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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



#### Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell



#### Report on the program

Date of program: 20/07/2017.

Title of the Program: Choosing the Right Career Path: Exploring Your Interests, Skills,

and Passions

President: prin. Kamble. K.L.
Resource Person: prof. Bageel. J. 5.

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: -97

Xerox of attendance

Photographs\*

News Xerox

Program/incharge

Signature of I G.G. Ordinator

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#### Report

#### Choosing the Right Career Path: Exploring Your Interests, Skills, and Passions

#### Objective:

Career guidance helps students to reflect on their ambitions, interests, qualifications and abilities. It helps them to understand the labour market and education systems, and to relate this to what they know about themselves.

Resource Person gave the following thoughts.

Introduction: The guest lecture on "Choosing the Right Career Path" aimed to help students explore their interests, skills, and passions to make informed decisions about their future careers. It emphasized the significance of self-reflection and aligning personal goals with potential career paths.

Self-Reflection: The lecture encouraged students to engage in self-reflection to gain clarity about their interests, values, and skills. By understanding themselves better, students could identify career options that align with their strengths and passions.

Career Exploration: Various tools and resources were provided to help students explore different career paths. This included online career assessment tests, informational interviews, and shadowing professionals in fields of interest. Students were encouraged to research and gather information about potential careers to make well-informed decisions.

Assessing Skills: Identifying and assessing one's skills is crucial in determining career compatibility. The lecture emphasized the importance of recognizing both hard and soft skills. Students were encouraged to evaluate their strengths and areas for improvement, and seek opportunities to develop new skills.

Setting Goals: The guest speaker highlighted the significance of setting short-term and long-term career goals. Students were encouraged to establish realistic and achievable goals that align with their interests and values. Goal-setting helped provide a sense of direction and motivation in pursuing a fulfilling career.

Seeking Guidance: The lecture emphasized the importance of seeking guidance from career counselors, mentors, and professionals in the field. These individuals could provide valuable insights, share experiences, and offer advice to assist students in making well-informed career choices.

Exploring Diverse Pathways: Students were encouraged to think beyond traditional career paths and explore non-conventional options. The lecture showcased examples of successful individuals who pursued unique career paths, emphasizing the importance of following one's passion and carving a niche.

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

Continuous Learning: The importance of lifelong learning and professional development was emphasized. Students were encouraged to stay updated with industry trends, acquire new skills, and seek opportunities for growth and advancement throughout their careers.

Conclusion: The "Choosing the Right Career Path" guest lecture provided students with valuable insights and practical strategies for exploring their interests, skills, and passions. It emphasized the importance of self-reflection, career exploration, and setting goals aligned with personal aspirations. By understanding themselves better and seeking guidance, students can make informed career choices that lead to a fulfilling and successful professional journey.



PM-

Principal
Shri Siddheshwar Mahavidyalaya
Majalgaon,Dist Beed 431 131

Co-Ordinator

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



# Shri Siddheshwar Mahavidyalaya, Majalgaon

#### **Dist. Beed 431131**

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

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Name of the Department/Committee: Competitive Example Carrore Guillace

Name of the Activity: Choosing the Right Career fath.

Date and Time: 20/07/2017, 11.00am.

Venue: College

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Co-Ordinator

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Co-Ordinator
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Shri Siddi teshwar Mahavidyalaya Majalgaon Dist. Beed (M.S.) 

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Bhartiya Shikshan Prasarak Sanstha Ambajogai's Shri.Siddheshwar Mahavidyalaya, Majalgaon

Tq.Majalgaon Dist Beed 431131(M.S.)

(NAAC Re-Accredited with 'B' Grade with CGPA 2.46)

One Day Workshop on Choosing the Right Career path :Exploring Your Interests, skill and passion

# CERTIFICATE

This is to certify that, Solanke G.B.

has attended one day workshop on "Choosing the Right Career path: Exploring Your Interests, skill and passion" conducted by Department of Competitive Exam and Career guidance Cell Shri Siddheshwar Mahavidyalaya, Majalgaon Dist. Beed on 20/07/2017 in Academic Year 2017-18.

