



ANJUMAN-I-ISLAM'S

KALSEKAR TECHNICAL CAMPUS, NEW PANVEL

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- ☒ SCHOOL OF ENGINEERING & TECHNOLOGY
- ☐ SCHOOL OF PHARMACY
- ☐ SCHOOL OF ARCHITECTURE

DEPARTMENT OF MECHANICAL ENGINEERING

AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

NOTICE (REVISED)

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani

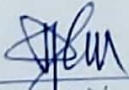
This is to inform you that we have two professional Counsellors, Meraj Mir madam and Elisha Virani Madam, who will help us deal and solve all the issues faced by the students. You may approach them through departmental "Students' Mentoring & Counselling" (SMC) coordinator or through your Mentor.

Students' Mentoring & Counselling (SMC) cell of Department of Mechanical Engineering is organizing a session on "**Exam Stress & Anxiety**" for **SEME, TEME & BEME** students. The Session is scheduled on **24th Sept, 2024 (TUE) at 12.15 PM to 01.15 PM in Classroom B-210 (1st Floor)**. The session will be conducted by the **professional Counsellor, Psy. Elisha Virani Madam** and the session covers, the reason of getting anxious and stressed of exam, methods to deal with Exam Stress & Anxiety, how to face it come out as a winner.

The main purpose of conducting such sessions for our students is to impart life skills in them and to make them ready with such life skills to make them successful professional and a better individual.

The details of this session are as below:

Topic : Exam Stress & Anxiety
Resource Person : Psy. Elisha Virani (Professional Counsellor)
Date : 24th Sept, 2024 (TUE)
Time & Duration : 12.15 PM to 01.15 PM (1 Hours)
Venue : Classroom B-210
Class : SEME, TEME & BEME Students


SMC Coordinator
(Mechanical Engg. Dept)


i/c HoD
(Mechanical Engg. Dept)

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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

REPORT**Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani**

Students' Mentoring & Counselling (SMC) cell of Department of Mechanical Engineering organized a session on "Exam Stress & Anxiety" for **SEME, TEME & BEME** students. The Session was scheduled on **24th Sept, 2024 (TUE) at 12.15 PM at Classroom B-210 (1st Floor)**. The session was conducted by the professional Counsellor, Psy. Elisha Virani. Prof. Atul Meshram, SMC coordinator, introduced the Psychologist and informed students to get in touch with him in case anyone need Counselling. Our in-house Professional Counsellors will help them come out from issues they are facing. The students can approach Counsellors through class coordinators, mentors, SMC coordinator.

The objective of the session was:

1. To bring out the stress and anxiety faced by the students due to exam.
2. To make them understand the types of stresses and causes of stress and anxiety.
3. What are the ways to cope-up with the stress and anxiety.
4. How to De-stress

The main purpose of conducting such sessions for our students is to impart life skills in them and to make them ready with such life skills to make them successful professional and a better individual. Session ended at 1.30 PM

The details of this session are as below:

Topic : Exam Stress & Anxiety
Resource Person : Psy. Elisha Virani (Professional Counsellor)
Date : 24th Sept, 2024 (TUE)
Time & Duration : 12.15 PM to 01.15 PM (1 Hours)
Venue : Classroom B-214
Class : SEME, TEME & BEME Students
The Session started at 12.15 PM. Total attendees were **73**
(SEME = 27 students, TEME = 23 Students, BEME = 23 Students)

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Psy. Elisha Virani conducted some activities like:

- Breathing Exercise,
- Interacting with students to know their reaction and understand their problems.
- Reflection

“Reflection” was the very importantly the activity where students were asked to reflect on some questions, it was really important from the students’ point of view. It will really help them come out of such stressful situation.

Students were asked to reflect on:

1. What is the biggest source of stress in your life right now.
2. Is this a positive or negative stress? Why?
3. What can you do to eliminate this stress from your life, in a positive manner.
4. Can we view the stress in a different light?
5. Let's write down a sentence that will change the narrative.

The session was interactive and students took active part in the discussion. They were asking queries to know the reason, why they get anxious and stressed of exam, what way they can deal with Exam Stress & Anxiety, how to face the issues and come out as a winner. Session got over at 1.30 PM

Prof. Atul Meshram thanked Psy. Elisha Virani for a very enlightening session.

