

**Sharanabasaveshwar College of Science, Kalaburagi**  
**Department of Chemistry**

A Brief Report  
Of  
Online Counselling Session  
On  
Mental Preparation for Examination Under COVID-19 Period and Stress  
Management Techniques  
(Under the IQAC Initiative)

**Date: May 7, 2020 at 11.00am**

**Resource Person**

**Dr. R. Venkat Reddy**  
Associate Professor in Psychology,  
Government First Grade College, Jevaragi

**President**

**Dr. S.G. Dollegoudar Patil**  
Principal, Sharanabasaveshwar College of Science, Kalaburagi


**Programme Coordinators**

**1. Dr. R. K. Shikkargol**

Associate Professor and Head,  
Department of Chemistry,  
Sharnabasaveshwar College of Science,  
Kalaburagi

**2. Dr. H. Swaruparani**

Associate Professor,  
Department of Chemistry,  
Sharnabasaveshwar College of Science,  
Kalaburagi

  
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OF SCIENCE, GULBARGA



Centenary Celebrated Sharnbasveshwar Vidya Vardhak Sangha's

**SHARNBASVESHWAR**  
**COLLEGE OF SCIENCE, KALABURAGI**

Diamond Jubilee Celebrated & ISO Certified 9001-2015

Music

Spa

**Online Counselling Session**

On

**Mental Preparation for Examination under COVID-19 Period & Stress Management Techniques.**



Nature

An IQAC Initiative

Hobby

Date: 07<sup>th</sup> May 2020

Day: Thursday


Time: 11:00Am

Dr. R.K. Shikargoal  
Dr. Swarooparani. H  
Program Coordinators

Dr. R. Venkat Reddy  
Resource Person

Dr. S. G Dollegoudar Patil  
President

*All Are Cordially Invited*

  
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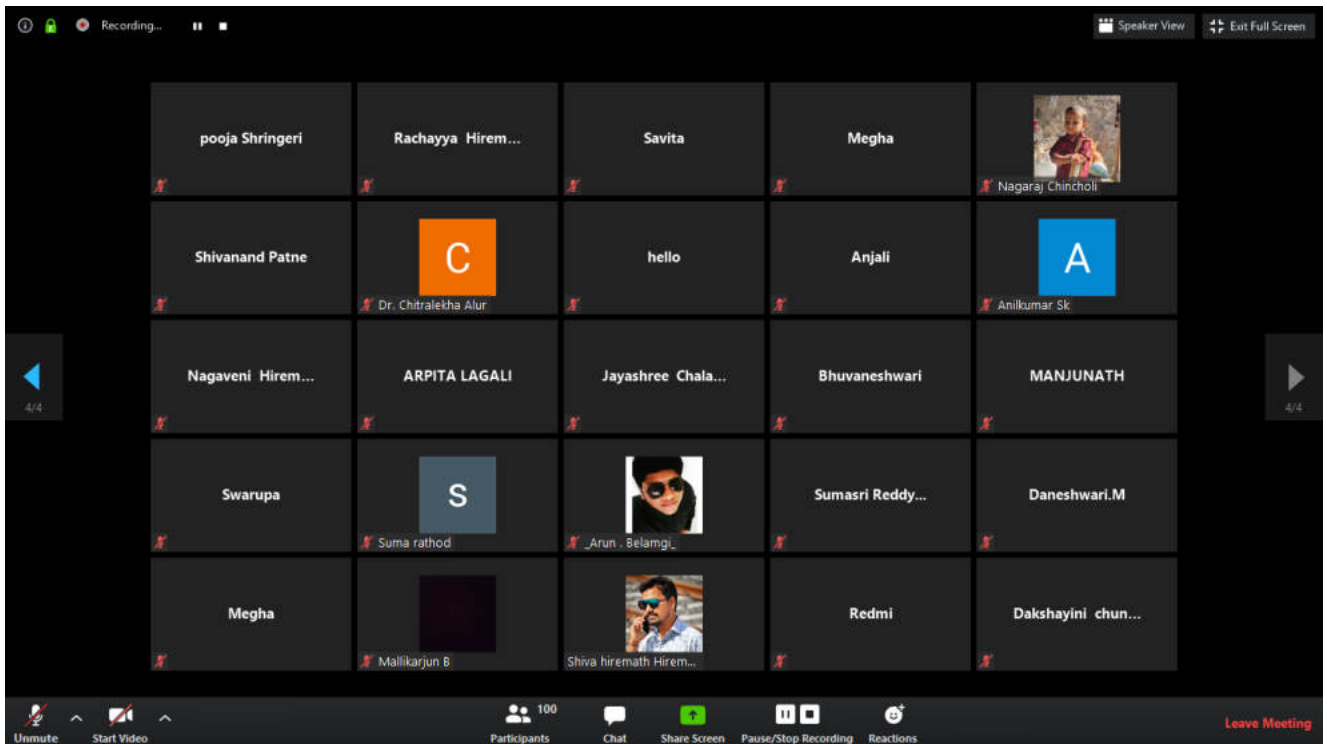
# 1. Dr. R. Venkat Reddy addressing the students during the counselling