Co-Ordinator

Head of the Department

Principal yalaya Shri Siddheshwa ni Dalaya Balaya an, Dist. Beed 431 131



Bhartiya Shikshan Prasarak Sanstha Ambajogai's

# Shri Siddheshwar Mahavidyalaya, Majalgaon Dist. Beed (MS)

Organized by

**Competitive Exam and Carrere Guidance Cell** 

# ONE DAY WORKSHOP

The Role of Mentors and Coaching in exam Preparation

Date: 16/11/2019

President:
Dr. G.B. Honna

Chief Guest: Hon. Balasheb Mune

(Vice Principle, SSMM)

Dr.T.P.Sondge

Convener





#### Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell

Report on the program

Date of program: -1611112619

Title of the Program: The Role of Mentors and Coaching in Exam Preparation

President: prof. HONNA G.B.

Resource Person: prof. Balasaheb Mune

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: ---- 42\_\_

Xerox of attendance

Photographs\*

News Xerox

Program incharge

Sign -----

Signature of de Ordinator

Provide Siddheshwar Mahayidvalaya Majalgaon Dist. Beed (M.S.) Partment

PrincipalMahavidyalaya Majalgaon Dist.Beed-431131



#### Report

#### The Role of Mentors and Coaching in Exam Preparation

Introduction: Mentors and coaching play a vital role in exam preparation by providing guidance, support, and personalized instruction to students. They bring expertise, experience, and a structured approach to help individuals navigate the complexities of exam preparation. In this report, we will explore the significance of mentors and coaching in exam preparation and the benefits they offer to students.

Personalized Guidance and Support: Mentors and coaches provide personalized guidance tailored to the specific needs of each student. They assess individual strengths and weaknesses, identify areas for improvement, and develop a customized study plan. This personalized approach helps students focus their efforts on the right areas and maximize their learning potential.

Subject Matter Expertise: Mentors and coaches are typically subject matter experts who possess in-depth knowledge of the exam syllabus and content. They are well-versed in the intricacles of the subjects and can provide clarity and insights that students may not find in textbooks or study materials. Their expertise ensures accurate and comprehensive understanding of the topics.

Exam-Specific Strategies and Techniques: Mentors and coaches are well-versed in exam-specific strategies and techniques that can enhance students' performance. They teach effective time management, provide tips for answering different question types, and offer strategies to improve speed and accuracy. These specialized techniques give students a competitive edge and help them navigate the exam with confidence.

Motivation and Accountability: Mentors and coaches serve as a source of motivation and accountability for students. They set milestones, monitor progress, and provide regular feedback. Their presence ensures that students stay focused, disciplined, and motivated throughout the exam preparation journey. They provide encouragement, instill a sense of belief, and help students overcome challenges.

Clarification of Doubts and Queries: Mentors and coaches are available to address students' doubts, queries, and concerns. They provide a safe and supportive environment where students can freely ask questions and seek clarification on challenging topics. By receiving prompt and accurate answers, students can clear their doubts and develop a stronger understanding of the subject matter.

Practice and Mock Tests: Mentors and coaches facilitate regular practice sessions and mock tests. These practice exercises simulate the exam environment and help students become familiar with the format, time constraints, and question types. Feedback and performance analysis from mentors allow students to identify areas of improvement and refine their exam-taking strategies.

Co-Ordinator

Shri Siddheshwar Mahavidyalaya Majalgaon,Dist.Beed 431 131

Shri Siddheshwar Mahavidyalaya Najaigaon Dist. Beed (M.S.) Emotional Support and Stress Management: Preparing for exams can be mentally and emotionally taxing. Mentors and coaches provide emotional support, helping students manage stress, anxiety, and self-doubt. They offer techniques to cope with exam pressure, develop resilience, and maintain a positive mindset. Their guidance promotes overall well-being and fosters a healthy exam preparation environment.

