



## MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4<sup>th</sup> cycle)

**ACADEMIC YEAR 2022 – 2023**

**REPORT OF THE ACTIVITY**

- Department: P.T.A.
- Date: 27<sup>th</sup> October, 2022 Time: 12.30 p.m. to 1.30 p.m.
- Platform :M.E.S. College of Arts and Commerce, Zuarinagar-Goa (Offline)
- Speaker for the Session: Ms. Juliana Lohar
- Audience: Students of B.Com/B.A.
- No. of participants:126 Male- 45 Female - 81
- **Report in brief:**

As per the resolution passed in the Annual General Body meeting of P.T.A. held on 21<sup>st</sup> May, 2022, it is decided that P.T.A. will be organizing one session each month for our college students from P.T.A. fund.

In accordance with the above a session on “Stress Management – How to Overcome Exam Stress” was organized in association with N.S.S. Unit and Internal Quality Assurance Cell (IQAC) on 27<sup>th</sup> October, 2022 in the M.S. Kamat Seminar Hall between 12:30 p.m. to 1:30 p.m.

Ms. Juliana Lohar, Post Graduate in Social Work and Senior Member of Arz (Anyay Rahit Zindagi), was the Resource person for the session.

The resource person offered valuable guidance to the students on “How to overcome stress in general and during examination days in particular”.

126 college students received the benefit of this valuable session. Out of 126 students 45 were male students while 81 were female students.

Dr. Ashish M. Joshi, Vice Principal, welcomed the gathering. Shri. Sanjiv K. Shirodkar, Associate Professor and Secretary, P.T.A. introduced the resource person and Ms. Shalaka Suresh Kambl, Chairperson, P.T.A. proposed the vote of thanks.

