



Shri Mahaveer College

(Affiliated to the University of Rajasthan)
A Co-educational English Medium PG College



Shri Mahaveer College

(Affiliated to the University of Rajasthan)
A Co-educational English Medium PG College

Mahaveer College of Commerce
(Affiliated to the University of Rajasthan)

Workshop
On
Managing Exam Anxiety & Stress

STRESS
WORRY
PANIC
ANXIETY

DEVELOP SKILLS TO COMBAT PROCRASTINATION, FEAR, AND WORRY AND LEARN WAYS TO CREATE AND MAINTAIN BETTER BOUNDARIES.

Date: 28th - 29th May, 2021

About: Managing Exam Anxiety & Stress:

Managing exam anxiety and stress involves several key strategies. Begin by creating a study schedule to break tasks into manageable chunks, ensuring regular breaks and healthy habits like sleep and nutrition. Practice relaxation techniques such as deep breathing, meditation, or exercise to calm your mind. Develop a positive mindset by focusing on your strengths and setting realistic goals. Use active study methods like practice exams and study groups to build confidence. Lastly, seek support from friends, family, or a counsellor if anxiety becomes overwhelming. Remember, preparation and self-care is crucial to reducing stress and performing well.

Schedule-2-Day Workshop on Managing Exam Anxiety & Stress

Day 1: Topics	Day 2: Topics
Understanding Exam Anxiety and Stress	Cognitive-Behavioral Techniques
Identifying Stress Triggers	Building Emotional Resilience
Stress Management Techniques	Stress Management Techniques
Time Management and Organizational Skills	Healthy Lifestyle Habits

Neelima
IQAC
Co-ordinator
Shri Mahaveer College



Achish
SHRI MAHAVEER COLLEGE
(Affiliated to the University of Rajasthan)
Mahaveer Marg C-Scheme Jaipur
Phone: 0141- 2372139, 8955840261
Website: shrimahaveercollege.org

Gate No. 2, Mahaveer Marg, C-Scheme, Jaipur • Phone : 0141-2372139 • Mobile : 89558-40261
E-mail : shrimahaveercollege@gmail.com • Website : mahaveercollege.org

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A Report on “Managing Exam Anxiety & Stress” Workshop

NAME OF ACTIVITY: Managing Exam Anxiety & Stress

DATE & DURATION: 28th - 29th May, 2021

TYPE OF ACTIVITY: Workshop

ORGANIZER(S): Mahaveer College of Commerce, Jaipur.

EXPECTED OUTCOMES:

CO1: Student will be able to Improve Stress Management Techniques

CO2: Student will be able to Enhanced Emotional Awareness and Resilience.

CO3: Students will be able to Increased Self-Confidence and Exam Preparedness.

Day-2 Workshop on Managing Exam Anxiety & Stress

Day 1: Topics	Day 2: Topics
Understanding Exam Anxiety and Stress	Cognitive-Behavioral Techniques
Identifying Stress Triggers	Building Emotional Resilience
Stress Management Techniques	Stress Management Techniques
Time Management and Organizational Skills	Healthy Lifestyle Habits

MAPPINGS WITH PO & PSO: Mapping Levels: 1- Low, 2- Moderate, 3-Strong

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	-	-	-	3	-	-	-	-	-	-	-	2	3	2
CO2	-	2	-	-	-	-	-	-	3	-	-	-	3	3	2
CO3	-	-	-	-	-	-	-	-	-	-	-	3	2	3	2

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NOTICE

Date: 21/5/2021

We are pleased to announce through this notice that a two day workshop entitled “**Managing Exam Anxiety & Stress**” will be organized on 28th & 29th May 2021. Participants are required to register themselves. Certificate will be issued to the registered participants.

Dr. Ravi Sharma
Principal
Mahaveer College of Commerce

Neelima
IQAC
Co-ordinator
Shri Mahaveer College



Ashish
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FLYER/POSTER:



Mahaveer College of Commerce

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Workshop

On

Managing Exam Anxiety & Stress

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PROCRASTINATION, FEAR, AND
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Date: 28th - 29th May, 2021

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ABSTRACT OF THE SESSION: SMC organized 'Managing Exam Anxiety & Stress Workshop' on 28th - 29th May, 2021. The resource person was Dr. Deepak Saxena, Director, Student Advisory Bureau, UOR, Jaipur. The main objective of this workshop is to equip participants with practical tools and strategies to effectively manage and reduce exam-related anxiety and stress. This workshop aims to foster emotional resilience, improve coping mechanisms, and enhance overall academic performance and well-being. In this workshop the participant will acquire a range of stress management techniques, including mindfulness, deep breathing, progressive muscle relaxation, and time management skills. They will learn how to apply these methods to reduce anxiety before and during exams. Attendees will develop a better understanding of their emotional responses to stress. They will learn to identify stress triggers and implement coping strategies to build emotional resilience, leading to a more balanced and composed approach during exams.