Encl: Attendance

Glimpses during session



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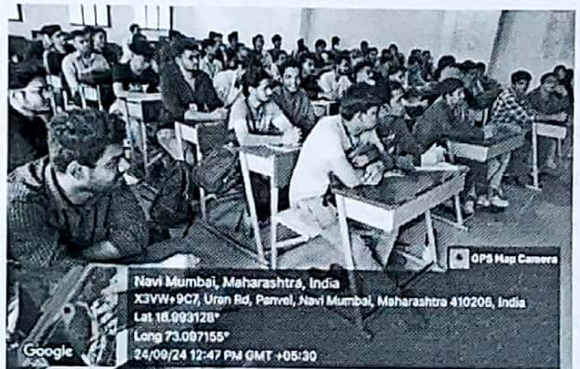
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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

GLIMPSES

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani



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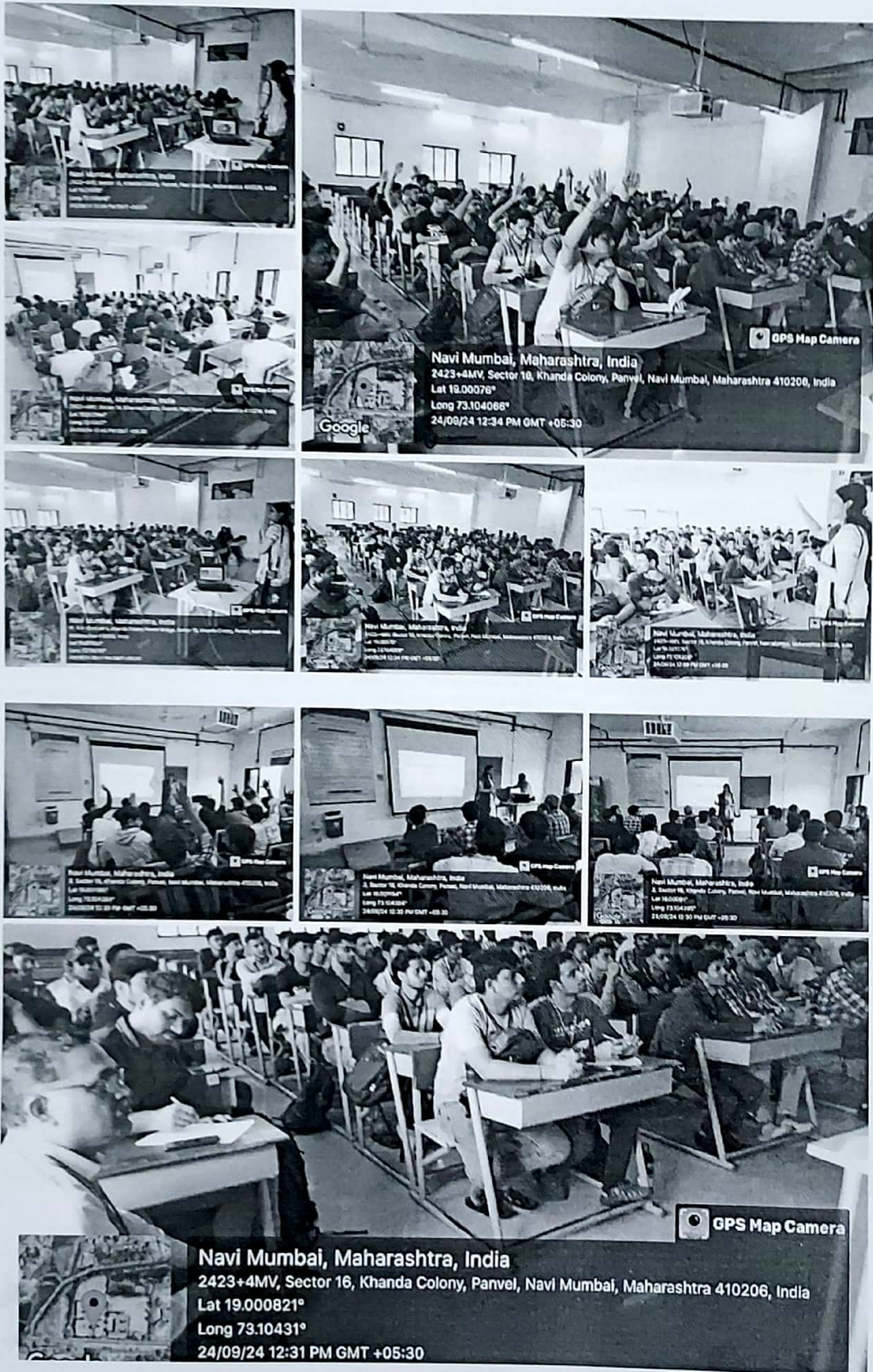
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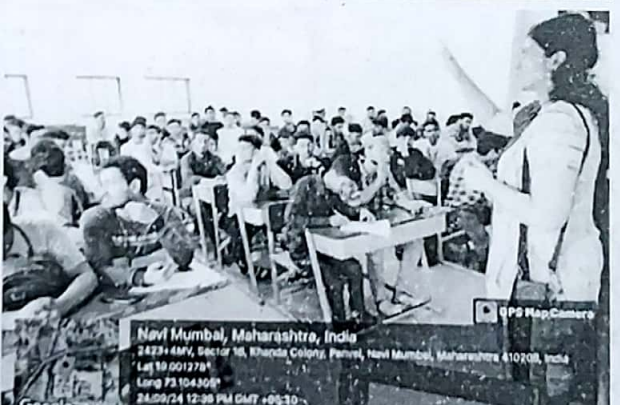


