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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

Co-Ordinator

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

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Internal Quality Assurance Cell

Criterion 5- Student Support and Progression

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Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell

Report on the program

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Date of program:	61	0	20	2

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

President:

Amernathyi khunpe chaiteny Aher.

Resource Person:

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.

Xerox of attendance

Photographs*

News Xerox

Program incharge
Name DY Phalall GP

Signature 6

Mahavidyalaya to the QAC department

Shri Siddheshwar 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)

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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. Homa,

Resource Person:

Dr. Javalle 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: -- 6-9-

Xerox of attendance

Photographs*

News Xerox

Program incharge

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Shri Siddheshwar Mahavidyalaya Majc aon Dist.Beed-431131

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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 subproblems 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.









Shri Siddheshwar Mahavidyalaya, Majalgaon Dist. Beed 431131

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

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Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell

Report on the program

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

President:

Dr. V.P. Deshmuch.

Resource Person:

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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: ----- 6 3

Xerox of attendance

Photographs*

News Xerox

Program incharge

Name Dr. phasale G.P.

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Provided a copy by the comment

PrincipalAL

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

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Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell

Report on the program

Date of program: -	8/01	20	12
Date of program			

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

President:

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on: Dr. R.V. Gatkal

Resource Person:

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: --- 9-2

Xerox of attendance

Photographs*

News Xerox

Signature of

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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.









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

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Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell

Report on the program

Date of program:	010	2/20	22
Date of program:			300

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

President:

Abhaysi Kokad. n: sonner L.N.

Resource Person:

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: ----

Xerox of attendance

Photographs*

News Xerox

Program incharge

Name Dr. Phasals GP.

Signature of

Shri Siddheshwar Mahavidyalaya Provided a soppito the dQA C department

Principal Shri Siddhashwar wanavidyalaya
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 pave 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 overanalyzing. 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)

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