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GLIMPSES:



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LIST OF PARTICIPANTS:

S. No.	Name	Registration No.	Year	E Mail
1	Akshat Soni	SMC01BADM001	BBA I	akshatsoni284@gmail.com
2	Akshu Jangid	SMC01BADM002	BBA I	akshujangid978411@gmail.com
3	Ananya Khurana	SMC01BADM003	BBA I	ananyakhurana96@gmail.com
4	Anmol Singh Chouhan	SMC01BADM004	BBA I	as2210858@gmail.com
5	Anna Sharma	SMC01BADM005	BBA I	ramramindia01@gmail.com
6	Anushka Bhargava	SMC01BADM006	BBA I	ashishbhargava1970@gmail.com
7	Apeksha Agarwal	SMC01BADM007	BBA I	agarwalapeksha22@gmail.com
8	Apoorv Kalla	SMC01BADM008	BBA I	apoorukalla@gmail.com
9	Aryan Sain	SMC01BADM009	BBA I	
10	Aryan Sharma	SMC01BADM010	BBA I	priyankasharma15596@gmail.com
11	Ashpreet Singh	SMC01BADM011	BBA I	
12	Ashutosh Pareek	SMC01BADM012	BBA I	mohitllpareek@gmail.com
13	Ayush Patel	SMC01BADM013	BBA I	ayushpatel503@yahoo.com
14	Bilal Qureshi	SMC01BADM014	BBA I	meimgems@gmail.com
15	Charandeep Singh	SMC01BADM015	BBA I	singhcharandeep58@gmail.com
16	Chinmay Sogani	SMC01BADM016	BBA I	chinmaysogani@gmail.com
17	Chirag Gupta	SMC01BADM017	BBA I	cg370004@gmail.com
18	Deeptik Rajoria	SMC01BADM018	BBA I	
19	Dev Kapoor	SMC01BADM019	BBA I	dev955591@gmail.com
20	Devansh Gulyani	SMC01BADM020	BBA I	Devansjkumar.dk125@gmail.com
21	Devesh Koolwal	SMC01BADM021	BBA I	deveshkoolwal2001@gmail.com
22	Divyansh Sharma	SMC01BADM022	BBA I	renovatorsourabh@gmail.com
23	Divyanshi Sharma	SMC01BADM023	BBA I	divyanshi7235@gmail.com
24	Farhan Khan	SMC01BADM024	BBA I	
25	Ganesh Sharma	SMC01BADM025	BBA I	ganeshsharma@gmail.com
26	Gautam Bihani	SMC01BADM026	BBA I	gautambihani145@gmail.com
27	Gautam Jaipuria	SMC01BADM027	BBA I	gautamjaipuria@gmail.com
28	Harsh Kushwaha	SMC01BADM028	BBA I	harshcric@gmail.com
29	Harsh Pareek	SMC01BADM029	BBA I	harshpareek1634@gmail.com
30	Harsh Sharma	SMC01BADM030	BBA I	
31	Harshita Bansal	SMC01BADM031	BBA I	Harshitabansal8769@gmail.com
32	Hemangi Sharma	SMC01BADM032	BBA I	surekhatulsharma@gmail.com
33	Hemant Sharma	SMC01BADM033	BBA I	hemant7a@gmail.com
34	Himanshi Agarwal	SMC01BADM034	BBA I	himanshiagarwal113@gmail.com
35	Himanshu Ihamtani	SMC01BADM035	BBA I	himanshujhamtani05@gmail.com
36	Ishu Agarwal	SMC01BADM036	BBA I	agarwalishu189@gmail.com
37	Jai Sharma	SMC01BADM037	BBA I	jai461@gmail.com



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38	Jatin Bathija	SMC01BADM038	BBA I	jatinbathija09@gmail.com
39	Kanika Gaur	SMC01BADM039	BBA I	kanika.gaur379@gmail.com
40	Kashish Suresh Khandandani	SMC01BADM040	BBA I	kashmitasuresh@yahoo.com
41	Kashvi Jain	SMC01BADM041	BBA I	sarika7201@gmail.com
42	Keshav Kumawat	SMC01BADM042	BBA I	keshavkumawat7@gmail.com
43	Khushi Khandelwal	SMC01BADM043	BBA I	khushikhandelwal3021@gmail.com
44	KirtiKhandal	SMC01BADM044	BBA I	kirtikhandal0@gmail.com
45	Kirti Khandelwal	SMC01BADM045	BBA I	
46	Krishna Soni	SMC01BADM046	BBA I	krishnarundwal@gmail.com
47	Krishnam Rohra	SMC01BADM047	BBA I	harekrishnatexcrafts@gmail.com

Neelima
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Kashish
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ATTENDANCE SHEET:

