



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

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

<b>CHIEF COORDINATOR</b>	Asst. Prof. Dr. Ravikant Mishra
<b>COMMITTEE MEMBER</b>	Asst. Prof. Dr. Anita Mahawadiwar
<b>KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote Speaker's Expertise)</b>	Prof. Dr. Prakash Itankar Associate Dean (Science & Technology) Director Technology and Energy Park, Rashtrasant Tukadoji Maharaj Nagpur University (RTMNU), Nagpur
<b>BENEFICIARIES/TARGET GROUP</b>	Students
<b>NUMBER OF STUDENTS/BENEFICIARIES</b>	144
<b>DETAILED REPORT OF THE ACTIVITY</b>	<p>The Students' Counseling Centre of our Institution, under the aegis of IQAC, organized Awareness Programme for the Students' on 24<sup>th</sup> 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><b>PROGRAMME OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To educate students on the impact of Stress on mental and physical health.</li> </ul>

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

**Bhivapur Mahavidyalaya, Bhivapur**  
**Students Counselling Center**  
**Organizes**  
**Awareness programme on "Examination and Stress",**  
**Feedback Form**

Name of Student: Geetika Gauri Singh  
 Name of College: Bhivapur Mahavidyalaya, Bhivapur  
 Class: BSc- 1<sup>st</sup> Semester Whatsapp No. 830900373

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 solve my problem	✓			
3.	How useful to you was the counselling experience	✓			
4.	How satisfied were you with the way your counsellor helped with your issues	✓			
5.	What are your overall experience in "Examination and Stress" Programme	✓			

Suggestion if any: Further very good and comprehensive program, diff of question/problems are solved by Ms. Geetika S.T.

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

**Bhivapur Mahavidyalaya**  
**Students Counselling Committee**  
**Notice**

All the students of Bhivapur Mahavidyalaya are informed that Student Counselling Center has organized a program on the topic "Examination and Stress" on Wednesday, 24<sup>th</sup> April 2024 at 11:30 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.

  
 Member Secretary  
 Student Counselling Committee  
 Bhivapur Mahavidyalaya

  
 Principal  
 Bhivapur Mahavidyalaya

1) R.K. Gauri -   
 2) S.V. Kulkarni -   
 3) M.A. Chavhan -   
 4) S.K. Shinde -   
 5) Dr. U.S. Pappalwar -   
 6) Dr. M.V. Kadam -   
    C.B.A.I.  
 7) Dr. S.N. Mahapatra -   
 8) Dr. A.H. Patil -   
 9) Anshu Shinde - 

**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)**

Sl. No.	Name of Student	Class	Sign
1	Rohini Haridas Zibhite	11 <sup>th</sup> art	[Signature]
2	Pratima Rama Bhosale	11 <sup>th</sup> CoD	[Signature]
3	Tijevini Chetana Dabke	11 <sup>th</sup> CoD	[Signature]
4	Yashvi Kundan Kharsale	—	[Signature]
5	Tanya Chanchayappa Sontalke	—	[Signature]
6	Mansi Saputkar Chitambar	—	[Signature]
7	Tanvisha Bhavendra dhona	—	[Signature]
8	Pooja Suresh Baburao	B.A. I <sup>st</sup> year	[Signature]
9	Pranishat Suresh Anandkar	—	[Signature]
10	Sanchee G. Bhamburde	B.Com. I <sup>st</sup> year	[Signature]
11	Prerona E. Bhamburde	B.Com. I <sup>st</sup> year	[Signature]
12	Sejal .D. Baghel	B.A. I <sup>st</sup> year	[Signature]
13	Ansharupa Sahuje	B.A. I <sup>st</sup> year	[Signature]
14	Gauri .C. Khedkar	B.A. I <sup>st</sup> year	[Signature]
15	Adarshi .V. Vaidya	B.A. I <sup>st</sup> year	[Signature]
16	Shraddha .G. Chaudhari	B.A. I <sup>st</sup> year	[Signature]
17	Smiti .A. Vaidya	B.Sc. I <sup>st</sup> year	[Signature]
18	Manisha .P. Bhat	B.Sc. I <sup>st</sup> year	[Signature]
19	Sanika .S. Jambhulkar	B.A. I <sup>st</sup> year	[Signature]
20	Usha .V. Vaidya	B.A. I <sup>st</sup> year	[Signature]
21	Prerona .T. Vaidya	B.Com. I <sup>st</sup> year	[Signature]
22	Prerona .A. Bhamburde	—	[Signature]
23	Sanika .P. Bhat	—	[Signature]
24	Prerona .P. Bhamburde	B.A. I <sup>st</sup> year	[Signature]
25	Prerona .P. Bhamburde	—	[Signature]