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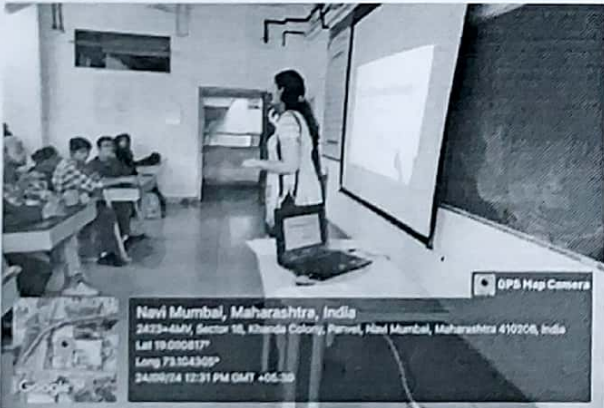


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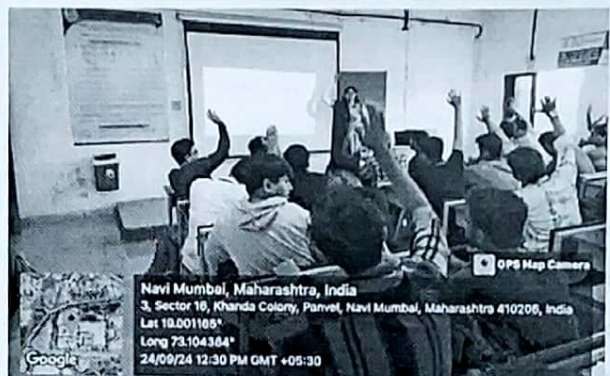
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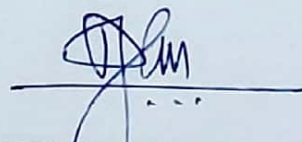
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Total attendees were 73

(SEME = 27 students, TEME = 23 Students, BEME = 23 Students)


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(Mechanical Engg. Dept)

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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

ATTENDANCE

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani

Topic : Exam Stress & Anxiety

Resource Person : Psy. Elisha Virani (Professional Counsellor)

Class : **SEME**

Date : 24th Sept, 2024 (TUE)

SE

Sr. No.	Name of Student	Class	Sign
01	Shams Ajaz Maruf	SEME	
02	SHAIKH MUKHTAR AHMED	SEME	
03	Ansari Faiz	SEME	
04	Kaif Golanaz	SEME	
05	Baqi Affan	SEME	
06	shailsh Gulam Farid	SEME	
07	Ansari Kashan	SEME	
08	Legad. Sarman.	SEME	
09	Shaikh mohel Sajid	SEME	
10	Bilal Khan.	SEME	
11	Mohd Ismail Siddiqui	SEME	
12	Mujawar Moim Turry	S.E.M.E	
13	Arhago Malim	S.E.M.E	
14	Ansari Mohammad Arham	S.E.M.E	
15	Khan Mohd Shadab	SE.M.E.	
16	Mohd Hasnain mansoori	SE.M.E	
17	Ansari Attomash	S.E.M.E	
18	ADNAN SIDDIQUE	SE ME	
19	Qureshi Hanzala Mehmoed.	S.E.M.E (OSY)	

23M.E06

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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

ATTENDANCE

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani

Topic : Exam Stress & Anxiety

Resource Person : Psy. Elisha Virani (Professional Counsellor)

Class : **SEME**

Date : 24th Sept, 2024 (TUE)

