BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

RE-ACCREDITED WITH GRADE 'B+' (CGPA-2.65) BY NAAC

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 ACTVITY REPORT

2025-2026

ACADEMIC SESSION	2025-2026
NAME OF THE ACTIVITY	Students' Awareness Programme on "Examination and Stress"
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	Bhiwapur Mahavidyalaya, Bhiwapur
CORE AREAS COVERED	• Effective Study Strategies. • Stress Management Techniques. • Understanding Examination Stress. • Maintaining the Well-being of Students during Examinations • Seeking Support and Help. • Strategies for Managing Examination Stress. • Effects of Examination Stress. • Causes of Examination Stress.
SCHEDULE	20th March, 2026
VENUE	Smart Room, First Floor, Administrative Block, Bhiwapur Mahavidyalaya
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK)	OFFLINE
ORGANIZING COMMITTEE	Students' Counselling Centre
CHIEF COORDINATOR	Asst. Prof. Dr. Ravikant Mishra
COMMITTEE MEMBERS	Asso. Prof. Dr. Anita Mahawadiwar,

	Head, Department of Commerce
KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote Speaker's Expertise)	Dr. Vaishali Panhekar Assistant Professor, Dept. of Psychology, Shri Binzani City College (Autonomous), Nagpur.
BENEFICIARIES/TARGET GROUP	Entire Students of the College
NUMBER OF STUDENTS/BENEFICIARIES	72
DETAILED REPORT OF THE ACTIVITY	The 'Students' Counseling Centre' of our College, under the aegis of IQAC, organized a Students' Awareness Programme on "Examination and Stress" on 20th March, 2026 at 11:00 AM**.** The Programme was designed to assist students, in effectively managing the pressures associated with examinations and academic performances. It was aimed to provide students with essential resources, techniques, and support systems to reduce stress and enhance their overall well-being during examination periods. The Programme was chaired by Prof. Dr. Sunil Shinde, while Asst. Prof. Dr. Vaishali Panhekar, Department of Psychology, Shri Binzani City College (Autonomous), Nagpur, graced the occasion as the Keynote Speaker**.** Asso. Prof. Dr. Anita Mahawadiwar was the Chief Guest, and Asst. Prof. Dr. Ravikant Mishra served as the Coordinator of the Programme. Asst. Prof. Dr. Ravikant Mishra delivered the opening remarks**,** highlighting the importance of addressing examination-related stress among students. In her Keynote Address, Asst. Prof. Dr. Vaishali Panhekar, emphasized the importance of recognizing mental health issues among students and suggested practical techniques to develop effective coping strategies. She

	elaborated on topics such as examination strategies, common examination superstitions, yoga practices, and stress management techniques**.** She appreciated the efforts of the 'Students' Counseling Centre' for organizing such a meaningful Programme aimed at creating a stress-free and supportive environment for students. In Presidential Address, Prof. Dr. Sunil Shinde, highlighted the importance of healthy study habits and effective time management**.** He also shared his valuable experiences with students and guided them regarding various career opportunities**,** motivating them to stay focused and confident. The Proceedings of the Programme were smoothly conducted by Asst. Prof. Ashwini Kedar**,** while Asst. Prof. Piyush Raut proposed the formal Vote of Thanks, expressing gratitude to all the dignitaries and participants. A total of 72 students actively participated in the Programme, making it a successful and impactful Event.
PROGRAMME OBJECTIVES	• To create awareness among students about examination-related stress and its management. • To help students understand the causes and effects of stress during examinations. • To provide practical techniques for managing stress, anxiety, and fear. • To promote positive thinking and a confident approach towards examinations. • To sensitize students regarding effective time management and study planning. • To encourage a healthy lifestyle, including proper sleep, diet, and relaxation. • To support students' mental well-being and emotional stability.
PROBLEMS FACED, IF ANY	• Some students were initially hesitant to openly discuss their stress and personal issues.

