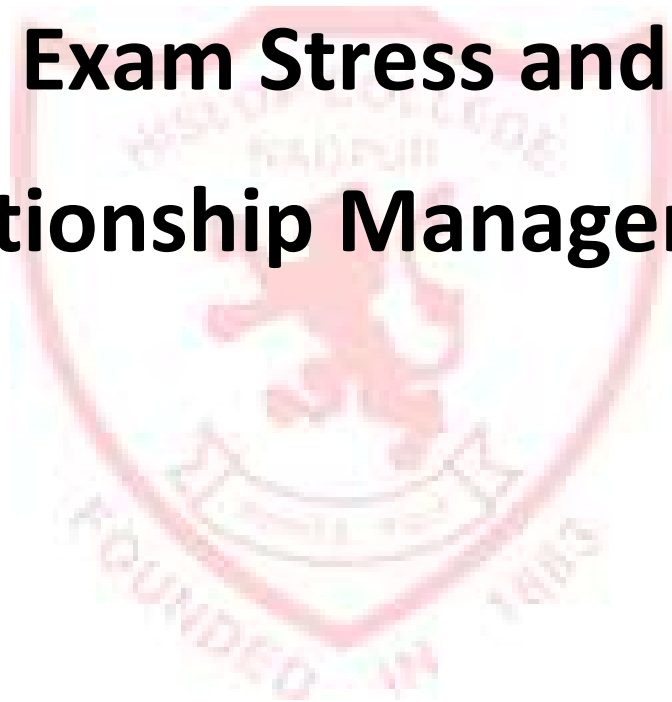


# Exam Stress and Relationship Management



## **HISLOP COLLEGE ALUMNI ASSOCIATION (HISCAAN) IN COLLABORATION WITH STUDENT QUALITY ASSURANCE CELL (SQAC)**

Hislop College Alumni Association (HISCAAN) and Students Quality Assurance Cell (SQAC) of Hislop College jointly organized a programme on “Exam Stress and Relationship management” on March 15,2019. Exam stress arises due to inability to cope up with study coupled with pressure from the institution, family and friends. This becomes a bottled anxiety and affects relationship between individuals. It affects the students most in varying ways. It is thus very important to manage this stress and find ways of helping to eliminate the risk of burnout. The programme was aimed to understand the best ways for the students to overcome exam stress and maintain harmonious relationship.

The resource person for the programme was Dr. Jaya Shiwalkar a renowned Paediatrician and a Psychologist. Relationships – online and offline – have led to an increasing number of cases of stress among students especially during the exams. Thus during her interaction with the students, she spoke on various issues related to the healthy relationship wheel and its contribution. Kinds of friendship, the correlation of the brain development to precise rational thinking and its effect on the individual’s life were explained with real life examples. She stressed on the need to find ways to release negative energy other than through arguments. It is important to take note of how we handle our relationships during stressful seasons in order to protect these relationships as well as our own personal well-being. She advised the students to regularly talk to a friend, teacher or family member, which can reduce the stress and thus help them largely in tackling the stress in a positive manner. Dr. Shiwalkar in course of her session took queries from the students on a whole lot of problems faced by them and in a lucid manner guided them on ways and means to overcome the anxiety and worries. The benefits of this programme are going to be manifolds and will help all the students to identify the cause and solutions for greater management of stress and relationships.

Mr. Vijay Naidu President, HISCAAN, introduced the session and Dr. Razika Khan conducted the programme. Dr. Deepa Jamwal Secretary, HISCAAN, Dr. Mousumi Bhowal, Convener, Alumni Association, Dr. Jigisha Naidu, Convener SQAC, Dr. Lovely Menachery, Dr. Dini Menon, Dr. Mamta Baheti and Ms. Ashima Vargese also attended the programme.







