

केल्यानें होत आहे रे I आधीं केलेची पाहिजे II

Bhartiya Shikshan Prasarak Sanstha Amabajogai's

## Shri Siddheshwar Mahavidhalaya, Majalgaon



### Internal Quality Assurance Cell

#### Criterion 5- Student Support and Progression

5.1.3 Percentage of students benefitted by guidance for competitive examinations and career counselling offered by the Institution during the last five years

**IQAC Coordinator**

Website: [www.ssmm.ac.in](http://www.ssmm.ac.in)

Co-Ordinator

**I Q A C**

Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed (M.S.)

**Principal**

Principal

Shri Siddheshwar Mahavidyalaya  
Majalgaon, Dist. Beed 431 131

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Bhartiya Shikshan Prasarak Sanstha Amabajogai's

## Shri Siddheshwar Mahavidhalaya, Majalgaon



### Internal Quality Assurance Cell

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Shri Siddheshwar Mahavidyalaya  
Majalgaon, Dist. Beed 431 131

5.1.3 Percentage of students benefitted by guidance for competitive examinations and career counselling offered by the institution						
During the last five years						
Year	Name of the Activity	Number of students participated	Number of students qualified in the competitive examinations	Name of the Activity	Number of students participated	Number of students placed
2021-2022	<b>Guidance for Competitive Examination</b>					
	Effective Ways to Deal with Distractions and Maintain Focus	88		The Importance of Physical Fitness and Well-being During Exams	92	
	Tips for Improving Problem-Solving Speed in Competitive Exams	69				
	Strategies for Managing Exam Pressure and Staying Calm	103				
	Techniques for Managing Time Effectively During the Exam	88		The Role of Positive Thinking and Visualization in Exam Success	62	
	Strategies for Tackling Difficult and Challenging Questions	49		Personal SWOT Analysis: Unveiling Strengths, Weaknesses, Opportunities, and Threats	53	
2020-2021	Analyzing and Learning from Mistakes in Practice Tests	88				
	The Significance of Current Affairs and General Knowledge in Exams	75				
	Effective Strategies for Managing and Organizing Study Materials	81				
	Personal SWOT Analysis: Unveiling Strengths, Weaknesses, Opportunities, and Threats	53				



2019-2020														
	Tips for Balancing Multiple Subjects and Study Materials	91												
	Strategies for Improving Speed and Accuracy in Competitive Exams	100												
	The Role of Mentors and Coaching in Exam Preparation	62												
	The Significance of Practicing Previous Years' Question Papers	70												
	Tips for Effective Essay Writing in Competitive Exams	93												
	Celebrating Small Victories and Maintaining a Positive Mindset throughout the Exam Journey.	95												
	Effective Online Resources and Tools for Competitive Exam Preparation	101												
	The Importance of Self-Motivation and Discipline in Exam Preparation	91												
	Developing Effective Exam-Taking Strategies and Test-Day Tips	74												



<b>2018-2019</b>	Effective Time Management Strategies for Competitive Exams	79			Enhancing Reading Comprehension Skills for Competitive Exams	87
	Strategies to Improve Problem-Solving Skills in Competitive Exams	101			Critical Thinking and Logical Reasoning Skills for Competitive Exams	73
	Building a Strong foundation in core subject for competitive exam	93				
	Tips for Effective Exam Preparation and Revision	89				
	The Importance of Developing a Study Schedule for Competitive Exams	88				
	Overcoming Exam Anxiety and Stress Management Techniques	93				
	Effective Note-Taking Methods for Competitive Exam Preparation	97				
	How to Approach Multiple-Choice Questions in Competitive Exams	101				
					Choosing the Right Career Path: Exploring Your Interests, Skills, and Passions	97
	Effective Strategies for Managing Exam Day Stress	62			Navigating the Job Market	99
					Building a Strong Personal Brand	90
					Entrepreneurship and Start-ups	77
	Mastering Interview Skills: Techniques to Ace Job Interviews	88			The Importance of Internships and Work Experience	101
					Developing Soft Skills for Career Success	101
<b>2017-2018</b>						





## Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

**Department of Competitive Exam and Carrere Guidance Cell**

### Report on the program

Date of program: ----- 6/10/2021 -----

Title of the Program: Effective Ways to Deal with Distractions and Maintain Focus

**President:**

Amermathji Phurpe

**Resource Person:**

Chaitany Aher.

The theme of the Program:

The main theme of this program is to understand the different types of jobs available and what are the ways to develop the skills to be placed.

Number of students /stakeholders present: ----- 83 -----

Xerox of attendance

Photographs\*

News Xerox

Program incharge

Name ----- Dr. Phasale GP -----

Sign ----- [Signature] -----

Signature of IQAC Co-Ordinator

Co-Ordinator  
IQAC  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131

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Principal

PRINCIPAL  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131



## Report

### Effective Ways to Deal with Distractions and Maintain Focus

**Introduction:** In today's fast-paced world, distractions are abundant, making it challenging to maintain focus, especially during important tasks like exam preparation. However, by adopting effective strategies and techniques, individuals can successfully deal with distractions and cultivate a focused mindset. In this report, we will explore effective ways to deal with distractions and maintain focus.

**Create a Distraction-Free Environment:** Designate a specific study area that is free from distractions. Remove or minimize potential distractions such as electronic devices, noisy surroundings, or clutter. Ensure that the study environment is calm, organized, and conducive to concentration. This sets the stage for maintaining focus and minimizing external interruptions.

**Establish Clear Study Goals:** Set clear study goals and break them down into manageable tasks. Knowing what needs to be accomplished helps individuals stay focused and motivated. By having a sense of purpose, individuals can prioritize their study time and resist the urge to engage in non-essential activities.

**Use Time Management Techniques:** Adopt effective time management techniques to optimize productivity and minimize distractions. Techniques like the Pomodoro Technique, where study time is divided into focused intervals followed by short breaks, can help maintain focus and prevent burnout. Set specific time slots for study and allocate dedicated time for breaks to rejuvenate the mind.

**Utilize Technology Wisely:** While technology can be a source of distraction, it can also be harnessed to enhance focus. Use productivity apps or browser extensions that block distracting websites or limit screen time. Set specific study-related notifications or use study apps that help organize materials and track progress. By using technology purposefully, individuals can minimize distractions and stay focused on their study goals.