	• Lack of awareness about mental health made it difficult for students to express their concerns. • Time limitations restricted in-depth discussion and individual counselling. • Varied stress levels and problems among students made it challenging to address all issues uniformly. • Limited availability of professional counselling resources. • Distractions and lack of concentration among a few students during the Session.
IMPACT/OUTCOME ACHIEVED	• Created awareness among students about examination-related stress and its management. • Helped students to understand the causes and effects of stress during examinations. • Provided practical techniques for managing stress, anxiety, and fear. • Tried to promote positive thinking and a confident approach towards examinations. • Sensitized students regarding effective time management and study planning. • Encouraged a healthy lifestyle, including proper sleep, diet, and relaxation. • Tried to support students' mental well-being and emotional stability.

ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS ETC.	The participants provided Feedback, with most praising the Institution's efforts and expressing a strong desire for more similar initiatives in the future**.**

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
INTERNAL QUALITY ASSURANCE CELL
SESSION: 2025-2026
FEEDBACK OF THE PARTICIPANTS

DEPARTMENT/COMMITTEE: Students counselling centre
NAME OF THE ACTIVITY: Examination and Stress Management programme
DATE: 20th March, 2026

S.N.	Name of the Participants	Kindly provide your rating for each aspect based on your experience, using the options: Excellent, Good, Average, or Poor				Signature
		Relevance of the Programme	Quality of Delivery & Outcome of the Event	Facilities and Arrangements	Overall Organization	
01	Sanket G. Meshram	Good	Excellent	Good	Good	
02	Vivek B. Ukale	Good	Excellent	Good	Excellent	
03	Vikas D. Khobragade	Good	Excellent	Good	Excellent	
04	Sawir S. Pawis	Good	-"-	-"-	-"-	
05	Aryan Meshram	Good	-"-	-"-	-"-	
06	Rahul J. Chatari	-"-	-"-	-"-	-"-	
07	Vaishnavi Thakare	-"-	-"-	Excellent	Excellent	
08	Dameshwari Kanjewar	Good	Good	Good	Good	
09	Dhanshree N. Badge	Good	Good	Good	Good	D. N. Badge
10	Minakshi R. Kudejwar	-"-	-"-	-"-	-"-	
11	Nandini S. Khamkar	-"-	-"-	-"-	-"-	N. Khamkar
12	Tejaswini G. Rokde	-"-	-"-	-"-	-"-	
13	Payal M. Dakhankar	-"-	-"-	-"-	-"-	
14	Vaishnavi Y. Zode	-"-	-"-	-"-	-"-	
15	Manshi W. Ghutke	-"-	-"-	-"-	-"-	
16	Mayuri M. Bagade	Good	Good	-"-	-"-	
17	Reshma L. Paschake	-"-	-"-	-"-	-"-	

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
INTERNAL QUALITY ASSURANCE CELL
SESSION: 2025-2026
FEEDBACK OF THE PARTICIPANTS

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S.N.	Name of the Participants	Kindly provide your rating for each aspect based on your experience, using the options: Excellent, Good, Average, or Poor				Signature
		Relevance of the Programme	Quality of Delivery & Outcome of the Event	Facilities and Arrangements	Overall Organization	
53	Tanushri J. Paul	Good	Good	Good	Good	
54	Jayashri P. Zode	Good	Good	Good	Good	
55	Tejal A. Balbudhe	Good	Good	Good	Good	
56	Shreyani R. Balbudhe	Good	Good	Good	Good	
57	Chetana P. Damale	Good	Good	Good	Good	
58	Rohini J. Tadare	Good	-"-	-"-	-"-	
59	Reshma R. Thakare	Good	Good	Excellent	Excellent	
60	Kavita M. Hedau	Good	Excellent	Average	Good	
61	Sakshi K. Samarth	Good	-"-	Good	Excellent	
62	Apeksha J. Bole	Excellent	Good	-"-	-"-	
63	priya J. Dewalkar	Good	Good	Excellent	-"-	
64	Abhilasha V. Wagh	Good	-"-	-"-	-"-	
65	pratiksha N. Samarth	-"-	Excellent	-"-	-"-	
66	Preethi Giri	-"-	-"-	-"-	-"-	
67	Hema Ichtekar	-"-	-"-	-"-	-"-	
68	Aparna Kawale	-"-	-"-	-"-	-"-	
69	Anjali Nagrani	Good	-"-	Good	-"-	