SE

Sr. No.	Name of Student	Class	Sign
20	Zaid Muazzam Asre.	DSY M.E	
21	Nuaman Hodekar	DSY M.E	
22	Zeeeshan Nakhwa.	DSY M.E	
23	Dureshi Hamez Mehmood.	DSY M.E	
24	Asim Shaikh	DSY M.E	
25	MOMIN. AREEZ.	DSY M.E	
26	Aabid Upade	DSY ME	
27	Yaseer. Bhatkar	DSY ME	
SEME = 27			

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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 16/09/2024

ATTENDANCE

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani

Topic : Exam Stress & Anxiety

Resource Person : Psy. Elisha Virani (Professional Counsellor)

Class : **TEME**

Date : 24th Sept, 2024 (TUE)

TE

Sr. No.	Name of Student	Class	Sign
1	SHAIKH NARGIS MOIN.	T.E.M.E	Nargis
2	Ahmed Raza	T.E.M.E	Ahmed
3	KAZI Mohd Jamarullah	TEME	Kamran
4	Khan Abdul Hafeez	TEME	Abdul Hafeez
5	Khan Anas	TEME	Anas
6	Afnan Bhaiji	TEME	Afnan
7	Dasurkar Altamash Karim	TEME	Altamash
8	Momin Ahmed Jafar	TEME	Momin
9	Khan Muzammil	TEME	Khan
10	Shaikh Aman Hussain	TEME	Aman
11	Shaikh Mahboob	TEME	Mahboob
12	M. Waseem Chodhary	TEME	Waseem
13	Khan Akij	TEME	Akij
14	Shaikh Zaki	TEME	Zaki
15	Mukit Pathan	TEME	Mukit
16	Mansoori Shayaz	TEME	Shayaz
17	Danish Godkan	TEME	Danish
18	Muhammadsait Riyaz Tahirwilder	TEME	Riyaz
19	KHAN ZAID	TEME	Zaid

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DEPARTMENT OF MECHANICAL ENGINEERING

AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

ATTENDANCE

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani

Topic : Exam Stress & Anxiety
Resource Person : Psy. Elisha Virani (Professional Counsellor)
Class : **BEME**
Date : 24th Sept, 2024 (TUE)

BE

Sr. No.	Name of Student	Class	Sign
01	Shaikh Afsha Maqsood	BEME	
02	Babare Shaarif Saad	BEME	
03	Momim Talib Akil Ahmed	BEME	
04	Malik Tamim Shahnawaz	BEME	
05	SHAIKH FAHAD HUSAIN	BEME	
06	Taigab Asif Shaikh	BEME	
07	Habibullah Obaidullah	BEME	
08	AFIF Manzoor Gharatkar	BEME	
09.	Saif Ansari	BEME	
10	Mazin Mubin Wavande	BEME	
11.	ASHAIKH AHMED HUSAIN	BEME	
12.	Salim Khan	BEME	
13.	Uzair Imtiaz Ansari	BEME	
14.	Shaikh Shahid Mehboob.	BEME	
15.	Zeeshan salim Shaikh	BEME	
16	Ayaan Khan Salim Khan inamdar	BEME	
17	Mohammed Yunus Shaikh	BEME	

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AIKTC/ SoET/ Mechanical/ SMC/Expert Session/2024/01

Date: 23/09/2024

ATTENDANCE

Expert Session on “Exam Stress & Anxiety” by Psy. Elisha Virani

Topic : Exam Stress & Anxiety

Resource Person : Psy. Elisha Virani (Professional Counsellor)

Class : BEME

Date : 24th Sept, 2024 (TUE)

BE

[illegible]

"Students' feedback on Expert session"

Department of Mechanical Engineering

Expert Session on "Exam Stress & Anxiety" by Psy. Elisha Virani (24.09.2024) for SEME, TEME & BEWE Students (50 Responses)