**Break Down Tasks:** Large or complex study tasks can be overwhelming and lead to distractions. Break down tasks into smaller, more manageable chunks. This not only makes the workload seem more approachable but also allows for a sense of accomplishment with each completed task. By focusing on one task at a time, individuals can maintain concentration and avoid getting overwhelmed.

**Practice Active Learning:** Engage in active learning techniques that require active participation and interaction with study materials. Rather than passively reading or listening, actively engage with the content by taking notes, summarizing key points, or teaching the concepts to someone else. Active learning promotes mental engagement and helps maintain focus by keeping the mind actively involved in the learning process.

**Prioritize Self-Care:** Taking care of one's physical and mental well-being is crucial for maintaining focus. Prioritize regular exercise, healthy eating, and sufficient sleep. These practices enhance energy levels, concentration, and overall cognitive function. Engaging in stress-reducing activities like yoga, meditation, or hobbies also helps alleviate distractions and promotes mental clarity.

**Set Realistic Expectations:** Setting realistic expectations is important to avoid feeling overwhelmed and distracted. Understand your limitations and work within your capabilities. Break tasks into manageable portions and give yourself realistic deadlines. By setting achievable goals, you reduce the pressure and distractions that can arise from unrealistic expectations.

**Seek Accountability and Support:** Find an accountability partner or join a study group where you can share your goals, progress, and challenges. Having someone to hold you accountable and provide support can help you stay focused and motivated. Engaging in discussions or study sessions with like-minded individuals can also enhance focus and provide a supportive study environment.

**Conclusion:** Dealing with distractions and maintaining focus is crucial for effective exam preparation. By creating a distraction-free environment, establishing clear goals, utilizing time management techniques, practicing mindfulness, using technology wisely, breaking down tasks, practicing active learning, prioritizing self-care, setting realistic expectations, and seeking accountability and support, individuals can successfully navigate distractions and maintain a focused mindset. These strategies empower individuals to optimize their study time, increase productivity, and achieve their exam goals.







**Shri Siddheshwar Mahavidyalaya, Majalgaon**

**Dist. Beed 431131**

**Activity Attendance (Students/ Teachers/ Non-Teaching Staff)**

\*\*\*\*\*

Name of the Department/Committee: comp. exam & carr.G. cell,

Name of the Activity: Effective ways to deal with stress & manage

Date and Time: \_\_\_\_\_

Venue: A.V. Room,

Sr. No.	Name	Signature
1	Thete Mauli Kalyansao	Mauli
2	Thooat laxman ganeshaoo	Tax
3.	Attar Sana Wafar	Sana
4.	Yevle Gangadhar Eknath	Ygae
5.	Salve Ushakha Maroti	Ushakha
6.	Kulkarni MUKUND KALIASOO	MUKUND
7	ATTAR Sohel Gaffar	Sohel
8	Yachita Suresh Dav Suresh Dav	Yachita
9	Bhutada Rushikesh amprakashji	Rushi
10	Kade Nikita Anil	Kade
11	Bhutada Rushikesh. amprakashji	Rushikesh
12	Dake Nrusikesh Sahadere	Nrusikesh
13	Jadhav Shambhu Nannath	Shambhu
14	Kadam Pournima Shuddhodhan	K. Pournima
15	Bhagat S. A.	Bhagat
16	Savita P. Ingale	Ingale
17	Gopal Kulkarni A	Gopal
18	Gai Dhanu Dhanu	Dhanu
19	Jadhav V. J.	Jadhav
20	Phalge S. S.	Phalge
21	Kulkarni. KIRTI KISHOR	Kirti
22	Mogarkar Sakshi Sunil	Sakshi
23	Shrinani V. N. S. S. S.	Shrinani
24	Shrinani V. N. S. S. S.	Shrinani
25	Bhokane Sunil V.	Sunil



Sr. No.	Name	Signature
26	Umap Arti Rameshwar	Arti
27	Mohd Jallm Jadh	Vishal
28	Yelva gangaram . Ramakau	Gangaram
29	Aage Arjun sandipan	Arjun
30	Dhumal Uday Suresh	Uday
31	Dhulkar Vikram Dashrath	Dhulkar
32	Dhage Nilesh shubhash	Nilesh
33	Kale Dnyaneshwar laxman	Dnyaneshwar
34	Bajaj S. N.	Bajaj
35	<b>Siddheshwar V. Pandit</b>	<b>Pandit</b>
36	Takankhar Swai Ranujir	Takankhar
37	Yashraj Yashraj Yashraj	Yashraj
38	Yashraj Yashraj Yashraj	Yashraj
39	Shinde jyoti Madanrao	Shinde
40	Hoke Keshu marathrao	Hoke
41	Shinde Keshu Marathrao	Shinde
42	Vaidya Aarti Dattatray	Aarti
43	Shinde Yashraj Yashraj	Yashraj
44	Gadgil Anilrao Yashraj	Anilrao
45	potdar N. R.	Neha
46	DAKE SHUBHAM PURUSHKANTAM	SHUBHA
47	Shinge Jyoti madanrao	Jyoti
48	Bose Shrutti Chandankumar	Bose
49	Chade Dipale Bharat	Dipale
50	Chavali Anilchet Anand	Anilchet
51	Kasari poyal Naibhav	Poyal
52	Khan moish m.	Khan
53	Kale R. M.	Kale
54	Sarkar Pandurang Venkati	Sarkar
55	Chandankumar Shrutti Chandankumar	Shrutti
56	Aage Dishaal Mahadev	Aage
57	Shinde Yashraj Yashraj Yashraj	Yashraj
58	Shinde Yashraj Yashraj Yashraj	Yashraj
59	Shinde Yashraj Yashraj Yashraj	Yashraj
60	Shaikh saddam Juyas	Shaikh
61	JOSHI SHANTANU KISHORAO	SHANTANU
62	Jadhav S. S.	Jadhav
63	Shinde Yashraj Yashraj Yashraj	Yashraj

