



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

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

Published by: Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

SESSION ON STRESS RELIEVING (3 JANUARY, 2018 MONDAY)

“Exam stress can start when you feel you can't cope with revision, or feel pressure from your school or college. You might worry you're going to fail or you won't get the grades you need for the course or job you want, but we've got advice and tips on coping.”

Samalkha Group of Institutions always focuses towards the career of the students. Mr. Nitish Munjal, Head of department, Applied Science and Humanities Conducted the session keeping in view upcoming semester exams. Different ideas shared by him to overcome the stress and to secure the good grades in examinations.

Mr. Arun Bhardwaj, Assistant Professor started with the essential part regarding the stress. It can seem scary to talk about stress or anxiety. You might feel like nobody else is feeling this way. But bottling up stress and trying to deal with it on your own can often make the stress worse. So it can really help to talk.



When we feel anxious, we often give ourselves negative messages like: ‘I can't do this’, ‘I'm useless’ and ‘I'm going to fail’.

It can be difficult but try to replace these with positive thoughts such as: ‘**this is just anxiety, it can't harm me**’ and, ‘**relax, concentrate - it's going to be okay**’.

Picturing how you'd like things to go can help you feel more positive. Try to imagine yourself turning up to an exam feeling confident and relaxed. You turn over your paper, write down what you do know and come away knowing you tried your best on the day.

It can sometimes feel like your whole future depends on what grades you get. There can be a lot of pressure on young people to do well in exams which can cause a lot of stress and anxiety.

You might have been predicted certain grades or put into a higher set, and feel if you don't get the grade you'll let your teachers or parents down.

There are different ways to reduce stress level such as Eat well, build a support system, make a plan, and stick to it, think positively and meditate etc.

The Director of college Dr. Rajesh Goel motivated students to work hard and to achieve their goal by keeping the stress away. He wished the students for their upcoming exams.

CHRISTMAS CELEBRATION (24 DECEMBER, 2018, MONDAY)

“Christmas is the season of joy, of gift-giving, and of families united.” “Peace on earth will come to stay when we live Christmas every day.”



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Christmas festival organized at college campus on Dec 25, 2018 - Students conceptualize and create event to spread the cheer - college inculcates values of inclusion, celebrating festivals and cultures from around the world.

The students at Samalkha Group of Institutions are taught to celebrate festivals and appreciate people from around the world. The college believes that providing the students with a very broad and balanced education will equip them for life and ultimately make them more open minded to people from all faiths and religious traditions.



The students sang Christmas Carols and Santa Claus entertained the gathering with singing and dancing. The Santa Claus showed up with a bag full of chocolates. Thereafter, Santa Claus distributed the sweets and chocolates to all the members out there. In the end, everybody had a selfie with Santa.



On this occasion Director Dr. Rajesh Goel remarked, "At Samalkha Group of Institutions we believe in an inclusive education which also sensitizes our students to the different cultures around the world. We want our children to grow up as global citizens who are respectful and understanding towards all. Festivals and celebrations are also great ways of building positive memories. We look forward to many such celebrations together as Samalkha Group of Institution's India family."

Sewa Samiti