Principal
Bhiwapur Mahavidyalaya
Bhiwapur

GEOTAG PHOTO GALLERY WITH CAPTIONS (Only GEOTAG photos covering the entire gamut/span of the activity will be accepted)	Notice being circulated by the Student Counselling Centre regarding the Programme on "Examination and Stress Management" organized for students on 20th March, 2026. **Bhiwapur Mahavidyalaya, Bhiwapur** **Students Counselling Center** **Notice** All the students of Bhiwapur Mahavidyalaya are hereby informed that the **Student Counseling Center** has organized a programme on the topic **"Examination and Stress Management"** on **Friday, 20th March 2026 at 11:00 a.m.** Under this programme, students will receive guidance and counseling regarding their **academic, psychological, and other personal problems.** All students are requested to remain present **sharp at 11:00 a.m.** and take benefit of this programme. Member Secretary Student Counselling Center Bhiwapur Mahavidyalaya PRINCIPAL Bhiwapur Mahavidyalaya Bhiwapur, Dist. Nagpur Asst. Prof. Ashwini Kedar conducting the Proceedings of the Event 

Asst. Prof. Dr. Yogesh More welcoming Prof. Dr. S.K. Shinde, the Chairperson of the Event



Asst. Prof. Dr. Vinita Virgandham, welcoming Asst. Prof. Dr. Anita Mahawadiwar, the IQAC coordinator of our College.



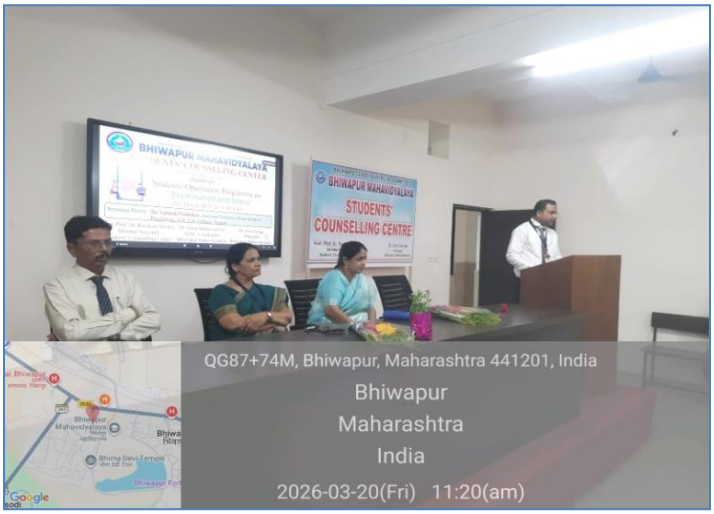
Asst. Prof. Dr. Ashwini Dhonge welcoming Dr. Vaishali Panhekar, the Keynote Speaker.



Asst. Prof. Amit Thakare welcoming Asst. Prof. Dr. Ravikant Mishra, the Programme co-ordinator.

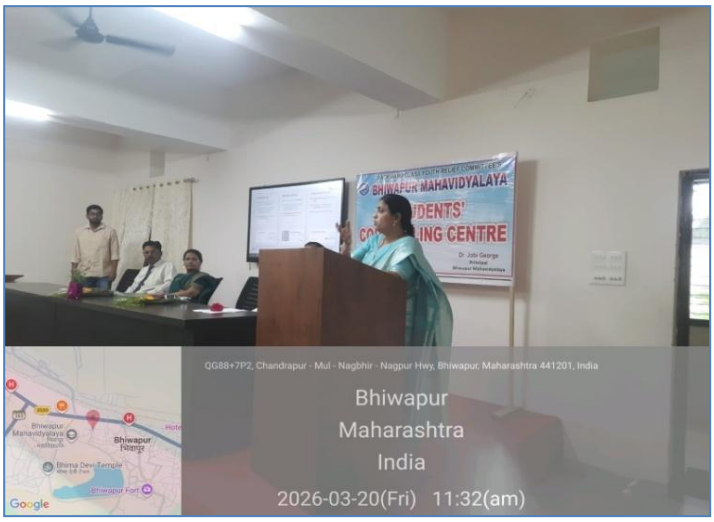


Asst. Prof. Dr. Ravikant Mishra delivering the opening Remark of the Event.