Industry Insights and Career Guidance: In certain competitive exams, mentors and coaches can provide valuable industry insights and career guidance. They offer information about future career prospects, trends, and opportunities. Their expertise can assist students in making informed decisions about their academic and professional paths beyond the exam.

Networking and Community Building: Mentors and coaches often foster a sense of community among students. They facilitate networking opportunities, connecting individuals who share similar goals and aspirations. Collaborative study sessions, group discussions, and workshops create a supportive environment where students can learn from each other and develop lasting connections.

Conclusion: Mentors and coaching play a crucial role in exam preparation, offering personalized guidance, subject expertise, exam-specific strategies, motivation, and accountability. They provide a nurturing environment for students to clarify doubts, practice effectively, manage stress, and grow both academically and personally. The role of mentors and coaching extends beyond exam success, as they also provide career guidance and foster a sense of community. Embracing the support of mentors and coaches can significantly enhance students' exam preparation journey and pave the way for long-term success.



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Co-Ordinator

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





### Shri Siddheshwar Mahavidyalaya, Majalgaon Dist. Beed 431131

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

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Name of the Department/Committee: Consessible Land carror bustance (ell

Name of the Activity: The Pole of menton of coaching in them prefarences

Date and Time: 16/11/2019 11:00an

Venue: -- t. V. poom.

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Co-Ordinator

Shri Siddheshwar Mahavidyalaya Majalgaon,Dist.Beed 431 131

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



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### Shri Siddheshwar Mahavidyalaya, Majalgaon

Tq.Majalgaon Dist Beed 431131(M.S.)

(NAAC Re-Accredited with 'B' Grade with CGPA 2.46)

Workshop on the Role of Mentors and Coaching in exam Preparation

## CERTIFICATE

This is to certify that, Amnar Avinash Vijay

Has attended one day workshop on "Workshop on the Role of

conducted Mentors and Coaching in Preparation" exam

Department of Competitive Exam and Carrere Guidance

Cell Shri Siddheshwar Mahavidyalaya, Majalgaon Dist. Beed

on 16/11/2019 in Academic Year 2019-20

Co-Ordinator

Head of the Department



#### Shri Siddheshwar Mahavidyalaya Majalgaon

Name of the Department:

Department of Competitive Exam and Carrere Guidance Cell

Report on the program (Online Mode)

Date of program: -17/05/20

Title of the Program: The Role of Positive Thinking and Visualization in Exam Success

President: Do Saway Paway
Resource Person: prof. Joshi Suhas. De Pastment of Brunday
Swa Sawarker congested

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: ----62

Xerox of attendance

Photographs\*

News Xerox

Program incharge

Sign -----

Signature of 90 Ordinator

Shri Sidorescipal Mahavidyalaya Majalgaon Dist. Beed 431131



#### Report

#### The Role of Positive Thinking and Visualization in Exam Success

Introduction: The power of the mind cannot be underestimated, especially when it comes to achieving success in exams. Positive thinking and visualization techniques have been proven to enhance performance, reduce anxiety, and increase confidence. In this report, we will explore the role of positive thinking and visualization in exam success.

Shaping Beliefs and Attitudes: Positive thinking involves cultivating optimistic beliefs and attitudes towards exams. It starts with acknowledging that success is possible and believing in one's ability to perform well. By adopting a positive mindset, individuals can overcome self-doubt and develop a sense of self-efficacy, which is crucial for exam success.

Managing Exam Anxiety: Exams often come with a certain level of anxiety and stress. However, positive thinking helps individuals manage and reduce exam anxiety. By focusing on positive outcomes, envisioning success, and reframing negative thoughts into positive ones, individuals can shift their mindset from anxiety to confidence. This, in turn, improves performance and enables individuals to approach exams with a clear and calm mindset.