## 2. Presidential remarks given by our beloved Principal, Dr. S. G. Dollegoudar Patil



## 3. Participants










Recording... Speaker View Exit Full Screen

pooja Shringeri	Rachayya Hirem...	Savita	Megha	 Nagaraj Chincholi
Shivanand Patne	 Dr. Chitralekha Alur	hello	Anjali	 Anilkumar Sk
Nagaveni Hirem...	ARPITA LAGALI	Jayashree Chala...	Bhuvaneshwari	MANJUNATH
Swarupa	 Suma rathod	 Arun Belamgi	Sumasri Reddy...	Daneshwari.M
Megha	 Mallikarjun B	 Shiva hiremath Hirem...	Redmi	Dakshayini chun...

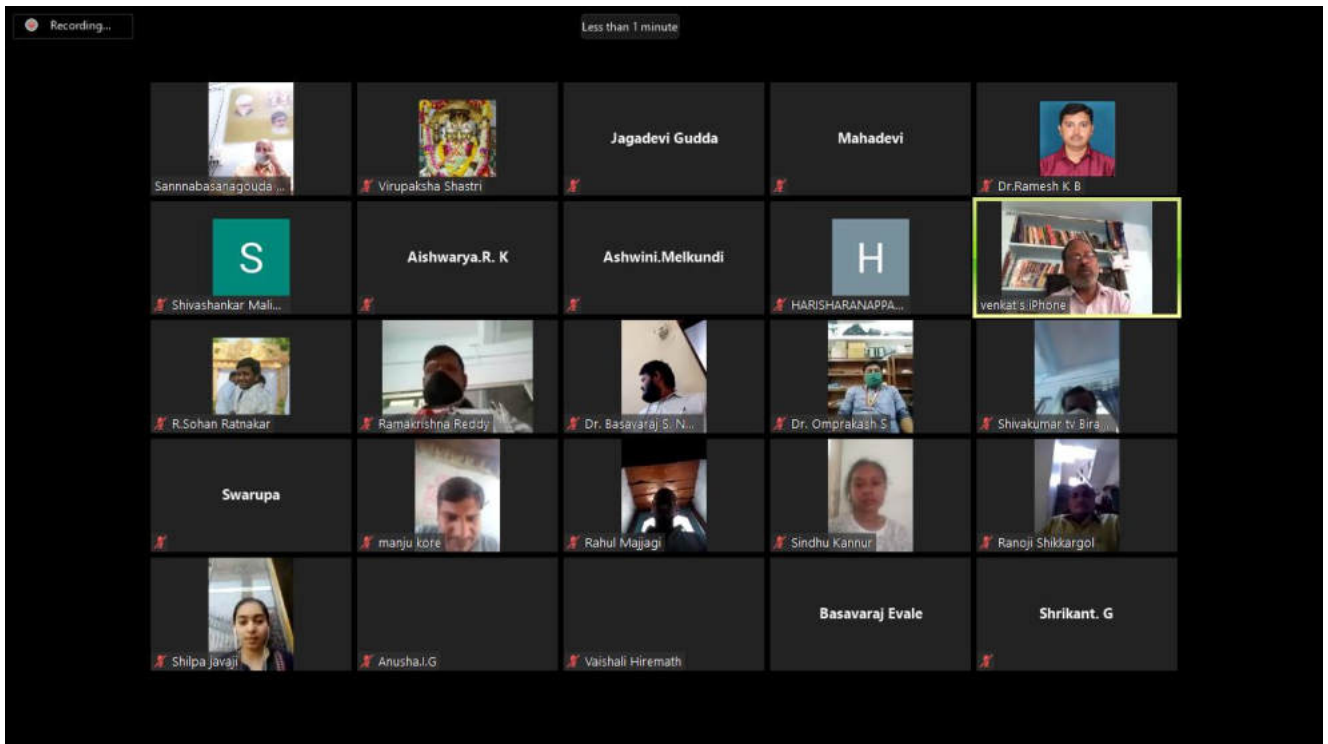
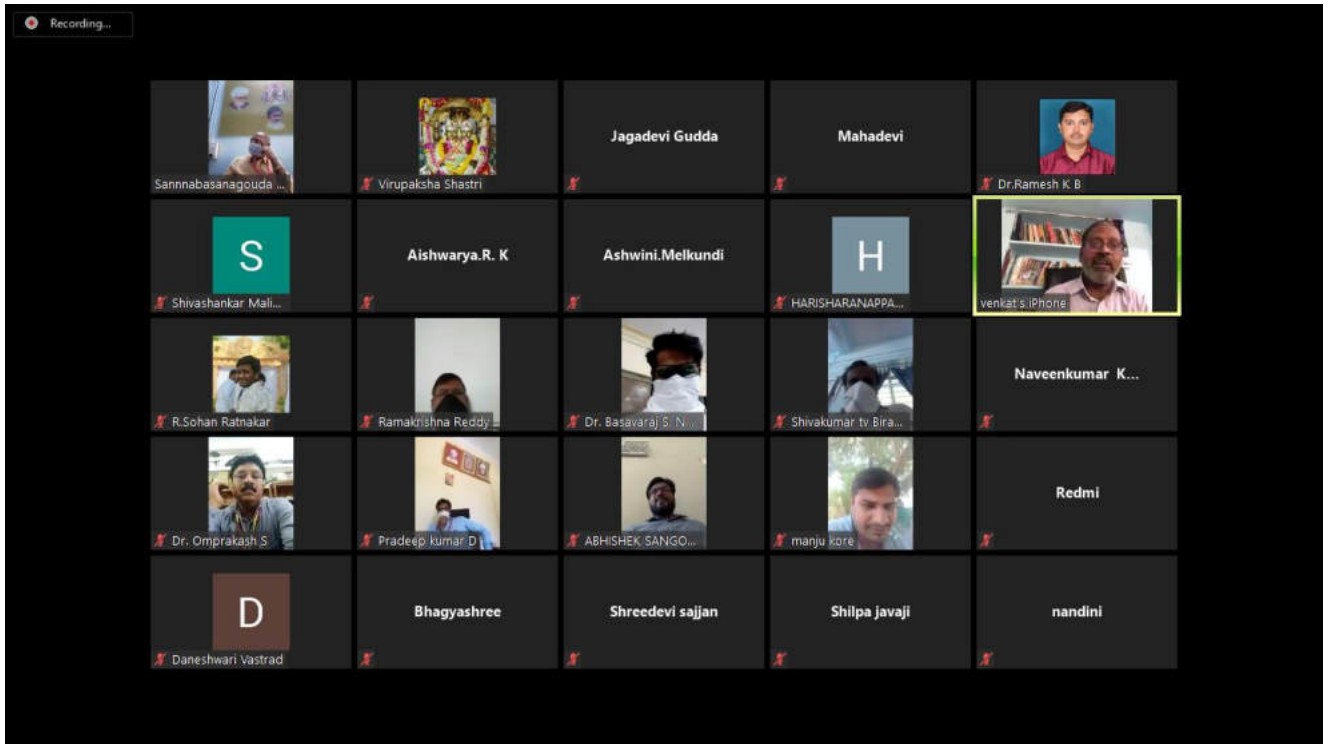
Unmute Start Video Participants 100 Chat Share Screen Pause/Stop Recording Reactions Leave Meeting