Timestamp	Name	Class	Roll No.	Contact No.	Did you ever feel "butterflies" in your stomach, or have a headache, before or during exam?	Did you ever feel getting nervous, shaky, or struggling to sleep, before or during exam?	Did you ever feel that Exam stress and Anxiety affect your body in exam.	What are the reasons of getting Exam stress and Anxiety? (Write in points)	What are the reasons of you getting affected with Exam stress and Anxiety? (Write in points)	Are you able to cope up with Exam stress and Anxiety?	How do you deal with the "Exam stress and Anxiety"? (Write in points)	Was today's session on "Exam stress and Anxiety" useful and relevant.	How was the overall session?	After attending this session, are you in a position to identify the reason that makes you stressed and anxiety.	After attending this session, do you think that Exam stress and anxiety is really an issue that we should deal with it seriously.	Did you like the session? Was it really interactive and you look active during session?	Mention clearly (if you need personal counselling through Professionals / Counsellor)	Remarks, if Any		
9-24-2024 14:34:21	AABEER ASHFAK MOHAMMAD	SEME	240ME15	8097258072	SOMETIMES	YES	NO	Distraction Laziness Lack of energy	Tension Pressure	SOMETIMES	By praying 5 times namaz Talking with parents	It was helpful and enjoyable	Important & Relevant	YES	MAY Be	Yes	Good	May be	I will be thinking of meeting and taking help from counsellor	
9-24-2024 14:47:12	Shamim Akter Maruf	SEME	240ME13	8828028866	SOMETIMES	YES	NO	Not preparing well Poor time management Distractions	Time management Distractions	SOMETIMES	I just get my teeth and get on with it	Yes	Important & Relevant	YES	YES	Yes	Excellent	Yes	The session was great giving good insights of why we do what we do during stressful situations excluding exams	
9-24-2024 14:59:25	MAZIN MASHI WAKHANNOVE	BEWE	220ME22	7968112666	YES	YES	SOMETIMES	Fear of failure	Overthinking	SOMETIMES	Make plan and stick to it	Yes	Good & Useful	YES	YES	Yes	Good	May be	Need more sessions like this also need a session on topic related with social media	
9-24-2024 15:00:08	Shahin Akter Maruf	BEWE	220ME23	8823444736	NO	SOMETIMES	NO	Lack of practice	Lack of practice	YES	By doing practice	Yes, it's useful	Good & Useful	YES	YES	Yes	Good	No		
9-24-2024 15:01:30	Shahin Akter Maruf	BEWE	220ME24	9230404873	SOMETIMES	SOMETIMES	NO	Can't sleep Headache Headache Headache	Can't sleep Headache Headache Headache	SOMETIMES	By waking in some quiet and peace place for 20 to 30 minutes	Maybe	Good & Useful	YES	MAY Be	Yes	Excellent	No		
9-24-2024 15:07:41	SHAHIN SHAHID MEHMOOD	BEWE	220ME23	9594146558	SOMETIMES	NO	NO	1. Bad studying habits 2. No preparation 3. Last minute preparation	1. Bad studying habits 2. No preparation 3. Last minute preparation	YES	Spending some time with family.	Yes, offcourse useful	Good & Useful	YES	YES	May be	Yes	Good	No	Good
9-24-2024 15:03:25	Muhammad Mubarrak Shariq	BEWE	220ME25	8459589770	YES	YES	YES	1) Improper time management 2) social media		SOMETIMES	1) time management 2) keep mobile away during study	Useful	Good & Useful	YES	MAY Be	Yes	Excellent	May be	No	
9-24-2024 15:11:44	Fouzan	BEWE	18ME29	7402552043	NO	YES	YES	Not managing many task in proper way which cause headache during exam	Multiasking	YES	Studies with covering important topic first then practice most important topic on the basis of their weightage	Yes of course	Important & Relevant	YES	YES	No	Yes	Good	Nothing	
9-24-2024 15:28:44	MUHAMMAD MOHAMMED UMER	BEWE	220ME27	9029255552	YES	YES	YES	No reason	No reason	YES	By relaxing	Yes	Important & Relevant	YES	YES	Yes	Excellent	Yes	No	
9-24-2024 15:29:10	Khan Moin	SEME	22ME12	8591913997	SOMETIMES	SOMETIMES	YES	Less preparation	Unable to remember the learned	YES	Go outside	Yes	Good & Useful	MAY Be	YES	May be	May be	No	Good	
9-24-2024 15:33:23	Ahmad Upade	SEME	240ME01	9004726387	SOMETIMES	YES	YES	Parents Expectations	Thinking about what will happen next	SOMETIMES	Go on a walk	Yes	Important & Relevant	YES	YES	Yes	Excellent	May be	Felt really good during the session	
9-24-2024 17:08:25	Daman Sagar Gaiden	TEME	220ME28	8847732388	SOMETIMES	YES	YES	Fear of failure	Exam result tension	SOMETIMES	Small talk with dad	Yes	Good & Useful	MAY Be	YES	Yes	Good	No		
9-24-2024 17:12:28	Muhammad Khan	TEME	220ME12	8356845632	SOMETIMES	YES	YES	Less study	Overthinking	YES	Doing something unrelated to the studies	Yes	Important & Relevant	YES	YES	Yes	Excellent	May be	Good	
9-24-2024 17:17:21	Khan Muhammad Fiaz Alam	TEME	220ME08	9321681018	SOMETIMES	SOMETIMES	NO	1. Not proper routine management 2. Incomplete	1. Overthinking	YES		Yes	Important & Relevant	YES	YES	Yes	Excellent	May be		
9-24-2024 17:28:14	Muhammad Fiaz Alam	TEME	22ME13	8591155825	SOMETIMES	YES	SOMETIMES	2. Mobile addiction 3. Putting at work on laptop But that day never comes	Laziness and inconsistency	YES	Use mobile	Very knowledgeable	Important & Relevant	YES	YES	May be	Yes	Excellent	No	Overall session is great want more sessions like this on important topic if possible
9-24-2024 17:29:23	Khan Araf	TEME	220ME06	8857356625	YES	YES	SOMETIMES	Can't learn	While learning I have a problem	NO	Game	Yes	Important & Relevant	YES	MAY Be	Yes	Excellent	Yes	I think I am having fear of exam	
9-24-2024 17:41:28	Muhammad Aftab Bhai	TEME	220ME14	7385056955	NO	YES	NO	My choices and laziness	Lack of preparation	YES	Sleep	Yes	Good & Useful	YES	YES	Yes	Excellent	No	Should conduct more sessions like this	
9-24-2024 18:04:01	Shahin Nargis Mon	TEME	220ME23	8897833117	NO	SOMETIMES	YES	A feeling of confusion with studies. Fear of failing. Feeling less prepared. Feeling nervous	Don't know	SOMETIMES	Focus on studies, and a time table of each subject	Useful and enjoy it & learn how to deal with your stress and anxiety during exam	Good & Useful	YES	YES	Yes	Good	May be	No	
9-24-2024 18:47:33	ZEEHAN SALIM SHAHIN	BEWE	210ME23	9128566990	SOMETIMES	YES	YES	SOMETIMES		NO		Yes	Important & Relevant	YES	YES	Yes	Excellent	Yes		