Sr. No.	Name	Signature
64	Bhagwat Rohit S.	Rohit
65	Komal Ganesh Kamate	Kamate
66	Shavan Shweta J.	Shweta
67	शिवजी मलिक शिवजी	शिवजी
68	शिवजी मलिक शिवजी	शिवजी
69	शिवजी मलिक शिवजी	शिवजी
70	Ankush Arunak Subhash	Ankush
71	शिवजी मलिक शिवजी	शिवजी
72	DHOTRE VISHAKHA PATTA	Dhotre
73	Khetre Shubham Anjad	Shubham
74	शिवजी मलिक शिवजी	शिवजी
75	Shavan Krishna Ramrao	Krishna
76	Anuj P. Potbhare	Anuj
77	VIBHAV soni MOHARKAR	Vibhav
78	कमल अश्विनी अश्विनी	कमल
79	waghmare R. P.	अश्विनी
80	USGARE RATNAMALA PRAKASH RAO	Ratnamala
81	Bhatada harsh pradeepkumar	Bhatada
82	शिवजी मलिक शिवजी	शिवजी
83	शिवजी मलिक शिवजी	शिवजी





## Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

**Department of Competitive Exam and Carrere Guidance Cell**

### Report on the program

Date of program: 22/11/2021

Title of the Program: Tips for Improving Problem-Solving Speed in Competitive Exams

**President:** DR. G.B. Honma,

**Resource Person:** DR. Jawale B.S.

The theme of the Program:

The main theme of this program is to understand the different types of jobs available and what are the ways to develop the skills to be placed.

Number of students /stakeholders present: 69

Xerox of attendance

Photographs\*

News Xerox

Program incharge

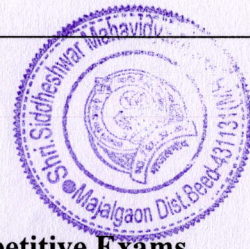
Name DR. phasale G.P.

Sign [Signature]

Signature of [Signature] Co-Ordinator

**Co-Ordinator**  
**IQAC**  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131  
Provided a copy to the IQAC department

**Principal**  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131



## Report

### Tips for Improving Problem-Solving Speed in Competitive Exams

**Introduction:** Competitive exams often require individuals to solve complex problems within a limited time frame. Developing problem-solving speed is essential for maximizing performance and achieving success. In this report, we will explore effective tips and strategies for improving problem-solving speed in competitive exams.

**Understand the Problem:** Before attempting to solve a problem, take the time to thoroughly understand it. Read the problem statement carefully, identify the key information, and determine the objective or question being asked. By having a clear understanding of the problem, you can approach it more efficiently and avoid wasting time on unnecessary steps.

**Practice Regularly:** Consistent practice is key to improving problem-solving speed. Solve a variety of problems from different topics and difficulty levels. Engage in timed practice sessions to simulate exam conditions. Regular practice helps develop familiarity with different problem-solving techniques, enhances problem-solving skills, and improves speed.

**Identify Relevant Concepts:** Quickly identify the relevant concepts and formulas related to the problem. Skim through the problem statement to determine the underlying principles or theories involved. This allows you to approach the problem with a targeted strategy, eliminating the need to spend time on unrelated concepts.

**Master Shortcuts and Tricks:** Learn and practice shortcuts, tricks, and techniques specific to the type of problems commonly encountered in competitive exams. These shortcuts can significantly reduce the time required to solve certain types of problems. Focus on mastering techniques such as mental calculations, approximation methods, elimination strategies, and pattern recognition.

**Break Down Complex Problems:** Complex problems can be daunting and time-consuming. Break them down into smaller, more manageable parts. Analyze the problem, identify any sub-problems or intermediate steps, and solve them systematically. By dividing the problem into smaller components, you can tackle them more efficiently and reduce the chances of making errors.

**Be Selective in Calculation Steps:** Not every problem requires all calculations to be performed. Develop the ability to identify unnecessary or time-consuming calculations. Focus on the crucial steps that lead to the solution. By being selective and strategic in your calculations, you can save valuable time and improve problem-solving speed.

**Time Allocation and Prioritization:** When faced with multiple problems in an exam, allocate time wisely. Assess the difficulty level of each problem and prioritize accordingly. Spend more time on challenging problems that carry higher marks, and quickly solve simpler problems to ensure maximum score accumulation within the time limit.

**Avoid Overthinking:** Overthinking can consume valuable time and lead to unnecessary complications. Trust your instincts and initial analysis of the problem. Avoid second-guessing or changing your approach unless necessary. Maintain a clear and focused mindset to streamline your problem-solving process.

**Review and Analyze Solutions:** After solving a problem, take the time to review and analyze your solution. Identify areas where you could have improved your speed or efficiency. Look for alternative problem-solving methods or shortcuts that could have been utilized. This reflective practice helps identify patterns, refine techniques, and enhance problem-solving speed for future exams.

**Conclusion:** Improving problem-solving speed is a crucial factor in competitive exam success. By understanding the problem, practicing regularly, identifying relevant concepts, mastering shortcuts, breaking down complex problems, developing mental math skills, being selective in calculations, allocating time wisely, avoiding overthinking, and reviewing solutions, individuals can significantly enhance their problem-solving speed. These tips and strategies enable individuals to approach problems more efficiently, save time, and maximize their performance in competitive exams. With consistent practice and implementation, problem-solving speed can be honed, leading to increased confidence and success in exams.



27/11/21-12



### Shri Siddheshwar Mahavidyalaya, Majalgaon

Dist. Beed 431131

#### Activity Attendance (Students/ Teachers/ Non-Teaching Staff)

\*\*\*\*\*

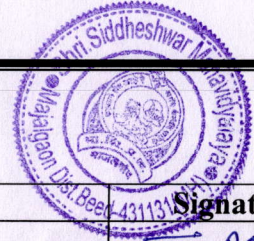
Name of the Department/Committee: comp. exam and careers