Enhancing Confidence: Positive thinking and visualization techniques contribute to building self-confidence. By visualizing success and repeatedly affirming positive outcomes, individuals reinforce their belief in their abilities. This enhanced confidence translates into better performance during exams, as individuals approach questions with a sense of assurance and self-assuredness.

Strengthening Motivation: Positive thinking and visualization techniques also play a vital role in maintaining and boosting motivation throughout the exam preparation process. By visualizing the desired outcomes, individuals create a compelling vision of success that fuels their motivation. Positive thinking helps individuals stay focused, persist through challenges, and maintain a positive attitude towards their exam goals.

Improving Focus and Concentration: Positive thinking techniques help individuals maintain focus and concentration during exams. By visualizing themselves in an exam environment, feeling calm and confident, individuals can enhance their ability to stay present and focused on the task at hand. Positive thoughts and affirmations can act as anchors to bring the mind back to the present moment, preventing distractions and improving concentration.

Overcoming Setbacks and Failure: Exams can sometimes bring setbacks or moments of failure. However, positive thinking enables individuals to reframe setbacks as learning opportunities and maintain a resilient mindset. By visualizing themselves bouncing back from failures, individuals can overcome disappointment, learn from their mistakes, and approach subsequent exams with renewed determination.

Principal
Shri Siddheshwar Mahavidyalaya
Majalgaon,Dist.Beed 431 131

Shri Siddheshwar Mahavidyalaya Majaigaon Dist. Beed (M.S.) Harnessing the Power of the Subconscious Mind: Visualization, a key aspect of positive thinking, taps into the power of the subconscious mind. By vividly imagining successful outcomes, individuals send powerful messages to their subconscious, programming it to work towards achieving those outcomes. This subconscious programming can influence behaviors, thoughts, and actions, ultimately leading to exam success.

Creating a Positive Study Environment: Positive thinking extends beyond exam day and permeates the entire study process. By creating a positive study environment, individuals can enhance focus, motivation, and overall productivity. Surrounding oneself with positive affirmations, inspirational quotes, and supportive study materials cultivates a positive mindset and reinforces the belief in one's abilities.

Developing a Resilient Mindset: Exams can be challenging, and setbacks are inevitable. However, positive thinking cultivates a resilient mindset that enables individuals to bounce back from failures, setbacks, or difficult exams. By focusing on positive aspects, strengths, and learning opportunities, individuals can maintain a proactive and growth-oriented mindset, which is crucial for long term success.

Conclusion: Positive thinking and visualization techniques play a significant role in exam success. By shaping beliefs and attitudes, managing anxiety, enhancing confidence, improving focus, overcoming setbacks, harnessing the power of the subconscious mind, creating a positive study environment, developing a resilient mindset, and cultivating a healthy balance, individuals can harness the power of positive thinking to maximize their potential and achieve exam success. Positive thinking is not a magical solution, but when combined with effective study strategies, it becomes a powerful tool for unlocking one's true potential and achieving desired outcomes in exams.



Co-Ordinator I Q A C

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



केल्यानें होत आहे रे । आधीं केलेंची पाहिजे ॥ Bhartiya Shikshan Prasarak Sanstha Ambajogai's

## Shri Siddheshwar Mahavidyalaya, Majalgaon

Tq.Majalgaon Dist Beed 431131(M.S.)

(NAAC Re-Accredited with 'B' Grade with CGPA 2.46)

Workshop on The Role of Positive Thinking and Visualization in exam success

## CERTIFICATE

This is to certify that, Sunil Kadam

Has attended one day workshop on "The Role of Positive Thinking and Visualization in exam success" conducted by Department of Competitive Exam and Carrere Guidance Cell Shri Mahavidyalaya, Majalgaon Dist. Beed on Siddheshwar 17/05/2021 in Academic Year 2020-21

Shri Siddhe Principal dyalaya 3 Majalgaon,Dist.Beed 431 131