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

Sr. No.	Name of Student	Class	Sign
1)	Jyoti Amarnath malve	11 <sup>th</sup> com	Jyoti malve
2)	Shani Jyoti Pandey	11 <sup>th</sup> com	Shani Pandey
3)	Shweta Mahesh Bhande	BSc 2 <sup>nd</sup> year	Shweta Bhande
4)	Pranali Dilip Mahesh	BSc 2 <sup>nd</sup> year	Pranali Mahesh
5)	Aishwarya Anand Babale	BSc 2 <sup>nd</sup> year	Aishwarya Babale
6)	Tarun Raju Chavhan	BSc 2 <sup>nd</sup> year	T.R. Chavhan
7)	Vidya Chaitan Narasimhan	B.A 2 <sup>nd</sup> year	Vidya Narasimhan
8)	Shamim Rizvi	B.A 2 <sup>nd</sup> year	Shamim Rizvi
9)	Vivek Ravindra Boudam	BSc 1 <sup>st</sup> year	Vivek Boudam
10)	Pranav M. Mandape	BSc 1 <sup>st</sup> year	Pranav Mandape
11)	Yashika P. Mahale	B.Com 2 <sup>nd</sup> year	Yashika Mahale
12)	Ravi R. Patil	B.Com 3 <sup>rd</sup> year	Ravi Patil
13)	Rishi Anant Tambe	BSc 2 <sup>nd</sup> year	Rishi Tambe
14)	Yashika P. Anant	B.Com 2 <sup>nd</sup> year	Yashika Anant
15)	Pratikha C. Jangam	B.Com 2 <sup>nd</sup> year	Pratikha Jangam
16)	Arshi D. Bhatnagar	B.Com 2 <sup>nd</sup> year	Arshi Bhatnagar
17)	Prerna K. Boudham	B.Com 2 <sup>nd</sup> year	Prerna Boudham
18)	Somnath R. Purohit	B.Com 2 <sup>nd</sup> year	Somnath Purohit

**BHIWAPUR MAHAVIDYALAYA, BHIWAPUR**  
**STUDENTS' COUNSELLING CENTER**  
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Sr. No.	Name of Student	Class	Sign
1)	Mahesh Ramkrishna Hombale	BSc 2 <sup>nd</sup> year	Mahesh Hombale
2)	Garvit Dilip Babole	B.Com 2 <sup>nd</sup> year	Garvit Babole
3)	Saurabh Govinda Mangar	BSc 1 <sup>st</sup> year	Saurabh Mangar
4)	Jyoti L. Molkate	B.A 2 <sup>nd</sup> year	Jyoti Molkate
5)	Prachi B. Ingole	B.A 2 <sup>nd</sup> year	Prachi Ingole
6)	Vishvika D. Jonde	B.A 2 <sup>nd</sup> year	Vishvika Jonde
7)	Kamal Lakshman Wagh	B.A 2 <sup>nd</sup> year	Kamal Wagh
8)	Hrushikesh Abir Gadgil	B.A 2 <sup>nd</sup> year	Hrushikesh Gadgil
9)	Jyoti Pooja Gadgil	B.A 2 <sup>nd</sup> year	Jyoti Gadgil
10)	Smita Anil Sawant	B.A 2 <sup>nd</sup> year	Smita Sawant
11)	Yashika Anil Ingole	B.A 2 <sup>nd</sup> year	Yashika Ingole
12)	Tanisha Rishi Parate	B.Com 2 <sup>nd</sup> year	Tanisha Parate
13)	Prachi Pratikha Bhatnagar	B.A 2 <sup>nd</sup> year	Prachi Bhatnagar
14)	Anjali Anil Marum	B.A 2 <sup>nd</sup> year	Anjali Marum
15)	Anjali Anand Gadgil	B.A 2 <sup>nd</sup> year	Anjali Gadgil
16)	Asha Anil Gadgil	B.A 2 <sup>nd</sup> year	Asha Gadgil
17)	Pooja S. Dupare	B.A 2 <sup>nd</sup> year	Pooja Dupare
18)	Vidya D. Ramteke	B.A 2 <sup>nd</sup> year	Vidya Ramteke

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

Sr. No.	Name of Student	Class	Sign
	Shobish R. Deshpande	BSc 1 <sup>st</sup> year	[Signature]
	Vishnu R. Nigadkar	-11-	[Signature]
	Pranav T. Joshi	-11-	[Signature]
	Rohit R. Konde		[Signature]
	Shital G. Nigje	-11-	[Signature]
	Manika T. Meshram	11 <sup>th</sup> science	[Signature]
	Anshika R. Gaud	-11-	[Signature]
	Ramona L. Panchate	BA 1 <sup>st</sup> year	[Signature]
	Tushanti Y. Ramesh	BSc 1 <sup>st</sup> year	[Signature]
	Gayatri K. Dighane	-11-	[Signature]
	Umesh Mishra Samant	BSc 1 <sup>st</sup> year	[Signature]
	Pranav Jayant Nigje	11 <sup>th</sup> science	[Signature]
	Pratibha Chandrakant Patil	11 <sup>th</sup> com	[Signature]
	Carina Chaitan Mahapatra	B.A. 1 <sup>st</sup> year	[Signature]
	Ayush S. Jadhav	BA 1 <sup>st</sup> year	[Signature]
	Sudhanshu Ganesh Dhole	BSc 1 <sup>st</sup> year	[Signature]
	Kishor Vilas Nigje	B.A. 1 <sup>st</sup> year	[Signature]
	Sujana Subhash Thakur	BSc 1 <sup>st</sup> year	[Signature]