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HOPE- 2018-19

EXAM STRESS & RELATIONSHIP MANAGEMENT

Dr. Jaya Shiwalkar

15 March 2019

Sr.No	Name	Class	Signature
1.	Vimanshi Wankhede	BBA-II <sup>nd</sup> Sem	Vimanshi
2.	Muskan Tiwari	BBA-II <sup>nd</sup> Sem	Muskan
3.	Simran Talreja	-11-	<del>Simran</del>
4.	Papika Nagputkar	BBA-II <sup>nd</sup> Sem	Papika
5.	Ukash Ramteke	BBA-II <sup>nd</sup> Sem	Ukash
6.	Firdos Saiyyad	~	Firdos
7.	Harshil Satra	BBA-II <sup>nd</sup> Sem	Harshil
8.	Simran Takewani	BCCA-IV <sup>th</sup> Sem	Simran
9.	Sayali R. Keche	BCCA-III <sup>rd</sup> yr	Sayali
10.	Diksha Balani	BCCA-III <sup>rd</sup> yr	Diksha
11.	Krushika Singh	M.Sc-II <sup>nd</sup> yr	Krushika
12.	Pranjali Jadhav	BCCA-2 <sup>nd</sup> yr	Pranjali
13.	Jagruhi S. Kuvwe	BCCA-2 <sup>nd</sup> yr	Jagruhi
14.	Barkha Hasariya	BCCA-2 <sup>nd</sup> yr	Barkha
15.	Jarvi Patankar	BCCA-II <sup>nd</sup> year	Jarvi
16.	Ashwini Lokhande	BCCA-II <sup>nd</sup> yr	Ashwini
17.	Nikita Maruskar	BCCA-II <sup>nd</sup> yr	Nikita
18.	Supriya Khandekar	BCCA-II <sup>nd</sup> yr	Supriya

Principal  
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15/3/19

Pravish

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EXAM STRESS & RELATIONSHIP MANAGEMENT

Dr. Jaya Shiwalkar

15 March 2019

Sr.No	Name	Class	Signature
1	Devashish Rajgoukar	BCCA 2 <sup>nd</sup> yr	<i>Devashish</i>
2	Amol Indolija	BCCA 2 <sup>nd</sup> year	<i>Amol</i>
3	Rohit Rama	BCCA 2 <sup>nd</sup> year	<i>Rohit</i>
4	Danesh R Patle	BCCA 2 <sup>nd</sup> year	<i>Danesh</i>
5	Abhiramunji Tembe	BCCA 2 <sup>nd</sup> yr	<i>Abhiramunji</i>
6	Ramashankar Shoke	BCCA-II SEM-II	<i>Rama</i>
7	Shubham Jadhav	BCCA -II yr	<i>Shubham</i>
8.	Shizee Ruzadkar	MSC-II	<i>Shizee</i>
9	mahesh chavdhar	BCCA II	<i>mahesh</i>
10	Akshay dhore	BCCA II	<i>Akshay</i>
11	sahil Thapa	BCCA II	<i>Sahil</i>
12.	Vaipul N. Ramteke	BCCA-II	<i>Vaipul</i>
13.	Ayush S. Pandey	BCCA - II	<i>Ayush</i>
14.	Amit A. Gupta	BCCA-II	<i>Amit</i>
12	Karan Thakur	BCCA II	<i>Karan</i>
13	Devashish Sami	BCCA II	<i>Devashish</i>
14	Viplove Bhundari	BCCA II	<i>Viplove</i>
15	Aditya Gajbhise	BCCA II	<i>Aditya</i>



*Dr. Jaya Shiwalkar*  
16.3.19 -  
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15/3/19

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EXAM STRESS & RELATIONSHIP MANAGEMENT

Dr. Jaya Shiwalkar

15 March 2019

Sr.No	Name	Class	Signature
1	Dipti Bhayal	BCCA-II	<u>Dipti</u>
2	Manisha Pudo	BCCA-II	<u>Manisha</u>
3	Vandana Mohandale	BCCA-II	<u>Vandana</u>
4	Mayuri Dhande	BCCA-II yrs	<u>Mayuri</u>
5	Tanzila Khan	BCCA-II yrs	<u>Tanzila</u>
6	Riyanika Patil	BCCA-II yrs	<u>Riyanika</u>
7	Nikita Vyavahare	B.Sc sem VI	<u>Nikita</u>
8	Yamini Nakarao	B.Sc sem VI	<u>Yamini</u>
9	Mansee Singh	B.Sc sem VI	<u>Mansee</u>
10	Ruth Alekhi	BBA Sem-II	<u>Ruth</u>
11	Shruti Patwa	BSc II sem	<u>Shruti</u>
12	Yamini Varshnav	BSc II sem	<u>Yamini</u>
13	Harshita Kamle	BSc 2 <sup>nd</sup> sem	<u>Harshita</u>
14	Anjali Kawale	BSc 2 <sup>nd</sup> sem	<u>Anjali</u>
15	Rohika Katariya	BSc 2 <sup>nd</sup> sem	<u>Rohika</u>
16	Lumbini Ringre	BSc 2 <sup>nd</sup> sem	<u>Lumbini</u>
17	Aliya Firdous	BSc 2 <sup>nd</sup> sem	<u>Aliya</u>
18	Monica Dalal	BSc 2 <sup>nd</sup> sem	<u>Monica</u>