Recording... Speaker View Exit Full Screen

VIDYASHREE.B....	 Prabhudev Karaba...	Archana	Rohan	Kavya kulkarni
Bhagya biradar	 Bhagyashree Bada...	Vaishnavi	Ravi kadam	Ganga patil
 Ambika J	Anusha.I.G	MTC	Mahalaxmi.k	Rahul guttedar
 Bhagyajyoti G	Bhagyashree Patil	Jalalsab	Bhavani kadam	 JAVAPRAKASH OK...
Rashmi I budyal	Meenakshi	 Shradha Reddy	 Soubhagya Sajjan	Latadevi Karikal

Unmute Start Video Participants 100 Chat Share Screen Pause/Stop Recording Reactions Leave Meeting





## ***A BRIEF INTRODUCTION OF DR. R. VENKAT REDDY***

### **OCCUPATION**

Dr. R. Venkat Reddy is an Associate of Professor of Psychology working at Sharanabasaweshwar College of Arts, Kalaburagi, since 1988. He is on deputation from 14/2/2017 at Govt. First Grade College, Afzalpur and from 31/8/2016 is at GFGC, Jewargi. And in all he has thirty two years of teaching experience.

### **EDUCATIONAL QUALIFICATIONS**

His educational qualifications are M A M ED and PH D. He has taken training in: Orientation to Higher Education, Student Counselling; HRD and Mental Health; HIV AND AIDS Education, Certificate in Common Sexual Dysfunctions and Sex Therapy, Art of Practical Psycho Therapy, Couple Behaviour Therapy etc.

### **PH.D. SUPERVISOR**

He has guided ten students to get Ph. D. in Psychology from Gulbarga University.

### **TEACHING AND TRAINING TASKS**

He has taught General Psychology, Developmental Psychology, Social Psychology, Health Psychology, Abnormal Psychology, Counselling Psychology to the UG students. He has taught Educational Psychology to B.Ed. and Organizational Psychology to MBA students'. He has delivered more than 1500 invited lectures and addressed more than 20000 students starting from primary to post graduation. He has worked as the Advisor of Student's Academy, Coordinator of IQAC and NAAC, Program Officer of NSS, Student Counsellor and Ph. D. Guide. Under his guidance 10 students' have completed research and obtained PHD degree. He has acted as resource person in College Teachers' Empowerment Program conducted by the Dept. of Collegiate Education, Govt. of Karnataka, in the Gulbarga University and Kuvempu University, Shivamogga. He was a regular resource person at Police Training College, Kalaburagi during 1999-2006, and has taught Police Psychology to more than 500 PSI's and 3000 police constables. He is associated with Kalaburagi District Training Institute, Gulbarga and Anganavadi Training Centre, Gulbarga and delivered many lectures to the under trainees. He has conducted a guidance and counselling program for NEKRTC for the long term absentee employees and helped several of them to come back to the job.