Asst. Prof. Dr. Vaishali Panhekar delivering the Keynote Address.





Prof. Dr. Sunil Shinde delivering the Presidential Address.



Students and teaching staff of our College, witnessing the Event.



NEWS PAPER COVERAGE /MEDIA COVERAGE	Daily Newspaper: "Dainik Bhaskar", Dated: 24th March, 2026
SCANNED COPY OF ATTENDANCE SHEET	**ATTENDANCE SHEET**



'परीक्षा और तनाव' विषय पर किया मार्गदर्शन

संवाददाता | भिवापुर

छात्र परामर्श केंद्र भिवापुर महाविद्यालय द्वारा 'परीक्षा और तनाव' विषय पर मार्गदर्शन शिविर का आयोजन किया गया था। शिविर का उद्देश्य छात्रों की मानसिक स्वास्थ्य जांच और प्राथमिक स्तर पर सहायता जैसे विषयों पर जानकारी प्रदान करना था। कार्यक्रम में बतौर अध्यक्ष प्रा. सुनील शिंदे, मुख्य अतिथि के रूप में प्रा. अनिता महावादीवार, मुख्य वक्ता एसबी सिटी कॉलेज, नागपुर की प्रा. वैशाली पनेकर, छात्र परामर्श केंद्र के सदस्य प्रा. रविकांत मिश्रा आदि उपस्थित थे। प्रास्तावना रखते हुए प्राध्यापक डॉ. रविकांत मिश्रा ने भावनात्मक स्वास्थ्य बनाए रखने और परामर्श की आवश्यकता पर मार्गदर्शन किया। प्रा. शिंदे ने जीवन में छात्रों द्वारा सामना की जाने वाली भावनात्मक समस्याओं पर चर्चा की। प्रा. पनेकर ने छात्रों को तनाव से निपटने और प्रभावी ढंग से सामना करने के तरीके बताते हुए कहा कि मानसिक स्वास्थ्य संबंधी चुनौतियों की जटिलताओं से निपटने में माता-पिता और शिक्षकों की भूमिका महत्वपूर्ण होती है। प्राचार्य डॉ. जॉर्ज ने भी मार्गदर्शन किया। संचालन प्रा. अश्विनी केदार और आभार प्रा. पीयूष राऊत ने माना।

Bhiwapur Mahavidyalaya, Bhiwapur
Students' orientation Programme on
"Examination and Stress Management"
On 20th March, 2026
Attendance Sheet

Sr. No.	Name of Students	Class	Sign
01	Harshal W. Bodke	BSC- 1st y	Harshal
02	Rohit J. Chaudhari	B.Com III Year	
03	Samir D. Mohanbeer	B.Sc I year	Samir
04	Arnav S. Khobragade	B.Sc. 3rd year	
05	Pranjali Shambharkar	BA IIIrd Year	
06	Kalyani K. Thakare	B.A II year	Kalyani
07	Sonali S. Velidy	=11=	
08	Saloni D. Chatte	B.A 1 year	
09	Payal H Raut	=1=	
10	Vaishnavi U. Titarmare	-1-	
11	Tejushwini S. Mandre	-11-	
12	Shreya R. Sontakkey	-11-	
13	Pranjali R. Bade	-11-	
14	Sejal O. Baghel	-11-	
15	Anjali S. Masram	B.A 3rd year	
16	saloni S. Lanjewar	B.A 3rd year	
17	Maskan K. Maraskolhe	-11-	
18	chhakuli M. Mankar	B.Sc- 1 year	
19	Pratiksha C. Tanjam	B.Com-III	
20	pinky P. Balbudhe	B.Com III	
21	Ghivani R. Balbudhe	B.A 2nd	
22	Nikhila T. Meshram	BSC-1st	
23	Aarju S. Sudhav	B.Com 1st	
24	Priyanka S. Gomase	B.A 1st	
25	Tanisha H. Janbandhu	B.A 1st	
26	Pranali R. Dabiwale	B.A. 1st	