19 Varshali Butte B.Sc 2<sup>nd</sup> sem Varshali

20 Bhagyshree Deshmukh BSc-2<sup>nd</sup> sem Bhagyshree

21 Pooja Chaudhary BSc-2<sup>nd</sup> sem Pooja

22 Monika Dhoke

BSc-2<sup>nd</sup> sem Monika

Monika



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Monika



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(HISCAAN)  
HOPE- 2018-19**

**EXAM STRESS & RELATIONSHIP MANAGEMENT**

Dr. Jaya Shiwalkar

15 March 2019

Sr.No	Name	Class	Signature
1	Akshay Dairajkar	BCCA-II	<i>Akshay</i>
2	Hemant Sharma	BCCA-II	<i>Hemant</i>
3	Mohammed Adil	BCCA-II	<i>Adil</i>
4	Rushikesh Barange	BCCA-II	<i>Rushikesh</i>
5	Pritam Ade	BCCA-II	<i>Pritam</i>
6	Nishant Wankhade	BCCA-II	<i>Nishant</i>
7	Nishay. G. Dhol	BCCA-II	<i>Nishay</i>
8	Rishab Karosiga	BCCA-II	<i>Rishab</i>
9	Saurabh Jain	BCCA-II	<i>Saurabh</i>
10	Vikas. Zode	BCCA-II	<i>Vikas</i>
11	Gaurav. D. Sidam	BCCA-II	<i>Gaurav</i>
12	Zohil R. Maldange	BCCA-II	<i>Zohil</i>
13	<i>Reda</i>		
14	Shrikant. Verma	<sup>2nd year Sem</sup> BCCA-II	<i>Shrikant</i>
15	Gaurav pache	<sup>2nd year</sup> BCCA-II	<i>Gaurav</i>
16	Nilesh pancheshwar	<sup>2nd year</sup> BCCA-II	<i>Nilesh</i>
17	Chris Phillips	B.Sc Iyr	<i>Chris Phillips</i>
18	Mohan Aaji	B.Sc Iyr	<i>Mohan</i>

19) Indrajeet Samarth B.Sc Iyr

20) Atharwa Shetke B.Sc Iyr

*Indrajeet*

*Atharwa*



*Rajeshwari*  
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*MRB*  
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*Rajeshwari*

**HISLOP COLLEGE ALUMNI ASSOCIATION NAGPUR  
(HISCAAN)  
HOPE- 2018-19**

**EXAM STRESS & RELATIONSHIP MANAGEMENT**

Dr. Jaya Shiwalkar

15 March 2019

Sr.No	Name	Class	Signature
1	Kajol Salwe	B.Sc Sem II	<i>Kajol Salwe</i>
2	Apoorva Nayak	B.Sc sem II	<i>Apoorva Nayak</i>
3	Deeksha Shakya	B.Sc sem II	<i>Deeksha Shakya</i>
4	Jasleen Kaur D.	B.Sc. sem II	<i>Jasleen Kaur D.</i>
5	Jyotsana D'souza	M.Com Sem II	<i>Jyotsana D'souza</i>
6	Umali Shahu	BSc I yr	<i>Umali Shahu</i>
7	sakshi sirse	BSc I yr	<i>sakshi sirse</i>
8	Shamara Krapane	BSc Sem II	<i>Shamara Krapane</i>
9	Sakshi Kharliya	BSc sem 2	<i>Sakshi Kharliya</i>
10	Tejaswini Dhurde	BSc Sem II	<i>Tejaswini Dhurde</i>
11	Lavina Vaswani	BSc Sem II	<i>Lavina Vaswani</i>
12	Shreerini Indapwar	BSc Sem II	<i>Shreerini Indapwar</i>
13	AASHLESHA PATHAK	BSc Sem II	<i>AASHLESHA PATHAK</i>
14	MIRIR PHADKE	BSc Sem II	<i>MIRIR PHADKE</i>



*Principals*  
15.3.19  
PRINCIPAL  
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*Mrs P*  
15/3/19

*Raidh*