

GUEST LECTURE-

Mental Stress during Exam





"Education for Knowledge, Science and Culture"
-Shikshahmaharshi Dr. Bapuji Salunkhe

VIVEKANAND COLLEGE, KOLHAPUR
(AUTONOMOUS)

INTERNAL QUALITY ASSURANCE CELL
2021 - 2022



Quality Initiatives/ Activities Report

- 1) Name of Department - Sociology
- 2) Name of Organization Activities – Guest lecture on mental stress during exam period

3) Date/Duration - On 03 June 2022

4) Aim / Objective -

- 1) To suggest measures to reduce the mental stress of students during the examination period.
- 2) To inculcate positive attitude towards examination in students.

5) No of Beneficiaries

Girls	Boys	Teachers
20	10	3
Total - 43		

6) Expenditure & funding agency -

7) Brief description -

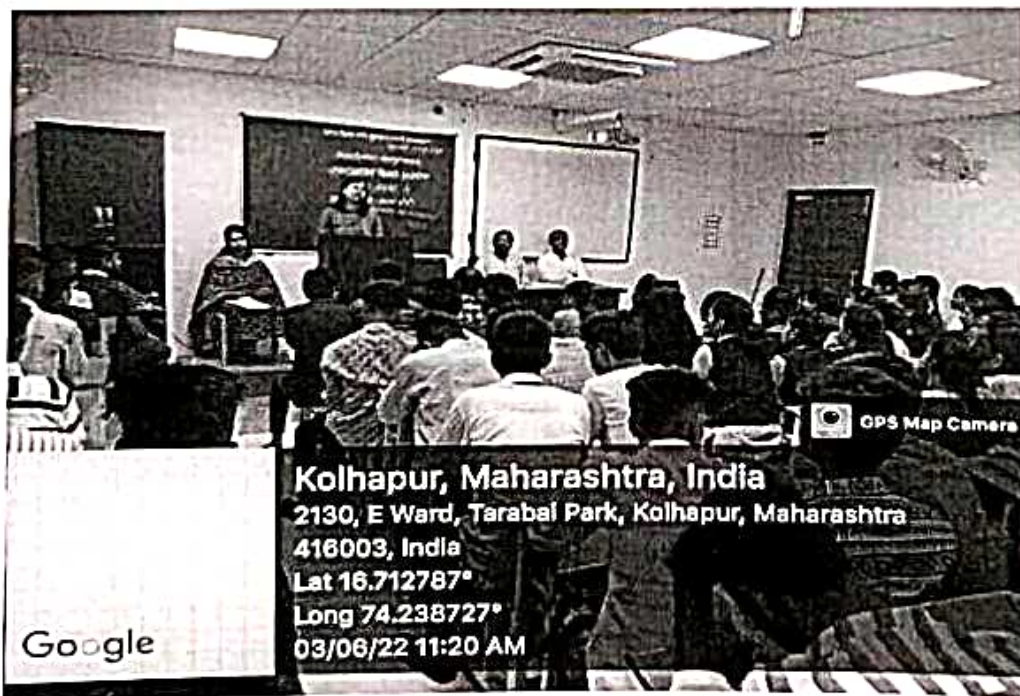
On June 3, a guest lecture was conducted on the topic of mental stress during the examination period on behalf of the Department of Sociology. Amrita Joshi madam came as the chief guest for this event. The main objective of this program was to reduce the stress on children during the examination period. Amrita Joshi gave very important guidance to the students during the program, so the fear of the exam in the minds of the students was reduced to some extent. On the occasion of this program, Principal of the college Dr. R. R. Kumbhar Sir gave Valuable guidance. On the occasion of this program, Head of Department of Sociology H. V. Chame, assistant professor Dr. D. K. Ghadge, assistant professor Arya Kulkarni as well as students of the Department of Sociology were present in large the numbers.

