



N. L. Dalmia[®]
College of Arts, Commerce & Science
(A School of Excellence of N. L. Dalmia Educational Society)

Affiliated to University of Mumbai | College Code: 1088


Thur 06 Jan 2025

NOTICE


The **Psychology Club** of The Psychology Department, NLDC, are pleased to announce a **guest lecture** on “**Anxiety and Exam Stress**” to provide students with valuable insights into managing academic pressure effectively. This session aims to provide students with practical insights into **exam-related anxiety, stress management techniques, and coping strategies**. **Dr. Sujay Prabhugaonkar**, an experienced psychiatrist, will offer guidance on recognizing symptoms of stress, building resilience, and adopting healthy habits to improve mental well-being during academic challenges.

Event Details:

- **Topic:** Anxiety and Exam Stress
- **Speaker:** Dr Sujay Prabhugaonkar (Psychiatrist, Bhaktivedanta Hospital)
- **Date:** Saturday 8 Jan 2025
- **Time:** 1000 am – 1045 am
- **Venue:** Room 701
- **Audience:** All Students of NLDC


Psychology Club
(Convenor)




Dr Ganesh Pawar
(Principal)
06/02/2025

N. L. Dalmia College of Arts, Commerce & Science

Activity Report

Seminar on 'Anxiety and Exam Stress'

Name of Activity: Seminar on Anxiety and Exam Stress

Conducted by: Department of Psychology in association with the Psychology Club of NLDC

Date, Time, Venue: Saturday, 8th February 2025, 10:00 a.m. – 10:45 a.m., Room 701

Name(s) of Teacher(s) In-charge:

Asst. Prof. Radheya Surve, Asst. Prof. Tejaswi Shetkar

No. of Participants: 27

Male: 2

Female: 25

Other: NA

Description of Activity:

The Department of Psychology, in collaboration with the Psychology Club of NLDC, organized a seminar titled "Anxiety and Exam Stress" to help students recognize and manage stress effectively during examinations. The seminar featured Dr. Sujay Prabhugaonkar, an esteemed psychiatrist from Bhaktivedanta Hospital, as the guest speaker.

The seminar included:

- **Understanding Anxiety and Stress:** Dr. Prabhugaonkar discussed the psychological and physiological aspects of anxiety and stress, particularly in an academic setting.
- **Identifying Symptoms and Triggers:** The session provided insights into recognizing early signs of exam-related stress and how they impact students' performance and well-being.
- **Practical Coping Strategies:** Students learned various stress management techniques, including mindfulness, relaxation exercises, and effective study habits to enhance focus and reduce exam anxiety.
- **Building Resilience and Mental Well-being:** Dr. Prabhugaonkar emphasized the importance of adopting a balanced lifestyle, healthy habits, and positive thinking to navigate academic pressures.
- **Interactive Q&A Session:** Students had the opportunity to ask questions and engage in discussions regarding their personal experiences with exam stress.

Names of Dignitaries Attended Activity: Dr. Sujay Prabhugaonkar, psychiatrist, Bhaktivedanta Hospital.

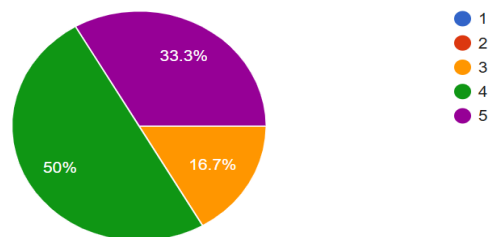
Expenses Incurred for the Activity: NIL

Feedback Analysis:

The feedback from students was highly positive, with many appreciating the relevance of the topic and the practical strategies provided. Participants found Dr. Prabhugaonkar's insights on anxiety management and resilience-building particularly beneficial. The interactive discussion encouraged students to openly address their concerns about academic stress, making the session highly engaging and informative. Overall, the seminar was well-received and contributed significantly to raising mental health awareness among students.

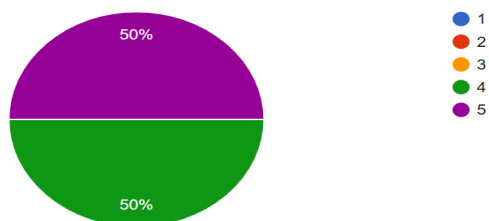
Was the seminar useful and the content relevant?

6 responses



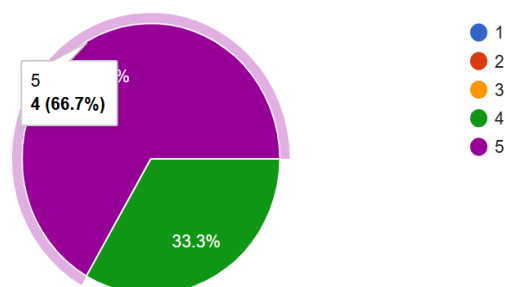
How well would you rate the Speaker's knowledge and delivery?

6 responses



How would you rate the session's practical application in dealing with anxiety and exam stress?

6 responses



Signature of In-charge:

Attachment:

