

To : The Principal
GC Barotiwala

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A Report:

The Career Counselling and Placement Cell of Government College Barotiwala organized a special lecture on "Navigating Examination Stress and an Overview of various Competitive Exams" in collaboration with Chanakya Academy, Chandigarh, on 11th March 2024 at 11:30 am in L2.

Key Highlights:

1. **Combatting Exam Stress:** The session emphasized effective ways to manage exam stress, incorporating relaxation techniques such as deep breathing, meditation, and exercise. Establishing a routine, ensuring sufficient sleep, and seeking social support were also discussed as vital stress management tools.

2. **Preparation for Competitive Exams:** The lecture provided insights into how students can prepare for various competitive exams, offering guidance on effective strategies and study approaches.

Additionally, a second lecture on "Interview Skills and various options after Graduation" was conducted in collaboration with Baddi University at 12:15 pm in L2. This session aimed to equip students with valuable skills for job interviews and presented different career paths available post-graduation.

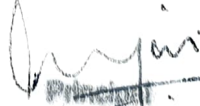
A total of sixty-seven (67) students actively participated in these informative sessions, reflecting the relevance and importance of the topics discussed.

Career Counselling & Placement Cell

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