Bhiwapur Mahavidyalaya Bhiwapur, Dist. Nagpur

Bhiwapur Mahavidyalaya, Bhiwapur
Students' orientation Programme on
"Examination and Stress Management"
On 20th March, 2026
Attendance Sheet

Sr. No.	Name of Students	Class	Sign
27	Jayashri P. Zode	B.A. 2nd year	J.P.Zode
28	Tejal A. Balbudhe	-11-	Balbudhe
29	Srivani R. Balbudhe	-11-	Balbudhe
30	Rohini T. Tekade	-11-	Rohini
31	Chetana P. Dhamake	-11-	
32	Reshama R. Thakare	-11-	
33	Gauri M. Hedau	-11-	
34	Sanket G. meshram	-11-	
35	Vivek B. Ukare		
36	Aditya S. Shende	B.A 1st	Ashende
37	Tanushri J. Raut	BSC II YR	
38	Vaishnavi O. Thakare	-11-	
39	Dhanshree N. Badge	BSc 2nd year	D.N.Badge
40	Dameshwari V. Tanjewar	BSc IInd year	
41	Ruchi M. Giri	B.Sc 2nd yr	
42	Hemal D. Kuzrekar	-11-	Hema
43	Bautiksheel Sarmarit	-11-	
44	Akhilesha Wagh	-11-	A V. wagh
45	Apeksha J. Bale	BSC-IIIyr	apeksha
46	priya J. Dewalkar	-11-	Priya
47	Sakshi K. Samarthwar	-11-	Sakshi
48	Shreya S. Giri	B.com II	
49	Anandika R. Patharkar	B.com III	
50	Pradnya T. Bhaisbhusse	-11-	
51	Tushar S. Raut	-11-	
52			

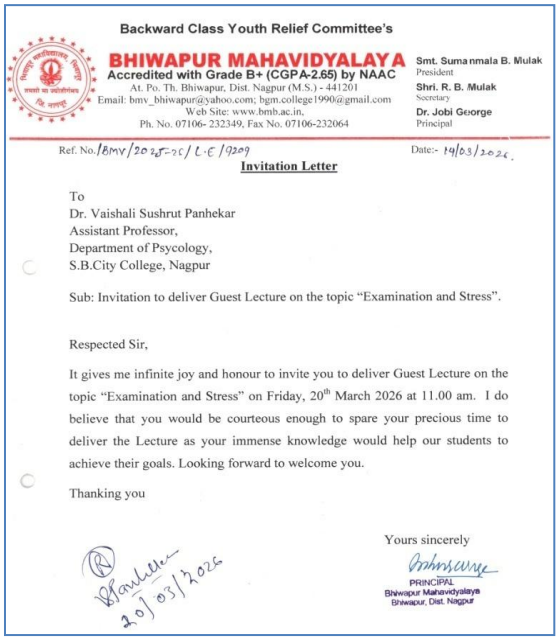


Bhiwapur Mahavidyalaya, Bhiwapur
Students' orientation Programme on
"Examination and Stress Management"
On 20th March, 2026
Attendance Sheet

Sr. No.	Name of Students	Class	Sign
53	Dnyaneshwari K. Tarare	B.com 1st	D.K. Tarare
54	Asmi.B. Nanhe.	-11-	
55	Prachi M. Gulbaxme	B.com 1st	Gulbaxme
56	Pratal T. Bhaisbhuje	B.com III Year	
57	Shelal L. Tijare	BA. 2nd year	
58	Vedika R. Jawale	BSC 1st Year	
59	Ishwata Kiran Chandane	B.Sc- 1 yr.	Chandane
60	Jyoti S. Tighare	BSc 1st year	
61	Ruchika D. Kherambhe	B.A. 2nd Year	R.D. Kherambhe
62	Shubhangi D. Dahatare	B.Sc 1st Year	
63	Disha S. Deshare	B.Sc 2nd year	DSdeshare
64	Karan B. Kolte	B.Com 2nd year	
65	Kartik D. Vaidya	BSc 1st year	
66	Khushal · wadibhasme	BSc 1st year	
67	Samiksha Dharne	Bsc 1st yea	Samiksha
68	Swati P. Shegaokare	BSc 1st yrs	