### **SPECIAL CONCERN AND WORK**

He is seriously concerned with students learning problems, academic accomplishment and progression to higher education, personality development, career development,

self-development, puberty problems and solutions, adolescent psychology, stress management, emotional intelligence, leadership development etc. He is very much interested in training the young teachers in knowledge acquisition and dissemination techniques. He has written five books in Kannada related to student empowerment.

The books written by Dr. R. Venkat Reddy are as below:

- 1) DgÉÆÃUÀ D£ÀAzÀUÀ½UÉ AiÉÆÃUÀ, °ÄÄ®Pi¥ÉÃmi AiÉÆÃUÀ PÉÃAzÀæ, °ÉÉzÁæ·Ázi, 2000
- 2) PÀ°PÉ ¥AjÃPÉë °ÄÄvÄÄÛ °ÄÄQÛvÀé «PÀ,À-JgÀqÄÄ °ÄÄzÀæt (°ÄÄÆgÄÄ ,Á«gÀ ¥Àæw, 2004)
- 3) AiÄÄ±Àé «zÁâyðAiÄÄ °ÄÄ,ÀAUÀ «£Áâ,À, ¥Àæ,ÁgÁAUÀ, UÄÄ«, PÀ®§ÄgÀV, 2006
- 4) ©. J./JªÄii. J. °ÄUÀðUÀ¼Ä °ÄÄ£ÉÆÃ«eÁÕ£À CzsÄâAiÄÄ£À ¥ÀoÀâzÀ°è 20 ¥ÀoÀUÀ¼ÄÄ, PÀ°ÄÄÄ«, °ÉÄÊ,ÀÆgÄÄ 2003;2012
- 5) ,ÄÄÄxÀð «zÁâyð DUÄÄ°ÄÄzÄÄ °ÉÄUÉ? zsÄgÀtÄ ¥ÀæPÀ±À£À, °ÉAUÀ¼ÄÆgÄÄ, ¥ÀæxÀ°ÄÄ °ÄÄzÀæt 2015, çéwAiÄÄ °ÄÄzÀæt 2019
- 6) eÁÕ£Ádð£É °ÁUÀÆ ¥sÀ°vÁA±À °ÉaÑ,ÄÄ°ÄÄzÄÄ °ÉÄUÉ?, £É°ÄÄäç ¥ÀæPÀ±À£À, PÀ®§ÄgÀV, ¥ÀæxÀ°ÄÄ °ÄÄzÀæt 2016; çéwAiÄÄ °ÄÄzÀæt 2019

## 7) TOWARDS A SUCCESSFUL STUDENT?

### Psychological techniques for school/college students

8. Half a dozen books written by him are in the various stages of publication.

## AWARDS

His book, ,ÄÄÄxÀð «zÁâyð DUÄÄ°ÄÄzÄÄ °ÉÄUÉ? was given Rajyotsava Award, during 2016 by Prasaranga, Gulbarga University. He was given best teacher award by Poojya Dr. Sharnabasawappa Appa for more than ten years continuously from 1990 to 2000 until the system was in operation. Jalihal, Pratistan, Kalaburagi has given a award for the contribution to the field of guidance and counselling in the year 2011.

## STUDENT AND TEACHER EMPOWERMENT WORKSHOP

His six hour duration *STUDENT EMPOWERMENT WORKSHOP* is highly appreciated by the students, teachers and people in the management of schools. Going through this workshop and getting trained has helped students secure 15-20 per cent more marks than the students were scoring before attending the workshop. The topics taught/trained in this workshop are: Need, Importance and Objectives of Education, Psychosocial Hurdles for Success in Education and How to Overcome, How to Enhance Motivation for Education, How to Improve Concentration, How to Improve Memory, Rapid Reading Technique, Rapid Writing Technique, How to



Study, How to Write Exam to Score More Marks, How to Manage Exam Fear, Higher Education and Career Development Opportunities etc. And after every lecture/training session there will be question answer time. He has also designed a **Teacher Empowerment Workshop** and it is found to improve the performance of teachers vary greatly. This includes three components: Language component, Knowledge component and Teaching Methods component which are important to become an effective teacher. He has given personal psychological counselling service to more than 200 students and other needy people.