8) Outcome -

- 1) Guest lecture helped to inculcate a positive attitude towards the examination among the students.
- 2) The lectures helped reduce the fear of the students about the exam.



9) Photos –



Guest lecture on mental stress during exam period



प्रा एच व्ही चामे
समाजशास्त्र विभाग प्रमुख
विवेकानंद कॉलेज, कोल्हापूर.
दिनांक : ०१.०६.२०२२

प्रति,
मा. प्राचार्य,
विवेकानंद कॉलेज,
कोल्हापूर (स्वायत्त)

विषय : व्याख्यानासाठी परवानगी मिळणेबाबत

महोदय,

उपरोक्त विषयास अनुसरून विनंती अर्ज करतो की, आपल्या स्वायत्त महाविद्यालयाच्या समाजशास्त्र विभागाच्या वतीने दि. ०३.०६.२०२२ रोजी परीक्षा काळातील मानसिक ताणतणाव या विषयावरील व्याख्यानाचे आयोजन करणार आहोत. तरी आपली मंजूरी मिळावी ही विनंती.

कळावे,

पो 3/6/2022
Pr
3/6/2022

आपला विश्वासू,

प्रा एच व्ही चामे
समाजशास्त्र विभाग प्रमुख
HEAD
DEPARTMENT OF SOCIOLOGY
VIVEKANAND COLLEGE, KOLHAPUR
(AUTONOMOUS)



“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षणप्रसार”
- शिक्षणमहर्षी डॉ. बापूजी साळुंखे



श्री स्वामी विवेकानंद शिक्षण संस्थेचे
विवेकानंद कॉलेज, कोल्हापूर (स्वायत्त)



समाजशास्त्र विभाग आयोजित
व्याख्यान

विषय : परीक्षा काळातील मानसिक ताण

कार्यक्रम पत्रिका

स्वागत व प्रास्ताविक

: प्रा. एच. व्ही. चामे

प्रमुख व्याख्याते

समाजशास्त्र विभाग प्रमुख, विवेकानंद कॉलेज, कोल्हापूर
: गा. अमृता जोशी,
संस्थापक सदस्य मनस्पंदन फौण्डेशन

अध्यक्ष

: मा. प्राचार्य डॉ. आर. आर. कुंभार
विवेकानंद कॉलेज, कोल्हापूर

आभार

: प्रा. डॉ. दादासाहेब घाडगे

सूत्रसंचालन

: प्रा. आर्या कुलकर्णी

शुक्रवार दिनांक : ०३.०६.२०२२

वेळ : सकाळी १०.३० वाजता

स्थळ : रुम नं. १९



" Education for Knowledge, Science and Culture"
- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's
Vivekanand College, (Autonomous) Kollhapur
Department of Sociology

2021-2022

GUEST LECTURE

विषय :- "Mental Stress During Exams "

Attendance Sheet

Date :-03/06/2022

Sl. No.	Student Name	Signature
1.	Sumit Ashok Sutor	
2.	Hemant Baban Nigde	H. B. Nigde.
3.	Vishal Bapusa Dhakave	
4.	Prathviraj Dhanaji Jadhav.	
5.	Sagar Chandrakant Bhadange	
6.	SHREEDHAR BHARAT GONDHAI	
7.	sandip sambhaji saryawanshi	
8.	Prathamesh Jagannath Kapse	P. J. Kapse.
9.	Swapnil Anil Jakhale	
10.	Kunal Kundlik Bongarde	
11.	Prashant Sudhakar Polare	
12.	Omkar Rajendra Patil	
13.	Shahzad Koloboddin Jirgale	
14.	Pratik Jaysing patil	
15.	Aditya sandip yadav	
16.	Vishwas Nivus Madhade	
17.	Ajinkya Anil Malt	
18.	Aniket Amanda Manoj	