Principal
Bhiwapur Mahavidyalaya
Bhiwapur

ANY OTHER INFORMATION	Invitation Letter issued by Bhiwapur Mahavidyalaya to Dr. Vaishali Panhekar, Assistant Professor, Department of Psychology, for delivering a Guest Lecture on "Examination and Stress" on 20th March, 2026.



Backward Class Youth Relief Committee's

BHIWAPUR MAHAVIDYALAYA
Accredited with Grade B+ (CGPA-2.65) by NAAC
At. Po. Th. Bhiwapur, Dist. Nagpur (M.S.) - 441201
Email: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com
Web Site: www.bmb.ac.in,
Ph. No. 07106- 232349, Fax No. 07106-232064

Smt. Sumanmala B. Mulak, President
Shri. R. B. Mulak, Secretary
Dr. Jobi George, Principal

Ref. No. /BMV/2025-26/L.E./9209 Date:- 19/03/2026.

Invitation Letter

To
Dr. Vaishali Sushrut Panhekar
Assistant Professor,
Department of Psycology,
S.B.City College, 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 Friday, 20th March 2026 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.

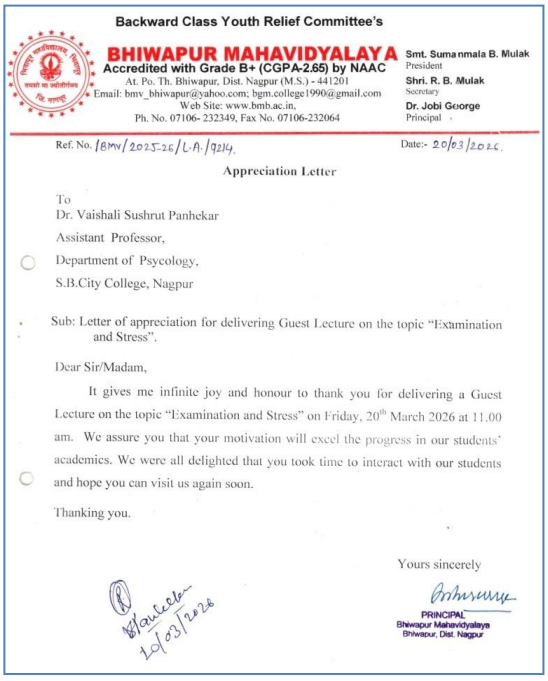
Thanking you

Yours sincerely

20/03/2026

PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur

Appreciation Letter



Backward Class Youth Relief Committee's

BHIWAPUR MAHAVIDYALAYA
Accredited with Grade B+ (CGPA-2.65) by NAAC
At. Po. Th. Bhiwapur, Dist. Nagpur (M.S.) - 441201
Email: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com
Web Site: www.bmb.ac.in,
Ph. No. 07106- 232349, Fax No. 07106-232064

Smt. Sumanmala B. Mulak, President
Shri. R. B. Mulak, Secretary
Dr. Jobi George, Principal

Ref. No. /BMV/2025-26/L.A./9214. Date:- 20/03/2026.

Appreciation Letter

To
Dr. Vaishali Sushrut Panhekar
Assistant Professor,
Department of Psycology,
S.B.City College, Nagpur

Sub: Letter of appreciation for delivering Guest Lecture on the topic "Examination and Stress".

Dear Sir/Madam,

It gives me infinite joy and honour to thank you for delivering a Guest Lecture on the topic "Examination and Stress" on Friday, 20th March 2026 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

20/03/2026

PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur

Dr. Jobi George

Digitally signed by Dr. Jobi George
Date: 2026.09.29 16:36:40 +05'30'

Principal
Bhiwapur Mahavidyalaya