Name of the Activity: TIPS for improving prob-solving speed

Date and Time: 22/11/2021

Venue: 12.00  
AV. Room

Sr. No.	Name	Signature
1)	Aute kushivarta narayan	कुशीवर्तन
2)	Bhandari Gunjan prakashchand	Gunjan
3)	BHISE PAVAN MOHANRAO	पावण
4)	BHOLE MAYUR RAMPRASAD	मयूर
5)	Taure Aechana pameshwari	Aechana
6)	taur ganesh Rameshwari	ganesh
7)	Taure Pradip Prakash	प्रदीप
8)	Taure Pradip Prakash	प्रदीप
9)	CHANDMARE ASHVINI GAUTAM	ASHVINI
10)	CHAUHAN ARKAR SWAPNALI SURESHRAO	SWAPNALI
11)	Vijavhare Akshay Shivaji	shivaji
12)	Wagare govind Rahebhau	
13)	Ajare mahesh sudarshan	महेश
14)	Aje sudam rananath	Sudam
15)	ZADE NIKESH SOPANRAO	निकेश
16)	ZAGADE RUSHIKESH RATNESHWAR	Rushikesh
17)	GAIKAWAD MANDAKINI NARAYAN	मंदाकिनी
18)	Dangate sanjane babasaheb	sanjana
19)	Dange Mukta samasundar	mukta
20)	DAIT MINAKSHI SHIVAJI	Minakshi
21)	chawan vijaymala Ankush	vijaymala
22)	Chawan Igorakh anyanoba	gorakh
23)	Chawan CHHAYA UTAM	Chhaya
24)	CHABHARE SWAPNALI SURESHRAO	SWAPNALI
25)	BHOSELE DROPADA UDDHAR	DROPADA



Sr. No.	Name	Signature
26	TAPSE SHIVKANYA BALAJI	<u>Tapse</u>
27	Tambre Akash Babasaheb	<u>Tambre</u>
28	TAKANKHAR SURAJ RANUJI	<u>Suraj</u>
29	TAKANKHAR SANDEEP RANUJI	<u>Sandeep</u>
30	SHINDE SONAJI SUDAM	<u>Sonaji</u>
31	SHINGARE RAJRATAN BABAN	<u>Rajkaran</u>
32	solanke sonali muntabd	<u>sonali</u>
33	sonkamble POONAM KAILAS	<u>POONAM</u>
34	Rathod Radhabai Gijirao	<u>Radhabai</u>
35	RANHAD RANJEET PRABHU	<u>Ranjit</u>
36	RAVIND RAVI DEVIDAS	<u>Ravind</u>
37	RATHOD RENUKA EKMATI	<u>Rathod</u>
38	RAHOB vikas Panbit	<u>Rathod</u>
39	RAUT Shakuntala Laxmanrao	<u>Raut</u>
40	Rimane MAYTHAN DaggDuba	<u>Dagduba</u>
41	SAYYAD MOSIN SD FAZAL	<u>Fazal</u>
42	SAYYED BushRA Beenum Sayyed-mared	<u>Bushra</u>
43	SAYYED NEHA Mobin	<u>Neha</u>
44	Shaikh Adnan Shaikh Mustafa	<u>Shaikh</u>
45	Ghunde Rani Ganpatrao	<u>Rani</u>
46	Hajare Kalyan Maroti	<u>Kalyan</u>
47	Holke Alka Sandiprao	<u>Alka</u>
48	Jadhav Rohini Vasant	<u>Rohini</u>
49	Jayaramkumar Paiya Rajendra	<u>Paiya</u>
50	Joshi Swati Govindrao	<u>Swati</u>
51	KALE DICHAMBAR RAJHAKISAN	<u>P. Rele</u>
52	KORANE MAISHALI KACHARA	<u>Maishali</u>
53	KORNE MANISHA JIVAN	<u>Manisha</u>
54	KORNE Manisha Jivan	<u>manish</u>
54	Kundkar Knabraj Dattatray	<u>Knabraj</u>
55	Lipne sunhama Rajebhaji	<u>Sunhane</u>
56	Londhe Reshma narayan	<u>Reshma</u>
57	maykar mandakini Pharym	<u>mandakini</u>
58	Mediwale Supriya Bhimashankar	<u>Supriya</u>
59	NARWADE SHRINARI RAVERHEB	<u>S. R. Narwade</u>
60	PANJANGAL Sureshaji Rameshan	
61	Pathak Kiran Prakash	<u>Kiran</u>
62	PATIL ATSHWARYA DILIP	<u>Parvati</u>







**Shri Siddheshwar Mahavidyalaya Majalgaon**



Name of the Department:

**Department of Competitive Exam and Carrere Guidance Cell**

**Report on the program**

Date of program: -----8/12/2021-----

Title of the Program: **Strategies for Managing Exam Pressure and Staying Calm**

**President:** DR. V. P. Deshmuch.

**Resource Person:** Sable A.T.,

The theme of the Program:

The main theme of this program is to understand the different types of jobs available and what are the ways to develop the skills to be placed.

Number of students /stakeholders present: -----103-----

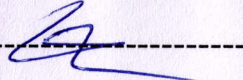
Xerox of attendance

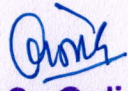
Photographs\*

News Xerox

Program incharge

Name -----DR. phasale G.P.-----

Sign ----------



Signature of IQAC Co-Ordinator

**IQAC**

Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed (M. S.)  
Provided a copy to the IQAC department

Principal

**Principal**  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131



## Report

### Strategies for Managing Exam Pressure and Staying Calm

**Introduction:** Exams can bring about immense pressure and stress, which can negatively impact performance and overall well-being. However, by implementing effective strategies, individuals can manage exam pressure and stay calm throughout the exam period. In this report, we will explore strategies for managing exam pressure and maintaining a calm mindset.

**Plan and Organize:** Create a realistic study schedule and stick to it. Break down your study materials into manageable chunks and allocate specific time slots for each topic. Having a well-structured plan reduces the feeling of being overwhelmed and provides a sense of control over the exam preparation process.

**Take Breaks and Rest:** Avoid excessive studying without breaks. Take regular short breaks during study sessions to refresh your mind and prevent burnout. Engage in activities you enjoy, such as going for a walk, listening to music, or spending time with loved ones. Taking breaks and allowing yourself to rest rejuvenates your mind and enhances productivity.

**Maintain a Healthy Lifestyle:** Prioritize self-care by adopting a healthy lifestyle. Eat nutritious meals, exercise regularly, and get sufficient sleep. A well-nourished body and regular physical activity contribute to improved mental well-being, enabling you to cope better with exam pressure and stay calm.