19.	Ayub Shabbir kuji	ASKUJI,
20.	Ankit sehdest patil	Patil
21.	HUZEFA-SHAKIL.PONEKAR	H.S.P
22.	Eknoth. Dattaraj Thorat	E. Thorat
23.	Ruturaj Anil Kamble	R. Kamble.
24.	Yash Suresh Gurav	Yash
25.	Kedar Shankar mane	K. Mane
26.	Prasad Bhikaji Jadhav	P. Jadhav
27.	Rashant Prakash Kamble	R. Kamble
28.	Abhijeet Anil Koli	A. Koli
29.	Kaushal Namdev Kamble	K. Kamble
30.	Pruthviraj Rajendra magdum.	P. Magdum.
31.	Prasad vilas chougale	P. Chougale
32.	Pranav Sayaji Patil	P. Patil
33.	Rohan Ranjit Kamble	R. Kamble
34.	GURAV Bhikaji Nigade	G. Nigade
35.	Abhishek Sunday Nigade.	A.S.N
36.	Akhan Madhukar Gosavi	A. Gosavi
37.	vishwajeet vittal JADHAV	V. JADHAV.
38.	VaibHAV Sanjay Patil.	V. Patil.
39.	Nilesh Somnath FUKATE	N. FUKATE
40.	Uday. Ramchandra. Pawar.	U. Pawar.
41.	Aashlesha Subhash Rajput.	A. Rajput
42.	Shital Haxidas Pawar.	S.H. Pawar.
43.	Shivani Prasad Khopke	S. Khopke.





Shri Swami Vivekanand Shikshan Sanstha's
VIVEKANAND COLLEGE, KOLHAPUR (AUTONOMOUS)

2130, 'E' Tarabai Park, Kolhapur, Tal. Karveer, Dist. Kolhapur-416003
Affiliated to Shivaji University, Kolhapur (M.S.)
NAAC Reaccredited : "A" (CGPA 3.24)
College with Potential for Excellence by U.G.C., New Delhi
"Star College" by D.B.T. Govt. of India
ISO 9001 : 2015



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Founder Dr. Bapuji Salunkhe D. Litt.	President Hon. Chandrakant Dada Patil MLA	Chairman Prin. Abhaykumar Salunkhe M.A.	Secretary Prin. Mrs. Shubhangi Gavade M.Sc., B.Ed.	Principal Dr. R. R. Kumbhar M.Sc. M.Phil. Ph.D.
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Ref. No. VCK/ 462/2022-23

Date : 2/6/2022

To,
Ms. Amruta Joshi
Founder Member,
Manspandan Foundation,
Kolhapur.

Subject: Invitation for guest lecture.

Dear Madam,

We are pleased to invite you as a Resource Person for a guest lecture on the subject 'Stress during the examination on the behalf of Department of Sociology, guest lecture will be held on 3rd June 2022 at 10.30 a.m. in the room No.19.

Please make it convenient to be present in time and guide our students.

With warm regards.

Yours faithfully,


Dr. R. R. Kumbhar
PRINCIPAL
Vivekanand College
Kolhapur



"Education for Knowledge, Science and Culture"
-Shikshan Maharshi Dr. Bapuji Salunkhe

**Shri Swami Vivekanand Shikshan Sanstha's,
Vivekanand College, (Autonomous), Kolhapur
Department of Sociology**

Guest lecture on mental stress during exam period

On June 3, a guest lecture was conducted on the topic of mental stress during the examination period on behalf of the Department of Sociology. Amrita Joshi madam came as the chief guest for this event. The main objective of this program was to reduce the stress on children during the examination period. Amrita Joshi gave very important guidance to the students during the program, so the fear of the exam in the minds of the students was reduced to some extent. On the occasion of this program, Principal of the college Dr. R. R. Kumbhar Sir gave valuable guidance. On the occasion of this program, Head of Department of Sociology H. V. Chame, assistant professor Dr. D. K. Ghadge, assistant professor Arya Kulkarni as well as students of the Department of Sociology were present in large the numbers.