9-24-2024 19:08:14	Shahin Mahboob Mohammed Hussain	TEME	22DME11	7715930658	SOMETIMES	NO	NO	SOMETIMES	Failure in studying Lack of confidence	Mobile Friends	NO	1. Playing 2. Taking intervals in studying	Yes I made me realise about my weakness and how to overcome it a bit by bit.	Important & Relevant	YES	YES	Yes	Yes	Excellent	May be	No Remarks Overall !! was a good session
9-24-2024 19:18:13	Saimi Khan	BEWE	21me12	8090283427	SOMETIMES	NO	YES	YES	Academic	Lack of discipline	NO	Don't know	Yes but final much	Good & Useful	NO	MAY Be	Yes	Yes	Excellent	No	No
9-24-2024 19:30:25	Shahin Mahboob Ahmed Mohammad Hussain	SEME	23ME17	9136780038	NO	YES	SOMETIMES	YES	SOMETIMES	Other causes of exam stress and anxiety include lack of preparation, fear of a difficult test, feeling overwhelmed by the amount of material that needs to be studied, time pressures, and worrying about how other people will judge their performance.	SOMETIMES	1. Be Positive and Confident. 2. Stay Focused. 3. Time Management and Priorities. 4. Eat Adequate and Healthy.	Yes	Good & Useful	YES	MAY Be	Yes	Yes	Good	May be	☐ Please please pleaseeeeeee, take a session on SLEEP and how to fix it.
9-24-2024 20:35:26	Kazi Mohd Qamar	TEME	22me07	9819807053	SOMETIMES	SOMETIMES	NO	NO	1. Improper study habits. 2. Incompletion of studies. 3. Sheep description.	1. Distraction, 2. Incompletion of studies	SOMETIMES	1. Exercise 2. Caffeine 3. Tiredness 4. Deep habits	Yes I was really useful	Important & Relevant	YES	YES	Yes	Yes	Excellent	Yes	NA
9-24-2024 22:38:11	Tamim Malik	BEWE	22DME23	7276411001	SOMETIMES	SOMETIMES	NO	NO	NA	NA	YES	Use to do some physical activities	Very useful	Important & Relevant	YES	NO	Yes	Yes	Excellent	No	Session was good
9-24-2024 22:39:21	Shahin Tahere	SEME	24DME19	9769460468	YES	YES	NO	SOMETIMES	1. Lack of poor study	1. Not concentrate	SOMETIMES	1. By watching reels 2. By playing games	Useful	Good & Useful	MAY Be	MAY Be	May be	May be	Excellent	No	Nope
9-24-2024 22:42:15	Habibullah Habibullah	BEWE	22DME11	9076414397	NO	YES	YES	SOMETIMES	Distraction Poor study habits	Poor study habits	YES	Talking with friends They guide me properly	Useful	Important & Relevant	YES	YES	Yes	Yes	Excellent	No	Nope
9-24-2024 22:42:42	Mohammed Mohammed	SEME	23me19	7045065349	SOMETIMES	YES	NO	NO	Headache	Headache	YES	With some stretching	Useful	Good & Useful	NO	MAY Be	Yes	Yes	Excellent	May be	May be
9-24-2024 22:44:01	Ahmad Mahmood Ahmad Mahmood	SEME	24DME24	7045241106	SOMETIMES	NO	NO	NO	Not doing studies on time	Headache and confusion how to do	YES	By listening to music By going on walk	Yes	Good & Useful	YES	YES	Yes	Yes	Excellent	No	Nothing
9-24-2024 22:45:41	Mohammed Kari Ryze Gohar	SEME	24DME14	8151830182	YES	SOMETIMES	YES	NO	Poor study habits	Headache and confusion how to do	SOMETIMES	Confronting to friend	Yes	Good & Useful	YES	YES	Yes	Yes	Excellent	No	Nothing
9-24-2024 22:51:31	Zaheer Majid Nahidha	SEME	24DME16	9028899446	SOMETIMES	NO	YES	YES	Scoring less marks	Thinking about which questions will come if I have studied properly	SOMETIMES	Going for a walk Talking with friends	Yes it was useful as well as relevant	Important & Relevant	YES	MAY Be	Yes	Yes	Good	May be	It was good