### **PHD GUIDE AND ORGANIZER OF CONFERENCES**

Dr. R. Venkat Reddy, has successfully guided nine students for Ph. D. He has published 25 research papers. He has participated in and presented more than 25 papers in seminars/conferences. He has acted as Chairman of Technical Sessions and Paper Presentations in several seminars. He has been part of executive committee of three conferences of psychology held in the Dept. of Psychology at S.B. College of Arts and Gulbarga University, Kalaburagi. And he has organized one UGC sponsored National Conference for college teachers related to students learning: Inculcating Language and Learning Skills in Students.

### **SPEECHES ON AIR AND DDK**

His several speeches, discussions, dramas and live interviews are broadcast by AIR and DDK, Kalaburagi. He is interested in art, music, literature, history and philosophy.


# **Stress and Anxiety Among Students**

Dr.R. Venkatreddy  
Associate Professor of Psychology  
S B College of Arts, Kalaburagi  
On Deputation: GFCC, Jewargi


## **Stress and Anxiety Among Students and Ways to Overcome**

- What is stress?
- Do you have stress?
- Types of stress?
- Sources of stress?
- Effect of stress on body and mind
- How to overcome stress?
- What is anxiety
- What are the symptoms of anxiety?
- How to overcome anxiety?


## What is Stress

- Stress any condition, internal or external, which disturbs the dynamic equilibrium of an organism's body system making strong demands on the organism and inducing a number of neuropsychological responses to deal with the situation.
- 


## Stress Definition


- A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.
  - Stress is normal part of life. Stress will motivate to get the work done.
  - It will be bad if it becomes long term.
  - It can seriously interfere with your education, job, family life and health.
  - Owing to stress more than 50% fight with friends and loved ones
  - 70% say they experience real physical and emotional symptoms from it.
- 

## **Anxiety**


- Anxiety is a vague, unpleasant emotional state characterized by intense fear and physiological arousal.
  - A feeling of worry, nervousness, or unease about something with an uncertain outcome
  - A strong desire or concern to do something or for something to happen
- 

## **Types of Stress**

- Stress -normal
  - Distress-harmful
  - Eustress-Challenging
  - Sources of Stress
  - Lack of resources-time,money
  - Lack of knowledge
  - Lack of skills
  - Lack of support
  - Personality A
- 


- Increased BP
  - Increased HR
  - Blood sugar level goes up
  - Breathing becomes short
  - Lack of oxygen to to the brain
  - Fight-Flight response
  - Concentration is lessened
  - Comprehension comes down
  - Memory becomes poor
  - Thinking, Problem solving difficult
- 

## **Stress management**

- Breathe slowly and deeply
  - Learn to manage time-have a timetable
  - Manage resources
  - Gain knowledge/skills
  - Keep learning continuously
  - Get support
  - Increase the stress tolerance level
  - Save and keep some money for bad days
  -
- 

The Speaker Dr. R. Venkat Reddy has enlightened the students with his wonderful counselling skills. Some the important highlights of the Speaker are;

- Impact of Corona Virus on Education System
- How to manage the stress
- Stress management and Management of Exam fear
- Altering the mind and attitude to adjust the situation
- Effects of stress on human body, mind and behaviour
- Managing and the reducing stress by using effective tasks
- Techniques for preparation of Examinations
- How to overcome from Exam Phobia
- Tasks of a student to learn a topic and understand
- Setting the time-table and following it properly
- Time management for each subject and its contents
- How to remember the topic for long period of time
- To seek the advice from parents, teachers, mentors, and psychologist during the stress situation
- How to overcome stress by Indulging some useful and functional activities such as Sleeping, exercising or doing yoga
- How to make a successful student and successful person
- Ability to face competitive examination to get good jobs

  
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