**Practice Positive Self-Talk:** Monitor your inner dialogue and replace negative thoughts with positive affirmations. Remind yourself of your capabilities, strengths, and past achievements. Develop a positive mindset by focusing on your progress rather than dwelling on perceived shortcomings. Positive self-talk boosts self-confidence and reduces exam-related stress.

**Seek Support:** Reach out to friends, family, or mentors for support during challenging times. Share your concerns and feelings with someone you trust. Discussing your worries can provide a fresh perspective and emotional support. Additionally, consider joining study groups or online forums where you can connect with peers facing similar challenges.

**Visualize Success:** Use visualization techniques to imagine yourself successfully navigating through exams. Create a mental image of yourself remaining calm, focused, and confident during the exam. Visualize achieving your desired outcomes and successfully answering questions. Positive visualization can reduce anxiety and enhance performance.

**Break Down Exam Questions:** When faced with exam questions, carefully read and understand each question. Break them down into smaller components to grasp the key elements. This approach prevents feeling overwhelmed and helps you approach questions in a systematic manner, maintaining clarity and reducing anxiety.

**Practice Time Management:** Develop effective time management skills to avoid feeling rushed during exams. Familiarize yourself with the exam format and allocate time for each section or question based on its weightage. Prioritize questions and allocate time accordingly, ensuring you have sufficient time to review and make necessary revisions.

**Focus on the Process, Not Just the Outcome:** Shift your focus from solely achieving a desired outcome to the process of learning and growth. Embrace the learning experience, recognizing that exams are a stepping stone in your educational journey. By valuing the learning process, you can reduce exam-related pressure and perform better.

**Conclusion:** Managing exam pressure and staying calm is crucial for optimizing performance. By planning and organizing, practicing mindfulness and relaxation techniques, taking breaks, maintaining a healthy lifestyle, practicing positive self-talk, seeking support, visualizing success, breaking down exam questions, practicing time management, and focusing on the learning process, individuals can effectively manage exam pressure and maintain a calm mindset. These strategies contribute to better concentration, improved performance, and overall well-being during the exam period.





# Shri Siddheshwar Mahavidyalaya, Majalgaon

Dist. Beed 431131



## Activity Attendance (Students/ Teachers/ Non-Teaching Staff)

\*\*\*\*\*

Name of the Department/Committee: ----- comp. Exam & Career Guidance  
Name of the Activity: ----- strategies for Managing Exam  
Date and Time: ----- pressure and staying calm.  
Venue: ----- A.V. Room

Sr. No.	Name	Signature
1	Nigut Rutuja Parmeshwar	Rutuja
2	Shaikh B. A.	bibi
3	Sonawane Tejaswini Sitaram	Teju.
4	Khan Saniya Usuf	Saniya
5	Shivkumar Dnyanika Govindrao	Dnyanika
6	KHARAT ANUSAYA. VISHNU	ANUSAYA
7	शारदा सुनील गज	शारदा
8	KALE MUNJABHADU GHANSHYAM	MUNJABHADU
	CHALS SABURA JAVED	Sabura.
	KAMBLE AVINASH BABANRO	AVINASH.
	Azende Chandrabhela Anandaram	Azende
	KARKE NITIN VLAS	NITIN
	SAYYAD MUSKAN SATTAR.	MUSKAN.
	शारदा सुनील गज भांडार	शारदा
	MISRA ASHRA AFSAR	ASHRA
	SAYYED MINAJUDDIG FASIYODDIN	
	KATHULE ANIRUPDHA GHAMATI	ANIRUPDHA
	SHAM	
	shaiKh shafik Raik	shaiKh
	Naxwade Sangita Naxwade	Sangita
	RATHOD JYOTI SARJERAO	JYOTI
	Rathod vikas pande	Rathod



Sr. No.	Name	Signature
	KAMBLE GANESH BHASKAR	ganesh
	Rajinury Nikita Dadaras	Nikita
	Shaikh Eeram S.	Eeram
	Talwar Pradip Prakash	Talwar
	शुभे यशदान-यशदा Shaikh Shafiq Rafik	शुभे यशदा Shafiq
	Thosur Vishal Naiknath	Vishal
	Mule Anamsh Dattaraj	Anamsh
	Bhise Akash Balasahab	Bhise
	KHAN SAJYA YUSUF	SAJYA
	Bhatkar Shrisam Arjun KATE PALLAVI DNYANESHWAR AUTE KUSHINATH NARAYAN Banage. Sonali Chandrabal	Shrisam PALLAVI KUSHINATH Sonali
	KATRE KIRAN ARUN Chavan Akas B.	KIRAN Akas
	Waghmare Shilpa Anant KHAN MUSKAN FERAZ KHALILARE MIKITA BABAN Bubkar Sindy Abasahab	Sawaghar muskan Mikita Sindy
	MORE AKSHAY VIKAS MOTALE SUSHIL SHEKHARRAO	Akshay SUSHIL
	KHUNE PRASHANT PARMESHWAR Thane Ashwini Bandy	PRASHANT Ashwini
	Baore Someshwar Subhashrao	Someshwar
	KATRE Kiran ARUN	Kiran
	Rajguru Niketa Dadaras chandmase Supriya Prashant	Niketa supriya
	KHAN MUSKAN FERAZ	MUSKAN



Sr. No.	Name	Signature
	Bobade Akanksha Namdeo Waghmare Mahesh Mahadev	Bobade:- Waghmare
	Patil Ashwarya Dilip JADHY VISVAKHA BHAGINARAO HAMPE ASHOK JANARDHAN	Ashwarya Bhaginarao Janardhan
	Raik Angad Suresh	Raik
	KATHULE GANESH ASARAMA Bochare Poonam Rameshwar HUKE NIKITA SUGHUNATH	GANESH PR Bochare Sughunath
	DAKE KIRAN SANTOSH GAVATE MUKUND RAJESHWAR	Kiran Mukund
	KATE LATS MOHAN काटे लक्ष्मी मिश्र	LATS लक्ष्मी
	KATLE Vandana Vishwanath	Vandana
	chowkule om sanjayrao chumble atul surajrao Dake Kiran Santosh	om ATUL Santosh
	Shinde Vrnita Babasaheb mulate gourau ganapati	Vrnita Ganapati
	KALE ALKA NAGNATH मोरे अजय अजासाहेब	ALKA अजय
	Mule Ankush Jitendrao KULKARNI Aditi RAJESHRAO Gavate Rajesh Vairamath Gavate Sulik-sam narsaran	Ankush Rajesh Sulik-sam



## Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

**Department of Competitive Exam and Carrere Guidance Cell**

### Report on the program

Date of program: ----- 8/01/2012 -----

Title of the Program: **The Importance of Physical Fitness and Well-being During Exams**

**President:** Prakash Duggad.

**Resource Person:** Dr. R.V. Gattcal

The theme of the Program:

**The main theme of this program is to understand the different types of jobs available and what are the ways to develop the skills to be placed.**

Number of students /stakeholders present: ----- 92 -----

Xerox of attendance

Photographs\*

News Xerox

Program incharge

Name ----- Dr. Phasale G.P. -----

Sign ----- [Signature] -----

Signature of Co-Ordinator  
Co-Ordinator  
IQAC

Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed (M.S.)  
Provided a copy to the IQAC department

Principal  
Principal  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131





## Report

### The Importance of Physical Fitness and Well-being During Exams

**Introduction:** When preparing for exams, students often prioritize their academic efforts, neglecting their physical fitness and well-being. However, maintaining a healthy lifestyle and prioritizing physical fitness is vital for optimal exam performance and overall well-being. In this report, we will explore the importance of physical fitness and well-being during exams.

**Improved Cognitive Function:** Engaging in regular physical activity has been linked to improved cognitive function. Exercise increases blood flow to the brain, enhancing memory, concentration, and overall mental performance. Regular exercise also stimulates the release of endorphins, which promote a positive mood and reduce stress levels, enabling individuals to study and retain information more effectively.

**Reduced Stress and Anxiety:** Exams often bring about high levels of stress and anxiety. Regular physical activity, such as aerobic exercises or yoga, helps reduce stress by releasing tension and boosting the production of serotonin, a neurotransmitter associated with improved mood and relaxation. Engaging in physical fitness activities provides a healthy outlet for stress, enhancing emotional well-being during the exam period.

**Increased Energy and Alertness:** A sedentary lifestyle and long hours of studying can lead to fatigue and decreased alertness. Regular exercise increases energy levels, improves circulation, and enhances oxygen flow to the brain, resulting in increased alertness and mental agility. By incorporating physical activity into their routine, students can combat feelings of fatigue and maintain mental focus during exams.

**Improved Sleep Quality:** Adequate sleep is essential for optimal cognitive function and memory consolidation. Engaging in physical activity during the day promotes better sleep quality. Regular exercise helps regulate the sleep-wake cycle, promotes deep sleep, and reduces the incidence of sleep disturbances. Quality sleep is crucial for exam preparation as it enhances memory recall and overall cognitive performance.

**Enhanced Immune Function:** During exams, students are susceptible to increased stress levels, which can weaken the immune system. Regular exercise strengthens the immune system by improving circulation, increasing the production of immune cells, and reducing the risk of illnesses. By maintaining physical fitness and well-being, students can minimize the chances of falling ill during the exam period.

**Improved Time Management:** Engaging in physical fitness activities requires effective time management skills. By incorporating regular exercise into their daily routine, students learn to allocate time for physical activity alongside their study schedule. Developing time management

skills helps students optimize their study time and maintain a balanced lifestyle, preventing burnout and enhancing overall productivity.

**Increased Self-Confidence:** Physical fitness and well-being positively impact self-confidence. Engaging in regular exercise improves physical health, body image, and self-esteem. When individuals feel good about themselves, they approach exams with greater confidence and a positive mindset. This confidence can translate into improved exam performance and the ability to tackle challenging tasks with resilience.

**Conclusion:** Maintaining physical fitness and well-being during exams is essential for optimal exam performance, cognitive function, and overall well-being. Regular physical activity reduces stress, improves cognitive function, enhances sleep quality, boosts immunity, and increases self-confidence. By prioritizing physical fitness and well-being, students can achieve a balance between their academic pursuits and personal health, leading to improved exam outcomes and a more enjoyable exam experience.





## Shri Siddheshwar Mahavidyalaya, Majalgaon

Dist. Beed 431131

### Activity Attendance (Students/ Teachers/ Non-Teaching Staff)

\*\*\*\*\*

**Name of the Department/Committee:** comp. exam & carriage Covid ee

**Name of the Activity:** The importance of physical fitness

**Date and Time:** and well-being delivery exam

**Venue:** 8/10/2021  
A.V. Room

Sr. No.	Name	Signature
1	PAWAR V. V.	
2	Kulkarni Anjali Anil	Kulkarni
3	Lomate V. R.	Lomate.v
4	Parad Kiran Narayam	Parad
5	MIRZA T. Y.	Mirza
6	MULE VAIBHAV ARJUN	MULEVa
7	Payale shweta vikas	Payal.
8	RATHOD Akash SheshRAV.	Rathod
9	Kulkarni sayali snashikant	Kulkarni
10	PAYGARAN neeta Navarath	Paygan
11	RATHOD PAYAL ANIL	Rathod
12	Nehalkar Baddipath Hirndoburn	Nehalkar
13	Rundkar Aishwariga Shrimant	Aishi
14	MORE SACHIN BRAMH-ADEV	More
15	RATHOD SAVITA VASANT	Rathod
16	RAUT JYOTI BHAGIWAN	Raut
17	Limbalkar Ganesh Sachhakistan.	Ganesh.
18	PARSE VAISHNAVI UTTAM	PARSE
19	Shaikh aftab Ayyub	aitaf
20	Lipane Shrikant Rajabhu	shrikant.
21	MARGUDE VAISHNAVI BALASAMEB	MARGUDE
22	RATNAPRKHIT VAISHNAVI PRABHAKKAR	VAISHNAVI
23	MOMIN SANGY MAHJIN	SANG.
24	Shaikh ATAF Ipus	ataf.
25	Qureshi mudhey mohammed sahil	Qureshi