9-24-2024 22:51:41	Aana Rizwan Siddique	BEWE	22DME39	9152741718	NO	YES	YES	YES	No idea just nervous	Getting blank in exam	SOMETIMES	Thinking positively	Very useful	Important & Relevant	YES	NO	Yes	No	Excellent	No	No
9-24-2024 22:58:08	Khan ashar	TEME	21me05	9892870552	SOMETIMES	YES	NO	SOMETIMES	When there is no proper preparation for exam	Getting blank in exam	YES		Yes	Good & Useful	MAY Be	MAY Be	Yes	Yes	Good	No	
9-24-2024 22:58:10	Zaid Aze	SEME	08	9152457096	SOMETIMES	SOMETIMES	NO	NO	Overthinking	Overthinking, Wasting time and sometimes lack of concentration.	YES	Just I do meditate sometimes.	Yeah	Good & Useful	NO	MAY Be	Yes	Yes	OK	May be	Good lecture, helped how to understand and relieve some of my stress.
9-24-2024 23:04:04	Muhammadsalif Ryze Tanvir	TEME	22ME26	906747945	SOMETIMES	SOMETIMES	NO	YES	1. Lack of preparation 2. Not much of confidence	1. Lack of preparation	SOMETIMES	Get organised the night before Get everything ready for the exam the night before	Yes very useful	Important & Relevant	YES	YES	Yes	Yes	Excellent	No	
9-24-2024 23:04:41	Khan Aana	TEME	22ME09	9321831404	SOMETIMES	SOMETIMES	NO	SOMETIMES	Bad schedule And incomplete assignment do relaxation techniques	Feeling unprepared	YES		Yes	Good & Useful	NO	YES	Yes	Yes	Good	No	
9-24-2024 23:11:21	Saiman Inqad	SEME	23ME16	8605995620	SOMETIMES	SOMETIMES	YES	YES	1. Time management 2. Laziness 3. no confidens	Laziness	SOMETIMES	By playing games	Good	Good & Useful	YES	MAY Be	Yes	Yes	Good	May be	No
9-24-2024 23:11:53	Saif Anwar	BEWE	22DME07	9920938489	NO	NO	NO	NO	None	None	NO	Exercise	None	Good & Useful	YES	YES	No	May be	OK	May be	None
9-24-2024 23:15:29	Taha Nazir	SEME	22ME24	8149815975	NO	NO	NO	NO	None	None	NO	Sleep	Yes	Good & Useful	NO	NO	No	No	Excellent	Yes	
9-24-2024 23:19:19	Zaher JAMADAR	BEWE	22DME14	9372004217	NO	YES	YES	YES	Poor time management	poor time management	SOMETIMES	Study	Yes	Important & Relevant	YES	YES	Yes	Yes	Excellent	May be	
9-24-2024 23:27:16	Shahin aam Nusran Akhtar Nusran	TEME	23DME21	8828077310	YES	SOMETIMES	SOMETIMES	SOMETIMES	High expectations and fear of failure and lack of confidence	High expectations, and fear of failure I want to fulfill in my life because consistent good results will help me to reach my ultimate goal in future	YES	While studying I make sure that I give my 100% while preparing and I also discuss with my mother if I am going through something	Yes & a very useful and relevant because I have realized a very related session and I really enjoyed it very much I really enjoyed it very much	Important & Relevant	YES	YES	Yes	Yes	Excellent	No	10 on 10
9-25-2024 1:20:41	Khan Mohd Ranaid	BEWE	21ME06	9137099102	NO	YES	YES	YES	Not able to recognize topic Absence of mind, Low grasping power	Bad schedule for studies	SOMETIMES	Try to calm down myself with a deep breath and thinking about what can I do now? To perform well?	Definitely	Important & Relevant	YES	MAY Be	Yes	Yes	Good	May be	The session was awesome only the thing is the risks was provided so can't able to get some points

