



Muktainagar Taluka Education Society's

मुक्ताईनगर तालुका एज्युकेशन सोसायटी, संचलित

Smt. Godavaribai Ganpatrao Khadse College,
Muktainagar, Dist : Jalgaon- 425306

श्रीमती गोदावरीबाई गणपतराव खडसे महाविद्यालय,
मुक्ताईनगर, जि. जळगांव- ४२५३०६

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Outward No:

Date:

**Department of Student Development
Report of Activity**

Name of the Program / Activity	Stress Free Exam: A Skill
Date and Time	13/03/2022 at 3.00 PM
Venue	Online
Resource Person	Dr. Mukesh Chaudhari (Arts, commerce and science college, Bhalod)
Organized by	Student Development Department
No. of Participants	37


A Brief Report

Department of Student Development organized online guest lecture on Stress Free Exam: A Skill, In his lecture Dr. Mukesh Chaudhari (Arts, commerce and science college, Bhalod) pointed out that from the origin of human beings to today, from children to old people, if there is one thing that always accompanies them, it is 'Stress'. In the twenty-first century, 'stress' has become a buzzword. The twenty-first century is likely to be the century of mental disorders (WHO). He also told the solutions to cope with the stress.




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