Sr. No.	Name	Signature
26	NAVSHIMDE MRUDULA MIRTHAND	MRUDULA
27	Rathod Pramey premder	Rathod
28	<del>S</del> Mahagovind Ravindra VishwanBhar	<del>(M)</del>
29	RAUT SHUBHAM PRABHAKAR	SHUBHAM
30	San momin Farida m.m.	momim.
31	Shobha Subhas Rathod	Shobha
32)	Ranjwan SARVAJEET NITINRAO	SarvaJeet
33)	Digvijayan Suresh Ashruba	Suresh
34	KHATE CHHAYA ABHIMAN	Chhaya
35	Budhanas Balaji machinelsa.	Budha
36	AMNAR DNYANESHWARI ANURATH	DNYANESHWARI
37	Yadav Yegita dhurati	Yegita
38	waghmode vaishali pandurang	Vaishali
39	Badade sarika Anant	Sarika
40	Bhole Vaishnavi narayanrao	Vaishnavi
41	shaikh Neha Ajim	Neha
42	Tidke Parvan. Shehank	Parvan
43	shinde sandhya shivnath	shinde
44	Bholang Dhanshi vibhau	Dhanshi
45	SHIKHA Nay.	SHIKHA
46	Dehumukh V.V.	Dehumukh
47	shilpe shubham Ramprasad	shilpe
48	Bhaskar Ganesh Pralhad	Bhaskar
49	Tandule Pratik santosh	tandule
50	waghmode Rajit tukaram	waghmode
51	chavan Akash panditxao	AKASH
52	KALE GIEETA DAMODHAR	GIEETA
53	patkar usha shivaji	usha
54	Inamde Nehal Shafi yodan	Nehal
55	Jadhav Nida Manumansao	Nida
56	PATHAN ARBAZ NAIM	Arbaz
57	MANORE AKASH SAKHARAM	AKASH..
58	Jagde Neha Ramting	Neha
59	PATHAN Rajamkhan samirajkhan	Rajamkhan
60	KAMBEe Aadesh ramesh	Aadesh.
61	Jagtap Abhishek vidusxao	Jagtap
62	Satyaj Gayke Geeta SHRIMANT	Geeta
63	JAHGID SHUBHAM LAXMI NARA YAN	SHUBHAM

Sr. No.	Name	Signature
64	Lakde vaishnavi shiraji APPA	Lakde
65	HARAL SWAPNALI SAYADA	HARAL
66	Langade Laxmi DHURAJI	Langade
67	Phulwase nikita BALASHEB	nikita
68	Jagnade Shroddha sheshnarayan	Jagnade
69	Ratanparthi Vaishnavi SATISHRAO	<del>Ratan</del>
70	RUTHOD SAVITA VASANT	<del>SAVITA</del>
71	SHAIKH ARBIYA MUSKAM ALBEM	SHAIKH
72	DALVI PRATIK KAILAS	DALVI
73	SHINDE JIJHAB SHYKISHAN	JIJHAB
74	CHAMBHARE NARAYAN RAMESH	RAMA
75	SHINDE VATSHALI VITAYKUMAR	VATSHALI
76	<del>PAKE</del> Dnyaneshwar Santosh	PAKE
77	salanke shradha Nayan	Shradha
78	Deshmulch vaibhav VINAYAKRAO	VAIBHAV
79	Wangmare vaishali Padyaram	WANGMARE
80	DHAPATE DNYANESHWARI DATTATRAY	DHAPATE
81	Solate shubham santosh	shubham
82	JANULE SITA MANHUKAR	SITA
83	MIRZA ADEEBA SARFRAZ BAIGI	<del>ADIBA</del>
84	KAPASE SHITAL MUKUND	<del>SITAL</del>
85	JABGAR ALSHEPAT ERSHAD	JABGAR
86	KASBE MANESH JAGANNATH	KASBE
87	SULE ANITA UTTAM	SULE
88	Jawlekar sayali Sandeep	SAYALI
89	MIRZA MUMTAJ AZIZBEG	MUMTAJ
90	kavade Shobha Mahadev	KAVADE
91	JUGAR AJAY SHAMKARRAO	AJAY
92	MULE ANSHU MUNJABA	MULE





## Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

**Department of Competitive Exam and Carrere Guidance Cell**

### Report on the program

Date of program: 01/02/2022

Title of the Program: Developing Effective Strategies for Time-Bound Exams

President: Abhayji Kokad.

Resource Person: Sanmer L.N.

The theme of the Program:

The main theme of this program is to understand the different types of jobs available and what are the ways to develop the skills to be placed.

Number of students /stakeholders present: 65

Xerox of attendance

Photographs\*

News Xerox

Program incharge

Name Dr. Phabali G.P.

Sign [Signature]

[Signature]  
Signature of Co-Ordinator  
Co-Ordinator  
I Q A C

Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed (I Q A C) department

[Signature]  
Principal  
Shri Siddheshwar Mahavidyalaya  
Majalgaon Dist. Beed-431131



## Report

### Developing Effective Strategies for Time-Bound Exams

**Introduction:** Time-bound exams require individuals to demonstrate their knowledge and skills within a specific time frame. The ability to manage time effectively is crucial for maximizing performance and achieving success in such exams. In this report, we will explore effective strategies for developing time management skills and performing well in time-bound exams.

**Understand the Exam Format and Requirements:** Start by understanding the format and requirements of the exam. Familiarize yourself with the number of sections, types of questions, and allotted time for each section. This understanding will help you plan and allocate time effectively during the exam.

**Create a Study Schedule:** Develop a study schedule that includes dedicated time for each subject or topic. Break down your study materials into manageable sections and allocate specific time slots for each. This schedule will not only help you cover all the necessary topics but also prepare you for managing time during the actual exam.

**Practice with Time Constraints:** Regularly practice with time constraints to simulate the exam environment. Solve past papers or practice questions within the allotted time. This exercise will train you to work efficiently, make quick decisions, and manage your time effectively during the exam.

**Prioritize Questions:** Read through the entire question paper before starting to answer. Identify the easier or more familiar questions and tackle them first. This strategy allows you to gain momentum, build confidence, and save time for the more challenging questions later.

**Utilize Skimming and Scanning Techniques:** Develop skimming and scanning techniques to quickly grasp the content of passages or questions. Skim through lengthy passages to identify the main points and scan questions to locate relevant information. This approach saves time and helps you focus on the essential elements of the exam.

**Set Time Goals for Each Question:** Assign specific time goals for each question based on its difficulty and weightage. Stick to these goals and move on to the next question once the allotted time is up. This strategy ensures that you allocate sufficient time to all questions and avoid getting stuck on a single difficult question.

