jadhav
	Sushma Bharati Bhat	B.com 1 st year	S.B. Bhat
	Lishal Vilash Vitek	B.A. 1 st year	[Signature]
	Sanjana Suresh Dhok	Bsc 2 nd year	[Signature]

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
STUDENTS' COUNSELLING CENTER
AWARNSS PROGRAMME ON "EXAMINATION AND STRESS"
ATTENDACE LIST (2023-24)

Sr. No.	Name of Student	Class	Sign
	Vaishnavi Suktov Bhamre	11 th com	V.S. Bhamre
	Ganjan Tulshidas Ramgunde	11 th com	Ganjan R.
	Tanuu Bhanuji Patil		
	Anushka Jyoti Gajbhiye	11 th sci	[Signature]
	Nikita Dhruv Wankar	Bsc 2 nd year	[Signature]
	Mahini Tulshidas Wankar	11 th com	M.T. Wankar
	Sanket. Narayan. Bawantade	B.com 1 st year	[Signature]
	Akash Anil Patil	B.com 1 st year	[Signature]
	Rupchand Suresh Kulkarni	B.A. 1 st year	[Signature]
	Rohan Diwaker Kumbhkar	B.A. 1 st year	[Signature]
	Harshad Wasdeo Boudh	11 th sci	[Signature]
	Nikhillesh Vinod Malode	11 th sci	[Signature]
	Pawal Vinayak Tarbe	11 th sci	[Signature]
	Piyush K. Mangar	11 th sci	[Signature]
	Shreyash M. Mangar	11 th sci	[Signature]
	Chetan C. Alone	11 th sci	[Signature]
	Manish S. Chaulkari	11 th sci	[Signature]
	Rohini R. Bais	11 th sci	[Signature]

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STUDENTS' COUNSELLING CENTER
AWARNESS PROGRAMME ON "EXAMINATION AND STRESS"
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Sr. No.	Name of Student	Class	Sign
	Vanashree Fulchand Gyajbhije	B.A.III year	Gyajbhije
	Shubhangi Sampat Mannate	B.A.III year	Mannate
	Kajal Kisan Dhane	B.A.III year	Dhane
	Pratiksha R. Vaigya	B.A.III year	Vaigya
	Nikita V. Deshmukh	B.A.III year	Deshmukh
	Tanuja B. Dhemvijay	B.A.II year	Dhemvijay
	Trupti S. Raut	B.A.III year	Raut
	Vashanti O. Patilkar	B.A.II year	Patilkar
	Divya B. Mankar	B.A.III year	Mankar
	Kiran N. Dhore	B.A.III year	Dhore
	Pravin R. Manger	B.A.III year	Manger
	Smita M. Munghete	B.com I year	Munghete
	Ankita R. Chaudhari	B.com I year	Chaudhari
	Suhani S. Takam	B.com I st	Takam
	Khushbu S. Nikhare	B.com I st	Nikhare
	Pinko R. Balbude	B.com I st	Balbude
	Sanjana Ramesh Borghare	11 th sci	Borghare
	Aishwarya R. Bhambhate	11 th (Sci)	Bhambhate

ANY OTHER INFORMATION

Letter forwarded to Dr. Prakash Itankar for inviting him to grace the occasion as a Keynote Speaker



Backward Class Youth Relief Committee's
BHIWAPUR MAHAVIDYALAYA
 Accredited with Grade B (CGPA-2.54) by NAAC
 At. Po. Th. Bhiwapur, Dist. Nagpur (MS) -441201
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 Website : www.bmb.ac.in
 Ph. No. 07106-232349 : Fax No. 07106-232064

Smt. Sumanma B. Mulak
 President
 Hon. Shri Rajendra B. Mulak
 Secretary
 Dr. Jobi George
 Principal

Ref. No. /BMC/2023-24 /F.L/8434-1

Date 22/04/2024

Invitation Letter

To
 Dr. Prakash R. Itankar
 Associate Dean (Science and Technology)
 R.T.M. Nagpur University, Nagpur

Sub: Invitation to deliver Guest Lecture on the topic "Examination and Stress".

Respected Sir,

It gives me infinite joy and honour to invite you to deliver Guest Lecture on the topic "Examination and Stress" on Wednesday, 24th April 2024 at 11.00 am. I do believe that you would be courteous enough to spare your precious time to deliver the Lecture as your immense knowledge would help our students to achieve their goals. Looking forward to welcome you.




Thanking you

Yours sincerely

*Received
 At Hons. Dr. Prakash R. Itankar
 22/4/24*

Sumanma
 Principal
 Bhiwapur Mahavidyalaya
 Bhiwapur

Letter of Appreciation handed over to Dr. Prakash Itankar

	Backward Class Youth Relief Committee's BHIWAPUR MAHAVIDYALAYA Accredited with Grade B (CGPA-2.54) by NAAC At. Po. Th. Bhiwapur, Dist. Nagpur (MS) -441201 Email: bmv_bhiwapur@yahoo.com, bgm.college1990@gmail.com Website: www.bmb.ac.in Ph. No. 07106-232349 : Fax No. 07106-232064	Smt. Sumanmata B. Mulak President Hon. Shri Rajendra B. Mulak Secretary Dr. Jobi George Principal
Ref. No. /BMV/2022-24/B.L/ 8438		Date 24/04/2024
Appreciation Letter		
To		
Dr. Prakash R. Itankar Associate Dean (Science and Technology) R.T.M. Nagpur University, Nagpur		
Sub: Letter of appreciation for delivering Guest Lecture on the topic "Examination and Stress".		
Dear Sir,		
It gives me infinite joy and honour to thank you for delivering a Guest Lecture on the topic "Examination and Stress" on Wednesday, 24 th April 2024 at 11.00 am. We assure you that your motivation will excel the progress in our students' academics. We were all delighted that you took time to interact with our students and hope you can visit us again soon.		
Thanking you.		
		Yours sincerely  Principal Bhiwapur Mahavidyalaya Bhiwapur

Brochure of the Event

	BACKWARD CLASS YOUTH RELIEF COMMITTEE'S BHIWAPUR MAHAVIDYALAYA STUDENTS' COUNSELING CENTER under the aegis of IQAC organizes Students' Orientation Programme on "Examination and Stress" 24 th April, 2024 at 11.00 A.M.	
Resource Person : Dr. Prashant Itankar , Associate Dean (Science & Technology), Director Technology and Energy Park, R.T.M. Nagpur University		
Asst. Prof. Dr. Ravikant Mishra Member Secretary Students' Counseling Center	Dr. Vinita Virgandham IQAC Coordinator Bhiwapur Mahavidyalaya	Dr. Jobi George Principal Bhiwapur Mahavidyalaya

Principal
Bhiwapur Mahavidyalaya