



Gujarat Technological University

Organises

Seminar on

Strive for Stress-free Learning & Stress free Exams

Date: 4th April 2017, Tuesday

Venue:

**Gujarat Technological University
Hall : B-0, Chandkheda Campus
Nr. Visat Junction
Ahmedabad**

Vision

Most of our students are facing problem of stress i.e. tension during examination days. Gujarat Technological University (GTU) is working towards creating stress-free campus in affiliated colleges. As per direction of honourable Vice Chancellor of GTU Prof (Dr) Navin Sheth, GTU has decided to organise first such seminar for GTU students on 'Stress free learning and stress free exam'. The seminar will be held on 4th April Tuesday, 2017 at GTU Chandkheda campus. Students from all GTU affiliated colleges can participate in this seminar.

Stress-free Learning

The best learning is only possible if the class of students is fearless, stress-free and well aware about their objectives. We can have maximum mental presence in classroom only if our students have been seated in classroom with relaxed and fresh minds. To achieve the most efficient classroom it is necessary to make campus fully fear free and stress free. It is high time now to think on making campus and classrooms stress free so that our youth can learn with maximum of their involvement, maximum of their capacity and maximum of their will to learn. Rather the campus should be a mechanism to students for proving their performance with pleasure, getting success with smile and having education with excitement with minimum fear of failure.

Objective of Seminar

The students of this age are victim of varieties of stress. There are varieties of stress students are coming across during their learning, stay as well as examination.

To create understanding about various types of stresses as well as causes of stress and to make them capable of coping up these stress by applying stress relieving techniques is the purpose of this event.

The objectives of this programme are to help students

- 1) In learning more about the causes and implications of stress.
- 2) In becoming aware of the symptoms of stress.
- 3) In identification of potential sources of stress.
- 4) In Understanding Stress among students during their academic tenure
- 5) In knowing stress coping up strategies
- 6) In knowing and effectively using Stress relieving techniques
- 7) In making them well planned in scheduling, Consistent in efforts, fighter in approach, keeping patience in achieving results, and celebrating in success.

Programme Itinerary

Schedule : 4th April, 2017 (Tuesday)	Time
Registration, Tea/Coffee and Breakfast	9:30 am - 10.00 am
Welcome Address Bipin J Bhatt , Registrar, GTU	10.00 am - 10.10 am
Key Note Address Prof. (Dr.) Navin Sheth Hon. Vice Chancellor, GTU	10.10 am – 10.30 am
Session 1: Understanding stress, stress types and identification of stress symptoms. Resource Person: Dr. Alok Chakrawal	10:30 am - 12.00 pm
Session 2: Measuring/Assessment of stress Resource Person: Dr. Parulkumari Bhati	12:00 pm - 01:30 pm
Lunch Break (1.00 pm – 2.00 pm)	
Session 2: Stress among students and stress relieving techniques Resource Person: Dr. Dilip Ahir	2.00 pm - 4.00 pm
Valedictory Session & Q/A Certificates Distribution	4.00 pm onwards

About Dr. Alok Chakrawal



Dr. Alok is associated with Saurashtra University as a Professor /Administrator and a Top Management Professional with illustrious career of 25 years in leadership roles with a renowned university and prestigious corporate entities in India. Demonstrated professional excellence in defining business mission, delineating corporate objectives, formulating policies & programs, constituting multifunctional teams and contributing strategic and operational drivers to acquire competitive position and achieve reasonable returns to the satisfaction of stakeholders. Recipient of 6 International Awards/Felicitations. Accomplished trainer and a mentor with sound track record of creative scholastic achievements over the career span. Fertile mental faculties credited with authoring 10 books and publication of 34 research papers in renowned national/ international journals.

