



## **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 2021 – 2022**

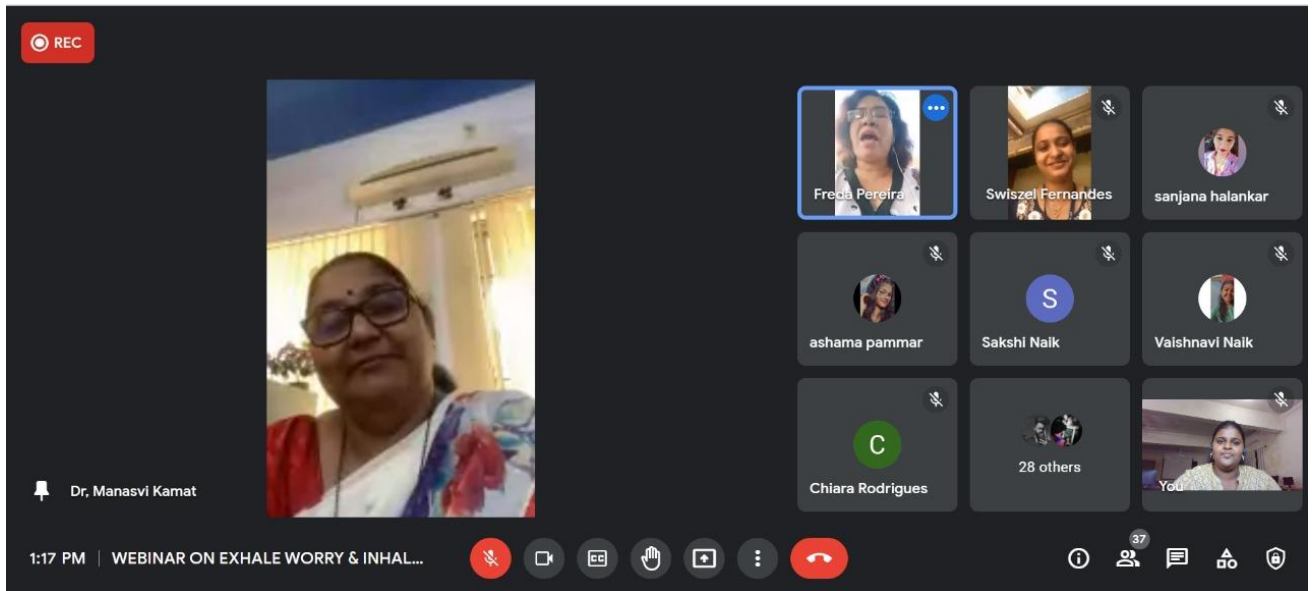
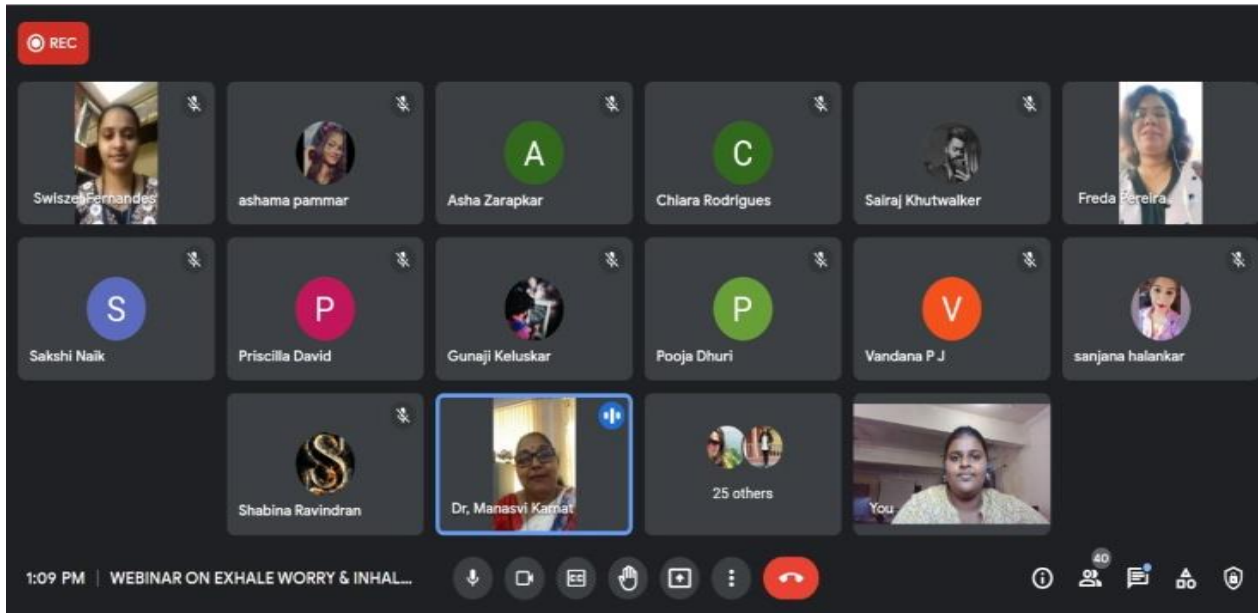
### **REPORT OF THE ACTIVITY: Webinar on Exhale –Worry Inhale –Peace, Lets Breakup –Exam Stress**

- Department of: Counselling Cell.
- Date:22<sup>nd</sup> January 2022\_Time:12:30pm to 1:30 pm
- Platform : Google Platform
- Speaker for the Session : Ms. Ankita Vengurleker
- Audience: Students and staff
- No. of participants: 40

Report in brief: The resource person for the session was Ms. Ankita Vengurleker, College Counselor. The Co-ordinator and the host of the webinar was Ms. Swiszel Fernandes, College Counselor. Principal Dr. Manasvi Kamat addressed the students and staff attending the session. Dr. Freda Cota e Pereira, Chairperson of Counselling Cell welcomed the speaker, students and teachers for the session. Ms. Ankita Vengurleker spoke on stress, sources of stress, exam anxiety their causes and symptoms and how to reduce exam stress. Some of the tips given to reduce stress were deep breathing exercises, yoga, eating healthy food, going for 15 minute walk after study and preparing timetable. Dr. Freda Cota e Pereira, Chairperson of Counselling Cell gave the vote of thanks.

- Remarks of the Coordinator: The session was very effective and useful for students. It would be better if more students had joined.

# Photos of Webinar on Exhale –Worry Inhale –Peace, Lets Breakup –Exam Stress



**M.E.S COLLEGE OF ARTS & COMMERCE, ZUARINAGAR – GOA****ACADEMIC YEAR 2021- 2022****COUNSELLING CELL**

List of participants attended the webinar on Exhale Worry Inhale Peace, Let's Breakup Exam Stress on 22<sup>nd</sup> January 2022.

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Coordinator

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Chairperson of Counselling Cell

Dr. Manasvi Kamat

Principal