

Email: csjmu@media.ac.in

TEL: 0512-2080024

: 0512-2582251



CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY

PRESS RELEASE

Kalyanpur, Kanpur

Uttar Pradesh-208024

Date: 26/02/2022

As Examination season is about to begin, The School of Arts, Humanities and Social Sciences, Chhatrapati Shahu Ji Maharaj University has started a consultation program. The first camp was setup with the Intermediate students of the prestigious Jai Narayan Inter College, Kanpur Nagar on the topics of mental stress, anxiety etc.

Representing the university, the teachers first showed a documentary film to the students on the achievements, mission, objectives of the university. Dr. Pooja Singh inaugurated the Programme and then had a detailed discussion about the vision and mission of the program and infused positive energy among the students and guided them to stay connected with the program and communicate directly.

University psychology expert Dr. Priyanka Shukla gave detailed information about stress to the students. Keeping in mind the symptoms, prevention, and management of this stress. Dr. Shukla explained the students about the ways to eliminate and solve various types of pressures related to examinations. Along with giving the basic mantra of rejecting negativity with positive thinking she also provided them with awareness on when to read, how to read and what to read. Students were encouraged to ask questions independently, on which the students asked questions related to food, daily routine, relaxation, reading time, reading style, etc., which were answered by the experienced teachers from the university.

Keeping in mind the energy level of the students, Dr. Sharad Dixit inspired them to utilize their time wisely and shared information related to career development. He said that in future also he

will always be present for their guidance. The teacher of the department, Dr. Ajay Singh discussed with the students about communication, consultation, human relations etc.

180 students of Intermediate participated in the programme. In the end, the Vice-Principal, Anil Tripathi, thanked the faculty of the university. Bharat Dixit conducted the program.

Registrar Dr. Anil Kumar Yadav proposed the vote of thanks in the program. Chief Proctor Prof. Sanjay Swarnkar, Prof. Abhay Nandan Dwivedi, Dr. Kumud Bala, Dr. Ravindra Nath Katiyar, Akhilesh Srivastava, Sweta Yadav, Shashank Shukla, Smriti Tripathi, Dr. Prahlad Singh, Dr. Lokeshwar Singh, Deepshikha Maurya, Anamika Tiwari, Poonam Pal, Shobhit Gangwar, Rajkumar Singh, Jeet Bali, Kuldeep, Saroj, Pawan, Chandramani, Rajiv and students of the department were also present.

Dr Vishal Sharma

Media-In-charge

VishalSharma@csjmu.ac.in