



17 Years of Excellence

**DRONACHARYA POST GRADUATE COLLEGE OF EDUCATION,RAIT**  
(‘NAAC’ ACCREDITED- GRADE‘B’)

**“Where knowledge is Created, not Just Communicated”.**



**REPORT ON**

**PARIKSHA PAR CHARCHA**

**ORGANISED BY : CAREER TRAINING AND DEVELOPMENT CELL**

**(BCA DEPARTMENT)**

**Prepared by:**

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## **VISION**

Dronacharya envisions to nurture and train pupil-teachers with ethical values, vibrant knowledge and professional skills, so that they become a useful instrument in the national development and peace.

## **MISSION**

Total commitment to excellence in education and research with holistic concern for quality of life, environment and ethics, To engender this, Dronacharyahas a passionate, enthusiastic, innovative and dynamic work force where in individual has been chosen on the basis of his/her talent and aptitude irrespective of age & designation.

## **OBJECTIVES ON PARIKSHA PE CHARCHA**

1. **Reducing Exam Stress:** To help students, teachers, and parents understand how to manage exam-related stress and anxiety.
2. **Fostering a Positive Mindset:** To help students develop a positive mindset and attitude towards exams and learning.
3. **Encouraging Open Communication:** To create a platform for students, teachers, and parents to openly discuss their concerns and experiences related to exams.
4. **Providing Guidance and Support:** To offer guidance and support to students, teachers, and parents on how to prepare for exams and manage exam-related stress.
5. **Empowering Students:** To empower students to take ownership of their learning and to develop a growth mindset.

## **RESOURCE PERSONS**

1. Executive Director, Dr. B.S. Pathania

2. Dr. Parveen Sharma, Principal

3. Mr. Rajesh Rana, HOD (BCA)

## **REPORT**

Dronacharya Career ,Training Development Cell organised PARIKSHA PE CHARCHA ' on the theme, 'Power of Mental Resilience for Overcoming Exam Stress and Anxiety for an Impressive Performance and Success' for BCA third and first Semester students on the 19th Oct, 2024. The college always remains committed to providing holistic support and mentorship to its students, going beyond academic excellence to foster emotional intelligence and well-being. The event highlighted the need for self-care and emotional well-being. It aimed to equip students with essential strategies to

tackle examination anxiety , optimize students' academic performance of not only top position holders but also of weak students through mentorship of teachers. Dr.B.S Pathania , Executive Director was the Chief guest and chief mentor .Dr.Parveen Kumar Sharma, Principal was the chief guest of honour.All subject teachers acted as mentors.The empowering event commenced with the lighting of the lamp ceremony followed by a floral welcome .HOD, BCA,Asst.Prof.Rajesh Rana welcome the chief resource person and students.He highlighted the significance of Pariksha pe Charcha for the students.

Dr.B.S Pathania, Executive Director and chief mentor shared his valuable insights and practical tips on effective exam preparation, time management, and stress reduction techniques.He emphasized the importance of developing a positive mindset,peaceful mind through meditation,setting realistic goals, and creating a conducive study environment.He exhorted students to practice ROSE technique (Read,Review,Repeat,Organise,Sound Sleep and Energetic ).He empowered students to practice positive affirmations , positive self talk ,positive visualisation and positive action for 21 days to receive the abundance and success in not only in exams but also in their lives.

Subject teachers clarified and suggested important tips and strategies on subject preparation .They also encouraged students to prioritize physical exercise, healthy eating, and adequate sleep to maintain their mental health. The result of the BCA first and third semester students was discussed.Weak students were guided on creating a realistic study plan to achieve success in life. Questions and doubts of the students were addressed by the panelists.Principal ,Dr.Parveen Sharma resolved the queries of the students on increasing concentration, keeping a balance between academics and extra curricular activities and also on reducing social media addiction among students.Hefocussed on deep breathing exercises , meditation and rigorous study

habits.Tanvi ,Aman ,Manan and Ayush from BCA first and third semester proposed vote of thanks.All the teachers of BCA were present in the thought provoking and transformative event.

## SNAPSHOTS





