



SHRI GURU BUDDHISWAMI SHIKSHAN PRASARAK SANSTHA'S
SHRI GURU BUDDHISWAMI MAHAVIDYALAYA, PURNA (Jn.)

Pin-431 591, Dist. Parbhani (M.S.) India

श्री गुरु बुद्धिस्वामी महोदय प्रसारक संस्था, पूर्णा महोदय

श्री गुरु बुद्धिस्वामी महाविद्यालय पूर्णा (जं.) - 431591, जि. परभणी (महाराष्ट्र)

SHRI GURU BUDDHISWAMI SHIKSHAN PRASARAK SANSTHA'S, Purna

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Accredited by AICTE, UGC, Maharashtra & U.S.A. & U.K.

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Student Counselling Cell and Internal Quality Assurance Cell (IQAC) Jointly organize

A One-day Online Workshop on 'Managing Exam Stress' For the Degree Students of SGBMP

Saturday, 05.02.2022 at 11:45 am



RESOURCE PERSON

Shri R.S. Parlekar
Counselor, SGBMP

Dear Students,

Greetings from, Student Counselling Cell and Internal Quality Assurance Cell (IQAC), SHRI GURU BUDDHISWAMI MAHAVIDYALAYA, PURNA (Jn.)

As you are preparing for the Semester exams, many of you face stress problems, which ultimately hampers your results. The IQAC and Student Counselling Cell of our college invite you to join online for, One Day Workshop on an important topic, entitled, 'Managing Exam Stress'. The workshop will provide expert guidance on the need to overcome stress and anxiety, psychologically. The participants will be hugely benefitted by the knowledge of the resource person in the field of Psychology.

Patron: Shri Guru Dr. Nandikeshwar Shivacharya Maharaj

Ex-officio President, SGBSP Sanstha, Purna

Hon. Pramod S. Eklare

Executive President, SGBSP Sanstha, Purna

Inaugurator: Hon. Govind S. Kadam

Secretary, SGBSP Sanstha, Purna.

Member, SENATE, SRTMU, Nanded.

Guest of Honour: Shri Amrutraj B. Kadam

Joint-Secretary, SGBSP Sanstha, Purna.

Dr. R.R. Rakh
Joint-Organizing
Secretary

Dr. P. Y. Gangasagar
Co-ordinator, Student
Counselling Cell &
Organizing Secretary

Prof. Sanjay Dalvi
Coordinator, IQAC
& Convener

Dr. K. Rajkumar
Principal &
Chief Organizer

Co-ordinator
IQAC

Shri Guru Buddhiswami Mahavidyalaya
Purna (Jn) Dist. Parbhani - 431511 (M.S.)



PRINCIPAL

Shri Guru Buddhiswami Mahavidyalaya
Purna (Jn.) Dist. Parbhani

A Report on
One Day National Workshop on 'Managing Exam Stress'
For the Degree Students of SGBMP

As the student prepare for Semester Exams, many of them face stress problems, which ultimately hampers their end result. Considering this fact in mind, the Student Counselling Cell and Internal Quality Assurance Cell of the College, organised One Day Online Workshop for the degree students of SGBMP on Saturday, 5th February, 2022 at 11.45 am.

The Workshop was inaugurated by Shri Govindrao Kadam, Member, SENATE, SRTM University Nanded, and Secretary, SGBSP Santha, Purna. In his inaugural speech, he guided students about the importance of positive mentality and time management. Resource Person, Shri R.S. Parlekar, Counsellor, during his expert talk revealed that the students always take burden of exams. After the havoc of Covid-19, the morale of the students is already down and special efforts are needed to overcome stress and anxiety, psychologically.

On the onset of the Workshop, Dr. K. Rajkumar, Principal and Chief Organizer, revealed the need of such types of Workshops to boost morale of the students, before start of the examinations. Dr. Sanjay Dalvi, Co-ordinator, IQAC, and Convener, welcomed the participants. Dr. R.R. Rakh gave the introduction of the resource person. Dr. P.Y. Gangasagar, Co-ordinator, Student Counselling Cell, anchored the programme, while Dr. Santosh Chandole, Programme Officer, NSS, expressed vote of thanks at the end of the Workshop.

The Workshop was organised on the G-Meet online Platform and more than one hundred and seventy-five students participated in the Workshop. The participants were hugely benefitted by the knowledge of the resource person in the field of Psychology.


Co-ordinator
IQAC
Shri Guru Buddhiswaraj Mahavidyalaya
Purna (Dist. Buldhana) - 431001 (M.S.)




Dr. S. M. Dalvi
Co-ordinator, IQAC.