**Manage Time During Reading and Comprehension:** When reading passages or comprehension questions, manage your time wisely. Avoid getting caught up in excessive reading or over-analyzing. Skim through the text, identify key information, and answer the questions efficiently. Practicing speed reading techniques can help improve your reading speed without compromising comprehension.

**Stay Calm and Focused:** Maintain a calm and focused mindset throughout the exam. Do not panic if you encounter challenging questions or feel time pressure. Take deep breaths, stay composed, and concentrate on the task at hand. A calm and focused mind enables you to make clear decisions and utilize your time efficiently.

**Practice Time Management Outside of Exams:** Develop time management skills in your daily life. Practice allocating time for various tasks, setting deadlines, and adhering to them. By becoming more efficient in managing your time outside of exams, you will naturally improve your ability to manage time effectively during exams.

**Conclusion:** Developing effective strategies for time-bound exams is essential for maximizing performance and achieving success. By understanding the exam format, creating a study schedule, practicing with time constraints, prioritizing questions, utilizing skimming and scanning techniques, setting time goals, staying calm and focused, avoiding excessive reviewing, and practicing time management in daily life, individuals can enhance their time management skills and perform well in time-bound exams. These strategies empower individuals to work efficiently, allocate time.







**Shri Siddheshwar Mahavidyalaya, Majalgaon**

**Dist. Beed 431131**

**Activity Attendance (Students/ Teachers/ Non-Teaching Staff)**

\*\*\*\*\*

Name of the Department/Committee: comp. exam & career Guid cell

Name of the Activity: Developing effective strategies

Date and Time: for home bond exam

Venue: 01/2/2022  
A.V. Room

Sr. No.	Name	Signature
1)	SURYAYANSHI JAYSHREE SHIVAJI	Jayshree
2)	Hoke Vaishnavi Munjaba	Vaishnavi
3)	pawan Pallavi Shankar	Pallavi
4)	sheike Nagnath LAHU	Nagnath
5)	Bhutade Sakshi Mahesh	Sakshi
6)	AUTI MAHESH SHILASAR	AUTI
7)	Ghene neha narayan	Neha
8)	mogai Nakul Ramchand	Nakul
9)	SHINDE GOPAL GADALAKH	GOPAL
10)	CHORMALE Laxmi Bandupavi	Laxmi
11)	Tale Gopal Satyanarayanji	Gopal
12)	Khot Aishwarya Rajesh	Aishwarya
13)	Ranjwan Gourabh Dattatraya	Gourabh
14)	SHINDE TRUPTI BABASAHEB	TRUPTI
15)	Jadhav yagita Ankush	yagita
16)	Chavan Rushikesh Shivratani	Rushikesh
17)	Jadhav Dipali Ramesh	Jadhav
18)	CHIKNE NITIN GANESH	CHIKNE
19)	Nanda PSha. Jitendra	PSha
20)	DUKARE VAISHNAVI PURUSHOTAM	VAISHNAVI
21)	Dhere Lahu Gayatri Pat	Lahu
22)	BORA AYUSHI CHANDMAJ	AYUSHI
23)	Sayyad Nayyem Rasul	Sayyad
24)	Loada Sidharath Surendra	Sidharath
25)	GADE DEVAND PRALHADRAO	GADE



Sr. No.	Name	Signature
26)	Paul Pavan Sangantn	<u>Pavan</u>
27)	KATE TRIMBAK ASHOK	<u>Trimbak</u>
28)	Kasat Nandini Bapatnagar	<u>Nandini</u>
29)	Khater Yesh Sampatlalaji	<u>Yesh</u>
30)	MITKAR VISHVEGH SHIVSHANKAR	<u>vishvesh</u>
31)	Khamkar Sunil Trimbak	<u>Sunil</u>
32)	Lahoti Sakshi Gaganan	<u>Sakshi</u>
33)	Jagtap Sanket Shivaji	<u>Sanket</u>
34)	Kulkarni Umesh Nagesh Rao	<u>umesh</u>
35)	Khureshi Salman Jalil	<u>Salman</u>
36)	SHAIKH SADIQA FATMA	<u>SADIQA</u>
37)	NAWLE MAHADEV RAM	<u>Mahadev</u>
38)	PATALE RENUKA GOVINDRAO	<u>Renuka</u>
39)	Paul Pavan Sangantn	<u>Pavan</u>
40)	more nukul Ramnand	<u>Nukul</u>
41)	Mane Keshav Abasaheb	<u>Keshav</u>
42)	Khater Yesh Sampatlalaji	<u>Yesh</u>
43)	JAMDARE SHRADDHA RATANRAO	<u>SHRADDHA</u>
44)	COORE SNEHA RAMRAO	<u>Sneha</u>
45)	KHALGE SUBODH SANJA	<u>Subodh</u>
46)	Londhe Nikita Bhagwat	<u>Nikita</u>
47)	KADAM NISHANAVI NARAYANRAO	<u>N. Nishant</u>
48)	KATALE JYOTI AASARAM	<u>Jyoti</u>
49)	KANDE KUSHIVARATA NAMDEV	<u>KANDE</u>
50)	HOKE HARIRANG SHIVRAM	<u>Hoke</u>
51)	HOKE DATTATRAY SHIVAJI	<u>Hoke</u>
52)	Lahoti Sakshi Gaganan	<u>Sakshi</u>
53)	KATE Sakshi MACHINDRA	<u>Kate</u>
54)	KAUHALE DIPAK PONDURANG	<u>Dipak</u>
55)	KA KHALGE SUBODH SANJAY	<u>Kam</u>
56)	SAWANT SHRADDHA DNYANESHINAR	<u>Shraddha</u>
57)	SAKHARE JANA	
58)	KANADE KUSHIVARATA NAMDEV	<u>Kushivartga</u>
59)	Davandar Nishant Vipin	<u>Nishant</u>
60)	MAHANTAN AMAR PRASHANTRAO	<u>Amur</u>
61)	MAHANTAN SAYLI DHAMBRAO	<u>Sayli</u>
62)	MANTRI RAMDEV ANANDRAM	<u>Ram</u>
63)	GIRI ADITYA NARAYAN	<u>ADITYA</u>