About Dr. Dilip Ahir



Dr. Ahir is an Engineering Teacher and Associate Dean of GTU and also renowned trainer in the field of soft skills as well as Pedagogical skills. He is UGC-HRDC recognized resource person. He has delivered training sessions to students in the area of behavioural aspect, CPD as well as communication skill and personality development. He has trained around 3000 Teachers in the area of ICT, smart classrooms and effective teaching. He is known for his interactive & interesting presentation style.

About Dr. Parulkumari Bhati



Dr. Bhati is deputy director at Gujarat Technological University, Ahmedabad. She has done her master and PhD in area of Management. She had total 9 years of teaching experience in area of HRM & Organizational Behaviour. She has 3 books in her credit in area of Management.

Words of Inspiration from Honourable Prime Minister

Happy mind is the secret for a good mark sheet: Smile More Score More
January, February, March, April – all these are for every family, months of most severe test! Normally it is one or two children in a home due to appear at their exams, but the entire family feels the burden of it. This led me to believe that this is the right time for me to talk to my student friends, their guardians and their teachers, because for many years now, wherever I have

gone, whomsoever I have met, examination appeared to be a great source of anxiety. Troubled families, harassed students, tense teachers – one sees a very strange psychological atmosphere prevailing in each home! And I have always felt that we should come out of this situation and, therefore, today I want to talk in some detail with my young friends. When I'd declared that I would talk on this topic, many teachers, guardians and students sent me their messages, questions, suggestions and also expressed their anguish and narrated their problems. And after going through all these outpourings, some ideas came to my mind, which I want to share with you today.

Exams in themselves, should be a joyous occasion. After a year of hard work, one has the opportunity to display one's capabilities, so this should be a festival of joy and enthusiasm. But there are very few people for whom there is pleasure in the exam; for most people exam means pressure! Now, it is up to you to decide whether you consider the exams pleasure or pressure. Those who will consider it a pleasure, will have achievements, while those who will consider exams a pressure, will have to repent. And therefore my opinion is that exams are like a festival and, hence, must be celebrated. And when there is a festive mood of celebration, the best within us comes out. The true realisation of the strength of a society also takes place during festivals. During examinations too, an atmosphere of festivity should be created in the whole family, amongst friends and around the neighbourhood. And you will see for yourself, that the pressure will be converted into pleasure. The festive atmosphere will lead to a burden-free environment. And I especially urge the parents to create a festive atmosphere during these 3-4 months. All the family members have to work as a team and play with zeal their respective roles to make this festival of examination a success.

You will witness for yourself the ensuing change. Actually from Kashmir to Kanyakumari and from Kutch to Kamrup and from Amreli to Arunachal Pradesh, these 3-4 months have examinations galore. It is the responsibility of each one of us that in our own ways, observing our respective traditions and in tune with our respective family surroundings, we should strive to transform every year these 3-4 months into a festival. And therefore I shall say to you 'Smile More Score More!' The more time these days you will spend being happy, the more will be the number of marks you will earn! Just try and see for yourselves! And you must have noticed that when you are happy, you are smiling, you become relaxed automatically, and when you relax instinctively, you're able to recollect very old things also quite effortlessly! A year ago, what the teacher had taught in the classroom, the whole scenario reappears in front of you. And you must know that the power of memory to recall is greatest when we are relaxed. If you are tense, then all the doors seem to be closed, nothing can enter from outside and nothing can come out from inside. The thought process comes to a standstill and that in itself becomes a burden. If you're under pressure then you forget even your own things but if you are relaxed, then you can't even imagine the kind of things you are able

to remember, and these become extremely useful. It is necessary to remember that 'a happy mind is the secret for a good mark sheet'! In order to clear a test, treat the test as a festive occasion. You will never feel a test, a test again. Make headway with this Mantra.

(From: Mann Ki Baat by hon. Prime Minister Shri Narendra Modi)

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For Registration:

<https://goo.gl/forms/qCz1m4AN7QgSukFS2>

For any query Contact **Ms. Jyoti Vaishnav**- 07923267574

Date:

4th April 2017, Tuesday – 9.30 AM Onwards

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