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**AWARENESS PROGRAMME ON "EXAMINATION AND STRESS"**  
**ATTENDANCE LIST (2023-24)**

Sr. No.	Name of Student	Class	Sign
	Vishnu Subhash Patil	11 <sup>th</sup> com	[Signature]
	Garjan Tulshidas Mangar	11 <sup>th</sup> com	[Signature]
	Tanav Bhanuji Patil		[Signature]
	Anamika Anil Nigje	11 <sup>th</sup> sci	[Signature]
	Alitika Dhyanaj Nigje	11 <sup>th</sup> sci	[Signature]
	Mahini Tulshidas Wankhede	11 <sup>th</sup> com	[Signature]
	Samir Nitajir Anantkar	BSc 1 <sup>st</sup> year	[Signature]
	Abhishek Anil Anantkar	BSc 1 <sup>st</sup> year	[Signature]
	Ruchand Suraj Nigje	B.A. 1 <sup>st</sup> year	[Signature]
	Adarsh Anantkar Nigje	B.A. 1 <sup>st</sup> year	[Signature]
	Harshita Anantkar	11 <sup>th</sup> sci	[Signature]
	Nishant Vinod Patil	11 <sup>th</sup> sci	[Signature]
	Paul Vinod Patil	11 <sup>th</sup> sci	[Signature]
	Divyanshu K. Mangar	11 <sup>th</sup> sci	[Signature]
	Shreyash M. Mangar	11 <sup>th</sup> sci	[Signature]
	Charan C. Patil	11 <sup>th</sup> sci	[Signature]
	Divyanshu S. Chaudhari	11 <sup>th</sup> sci	[Signature]
	Kishor R. Patil	11 <sup>th</sup> sci	[Signature]



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Sr. No.	Name of Student	Class	Sign
	Vinayakar Fulchand Gadhikar	B.A.1 <sup>st</sup> year	Gadhikar
	Shubhangi Sampat Manwarde	B.A.1 <sup>st</sup> year	Manwarde
	Kajal Kisan Dhane	B.A.1 <sup>st</sup> year	Dhane
	Pratiksha R. Vardhane	B.A.1 <sup>st</sup> year	Vardhane
	Nikita V. Deshpande	B.A.1 <sup>st</sup> year	Deshpande
	Tanya B. Dhawale	B.A.1 <sup>st</sup> year	Dhawale
	Tadi S. Patil	B.A.1 <sup>st</sup> year	Patil
	Pashanti S. Patilkar	B.A.1 <sup>st</sup> year	Patilkar
	Shruti B. Patilkar	B.A.1 <sup>st</sup> year	Patilkar
	Kiran M. Patil	B.A.1 <sup>st</sup> year	Patil
	Pooja R. Patil	B.A.1 <sup>st</sup> year	Patil
	Smriti M. Patil	B.A.1 <sup>st</sup> year	Patil
	Anisha P. Chaudhari	B.A.1 <sup>st</sup> year	Chaudhari
	Sabina S. Patil	B.A.1 <sup>st</sup> year	Patil
	Krushna S. Patil	B.A.1 <sup>st</sup> year	Patil
	Priya P. Patil	B.A.1 <sup>st</sup> year	Patil
	Sanyam Prakash Deshpande	B.A.1 <sup>st</sup> year	Deshpande
	Ashwini R. Deshpande	B.A.1 <sup>st</sup> year	Deshpande

**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 (2009-2014) by MAAC  
 At, P. O. Bhiwapur, Dist. Nagpur (M.C.) - 481201  
 Email: bmc\_bhiwapur@yahoo.com, bmc\_college1903@gmail.com  
 Website: www.bmc.ac.in  
 Ph. No. 07108-252348 Fax No. 07108-220084

Ref. No. (BMC/2023-24)/1244/1

Date: 22/04/2023

**Invitation Letter**

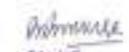
To  
 Dr. Prakash R. Itankar  
 Associate Dean (Science and Technology)  
 B.T.M. Nagpur University, Nagpur

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, 24<sup>th</sup> 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,  
  
 Principal  
 Bhiwapur Mahavidyalaya

Received  
 Dr. Prakash R. Itankar  
 24/4/24

## Letter of Appreciation handed over to Dr. Prakash Itankar



## 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<sup>th</sup> 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. Ravikan Mishra    Dr. Vinita Virgandhan    Dr. Jobi George  
Member Secretary    IQAC Coordinator    Principal  
Students' Counseling Center    Bhiwapur Mahavidyalaya    Bhiwapur Mahavidyalaya

Principal  
Bhiwapur Mahavidyalaya