9/25/2024 7:25:38	Qureshi Harzaila Mahmood	SEME	24DME18	9137369246	SOMETIMES	YES			Too much syllabus before 2-3 days of exams	Sudden pressure on exam day, so many calls of friends that you sample de wohn sample de)	SOMETIMES	Talk to friends for 10-15 mins, some physical exercise and 10-15 min of family time	Very very useful	Important & Relevant	YES	YES	Yes	Excellent	May be	The overall session was quite good but some of the students at the back were making fun of the session, which distracted me and due to which some points could not understand. I think there should be more strict staff like aliul sir. Thank you	
9/25/2024 7:57:05	Soham Paul	BE ME	21ME08	8097936885	SOMETIMES	YES	SOMETIMES	SOMETIMES	Poor study habits Less preparation		SOMETIMES	While taking breaks during studying watch anime	Yes	Good & Useful	YES	MAY Be	May be	Yes	Excellent	No	No
9/25/2024 8:23:36	Uzair Imrayez Anwar	BE ME	22DME03	9764714331	YES	YES	YES	YES	Lack of study	Sleep	SOMETIMES	Not sleeping	Yes	Good & Useful	YES	YES	Yes	Yes	Good	No	No
9/25/2024 9:16:51	Anwar Kaashan Ahmed Manishad	SEME	23ME03	9967231321	SOMETIMES	SOMETIMES	NO	YES	Poor time management Last minute preparation	Distractions Procrastination	SOMETIMES	Proper sleep schedule Physical activities	Yes	Important & Relevant	YES	YES	Yes	Yes	Excellent	May be	No
9/25/2024 9:23:40	MULAWAR mun ahmed yusuf	SEME	23ME21	7021861572	YES	YES	YES	YES	Lack of studies	NA	YES	By just looking at books for and 10 to 15 minutes continuously	Yes	Good & Useful	YES	YES	Yes	Yes	Excellent	No	NA
9/25/2024 9:52:37	Ahsan Bhatkar	TE ME	22ME02	9529742116	NO	YES	NO	YES	Discipline	Can't focus on one thing at a time	SOMETIMES	Get some sleep and listen music	Yes	Good & Useful	MAY Be	MAY Be	May be	Good	Yes	None	
9/25/2024 11:11:56	Afraz Baqir	SEME	24DME03	7777089455	YES	YES	YES	YES	Don't know	Don't know	NO	Don't know	Yes	Good & Useful	YES	YES	Yes	Yes	Good	Yes	No
9/25/2024 11:32:53	Momin Ahmed Jalil	TE ME	23DME16	7738714531	NO	NO	NO	NO	None	None	YES	I don't have exam stress exam. If there is stress then study simple	Yes	Good & Useful	NO	YES	May be	Yes	Good	No	Not any
9/25/2024 14:55:18	SHAHN AHMED HUSAIN GULAM HASAN	BE ME	22DME39	9167175484	SOMETIMES	YES	YES	SOMETIMES	* lack of confidence * bad studying habits * late night studies	* lack of sleep * headache * feeling lazy * tiredness	SOMETIMES	* crying * religious music & QUR'AN recitation * playing with small children or nephews	Yes	Good & Useful	YES	YES	May be	Yes	Excellent	Yes	Useful & effective

Total Attendees were 73 from SEME, TE ME & BE ME class

Total Attendees: 73
Total Responses: 50
(as on 25/09/24)

Atul Mesram
Self-coordinator

Note: Overall Response of student was excellent.
Everyone took active part in the session