The screenshot shows a WhatsApp group chat interface. At the top, the status bar displays the time as 12:41. The chat title is "eee-jew-jtq". The chat history includes a voice message from "Dr. Ravindra Khar..." and a text message from "Babaji" that says "Buddhism". There are several profile pictures of participants, including one of a man with a beard and another of a man with glasses. The bottom of the screen shows the standard WhatsApp input area with a microphone icon, a text input field, and icons for attachments, voice recording, and emojis.

IQAL
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Purna (Jn.) Dist. P.

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the other hand, the fact that the majority of the respondents were male and that the majority of the respondents were from the private sector may have influenced the results. The study was conducted in a single institution and the results may not be generalizable to other institutions. The study was conducted in a single institution and the results may not be generalizable to other institutions.

सकाळ

विद्यार्थ्यांनी मानसिक आरोग्य जपावे - कदम

पूर्ण, ता. ५ (बातमीदार)

: परीक्षेचे दडपण न घेता मानसिक आरोग्य जपत विद्यार्थ्यांनी वेळेचे व्यवस्थित नियोजन करून परीक्षेला सामोरे जावे, असे प्रतिपादन स्वामी रामानंद विद्यापीठाचे अधिसभा सदस्य प्रा. गोविंदराव कदम यांनी केले.

येथील श्री गुरु बुद्धीस्वामी महाविद्यालयाच्या विद्यार्थी समुपदेशन कक्ष तसेच अंतर्गत गुणवत्ता हमी कक्ष यांच्या वतीने परीक्षा ताण व्यवस्थापन या विषयावर आयोजित एकदिवसीय ऑनलाईन कार्यशाळेचे उद्घाटन प्रा. गोविंदराव कदम यांच्या हस्ते

करण्यात आले.

प्राचार्य डॉ. के. राजकुमार आणि उपप्राचार्य डॉ. संजय दलवी यांच्या मार्गदर्शनाखाली आयोजित कार्यशाळेत समुपदेशक प्रा. राजेश पल्लेकर यांचे बीज भाषण झाले. प्रास्ताविक प्राचार्य डॉ. के. राजकुमार यांनी केले. डॉ. पुष्पा गंगासागर यांनी मुत्रसंचलन केले. डॉ. संतोष चांडोळे यांनी आभार मानले. कार्यशाळा घेतल्याबद्दल संस्थेचे पदसिद्ध अध्यक्ष श्री गुरु डॉ. नंदिकेश्वर शिवाचार्य महाराज, कार्यध्यक्ष प्रमोद एकलारे, सहसचिव अभूतराज कदम यांनी संयोजकांचे कौतुक केले.

Handed - Today/
05/02/2022 Page No. 2

Co-ordinator
IQAC

Shri Guru Buddhivamsi Mahavidyalaya
Purna (Jn.) Dist. Parbhani - 431511 (M.S.)

देशीन्नती

सकारात्मक दृष्टीकोन ठेवून विद्यार्थ्यांनी नियोजन करावे - प्रा. गोविंद कदम

देशीन्नती वृत्तसंकलन....

पूर्ण • कोरेवा संक्रमण

काश्मीर
निर्देश
लोकशासन
मुळे जाले
विद्यार्थ्यांचे

मानसिक आरोग्य अधिकच अलस झाले आहे, यावर मात करण्यासाठी विद्यार्थ्यांनी वेळेचे व्यवस्थित नियोजन करून परीक्षा घ्यायला हव्यात, असे प्रतिपादन स्वा. रा. लि. विद्यापीठाचे सिनेट सदस्य प्रा. गोविंदराव कदम यांनी केले.

पूर्णतील श्री. गुरु बुद्धी महाविद्यालयाच्या वतीने आजारी का. रायत महास्त्रा



अंतर्गत 'परीक्षा ताण व्यवस्थापन' या विषयावर ऑनलाईन कार्यशाळेचे आयोजन करण्यात आले होते. प्रसंगी प्रा. कदम हे मुख् मार्गदर्शक म्हणून झेळत होते. समुपदेशक प्रा. राजेश पल्लेकर यांनी बीज भाषण केले. प्रसंगी प्राचार्य डॉ. के. राजकुमार यांनी प्रास्ताविक केले. उपप्राचार्य प्रा. डॉ. संजय दलवी, डॉ. पुष्पा गंगासागर यांनी संघटन केले. तर डॉ. संतोष चांडोळे यांनी उपस्थितांचे आभार मानले. डॉ. रवींद्र राय यांनी प्रमुख पाहुण्यांचा परिचय करून दिले. विद्यार्थ्यांनी ऑनलाईन पद्धतीने सदर कार्यशाळेचा लाभ घेतला

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