



# Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

News Letter of the Month **April 2018**.

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## **Stress Relieving Session**

Exams were on the verge of commencing and atmosphere full of anxiety was prevailing all around the campus. Hence, Samalkha Group of Institutions emerged as the key to help the students to get out of the stress and pressure of examinations.

The college has always been so consistent with meeting the ongoing needs and demands of the students. It always tries to serve the best to get the best. In order to bring tremendous changes, one has to cater the desired needs of the students to get the desired learning outcomes. Therefore, "**Stress Relieving Session**" was organized by esteemed faculty members of the college under the guidance of C.A. Dr. Sarita Goel (Member Executive). The session was conducted in the Seminar Hall of the campus at 11:00 am on 13<sup>th</sup> April 2018.

The session commenced with the very inspirational talk by the Chairman of the college, Mr. Ajay Goyal. It further moved ahead with the key points to be remembered at the time of preparation. Various Faculty Members shared their experiences and gave motivation to the students to work hard and remain calm at the same time. Their shared experiences took the level of the session to some another height. Such experiences didn't only motivate the students but also the faculty members to attain the spirit of inspiration.

The environment of tension started changing with the progress of the session. Students started feeling relieved and boosted up for the upcoming evaluations. They participated by asking various queries related to the preparation which helped in enhancing their learning to a great extent. They, in fact, realized that numbers or grades can never be the measurement for their true potential as they are just the part of education system which they need to embrace in order to get better opportunities in life.

Session was ended with the meditation which lightened up not only the atmosphere but also the juggling minds of the students. Each student appreciated the college's effort towards the betterment of its students.