S. No.	Name	College Name	Signature
1	AkshatSoni	Mahaveer College of Commerce	Akshat Soni
2	AkshuJangid	Mahaveer College of Commerce	Akshu Jangid
3	AnanyaKhurana	Mahaveer College of Commerce	Ananya Khurana
4	Anmol Singh Chouhan	Mahaveer College of Commerce	Anmol Singh
5	Anna Sharma	Mahaveer College of Commerce	Anna Sharma
6	Anushka Bhargava	Mahaveer College of Commerce	Anushka
7	Apeksha Agarwal	Mahaveer College of Commerce	Apeksha
8	ApoorvKalla	Mahaveer College of Commerce	Apoorv Kalla
9	Aryan Sain	Mahaveer College of Commerce	Aryan Sain
10	Aryan Sharma	Mahaveer College of Commerce	Aryan Sharma
11	Ashpreet Singh	Mahaveer College of Commerce	Ashpreet
12	AshutoshPareek	Mahaveer College of Commerce	Ashutosh Pareek
13	Ayush Patel	Mahaveer College of Commerce	Ayush Patel
14	Bilal Qureshi	Mahaveer College of Commerce	Bilal Qureshi
15	Charandeep Singh	Mahaveer College of Commerce	Charandeep
16	ChinmaySogani	Mahaveer College of Commerce	Chinmay Sogani
17	Chirag Gupta	Mahaveer College of Commerce	Chirag Gupta
18	DeeptikRajoria	Mahaveer College of Commerce	Deeptik
19	Dev Kapoor	Mahaveer College of Commerce	Dev Kapoor
20	DevanshGulyani	Mahaveer College of Commerce	Devansh Gulyani
21	DeveshKoolwal	Mahaveer College of Commerce	Devesh Koolwal
22	Divyansh Sharma	Mahaveer College of Commerce	Divyansh
23	Divyanshi Sharma	Mahaveer College of Commerce	Divyanshi
24	Farhan Khan	Mahaveer College of Commerce	Farhan Khan
25	Ganesh Sharma	Mahaveer College of Commerce	Ganesh Sharma
26	GautamBihani	Mahaveer College of Commerce	Gautam
27	GautamJaipuria	Mahaveer College of Commerce	Gautam Jaipuria
28	Harsh Kushwaha	Mahaveer College of Commerce	Harsh Kushwaha
29	Harsh Pareek	Mahaveer College of Commerce	Harsh Pareek
30	Harsh Sharma	Mahaveer College of Commerce	Harsh
31	Harshita Bansal	Mahaveer College of Commerce	Harshita Bansal
32	Hemangi Sharma	Mahaveer College of Commerce	Hemangi
33	Hemant Sharma	Mahaveer College of Commerce	Hemant Sharma
34	Himanshi Agarwal	Mahaveer College of Commerce	Himanshi Agarwal
35	HimanshuJhamtani	Mahaveer College of Commerce	Himanshu
36	Ishu Agarwal	Mahaveer College of Commerce	Ishu Agarwal
37	Jai Sharma	Mahaveer College of Commerce	Jai Sharma
38	JatinBathija	Mahaveer College of Commerce	Jatin
39	Kanika Gaur	Mahaveer College of Commerce	Kanika Gaur
40	Kashish Suresh Khanchandani	Mahaveer College of Commerce	Kashish Suresh
41	Kashvi Jain	Mahaveer College of Commerce	Kashvi Jain
42	KeshavKumawat	Mahaveer College of Commerce	Keshav Kumawat
43	KhushiKhandelwal	Mahaveer College of Commerce	Khushi
44	KirtiKhandal	Mahaveer College of Commerce	Kirti Khandal
45	KirtiKhandelwal	Mahaveer College of Commerce	Kirti Khandelwal
46	Krishna Soni	Mahaveer College of Commerce	Krishna Soni
47	Krishnam Bohra	Mahaveer College of Commerce	Krishnam Bohra

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FEEDBACK ANALYSIS:

WORKSHOP FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 47					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think workshop was useful for you?	47	Yes	No	Partial	---	---	Objective Achieved (89.36%)
			42	0	5	0	0	
			89.36	0.00	10.64	0.00	0.00	
2	Did you receive all the information you expected by the Workshop?	47	Yes	No	Partial	---	---	Objective Achieved (87.23%)
			41	0	6	0	0	
			87.23	0.00	12.77	0.00	0.00	
3	Opinion on Rating the speaker for the workshop	47	Outstanding	Excellent	Good	Average	Satisfactory	Objective Achieved - Outstanding & Excellent (100%)
			45	2	0	0	0	
			95.74	4.26	0	0	0	
4	Audience Query Response by the Speaker	47	Outstanding	Excellent	Good	Average	Satisfactory	Objective Achieved (100%)
			47	0	0	0	0	
			100	0	0	0	0	
5	Overall experience about the Workshop	47	Outstanding	Excellent	Good	Average	Satisfactory	Objective Achieved - Outstanding (85.11%)
			40	0	7	0	0	
			85.11	0	14.89	0	0	

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SAMPLE CERTIFICATE:



Mahaveer College of Commerce

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Present this

CERTIFICATE OF PARTICIPATION

to

This is to certify that Akshat Soni of Mahaveer College of Commerce has successfully completed the 2 day workshop on “Managing Exam Anxiety & Stress” held on 28th - 29th May, 2021. He / She demonstrated a strong commitment to enhance their skills and developing their knowledge.

Dr. Neelima Pareek
Coordinator

Dr. Ravi Sharma
Principal
Mahaveer College of Commerce

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