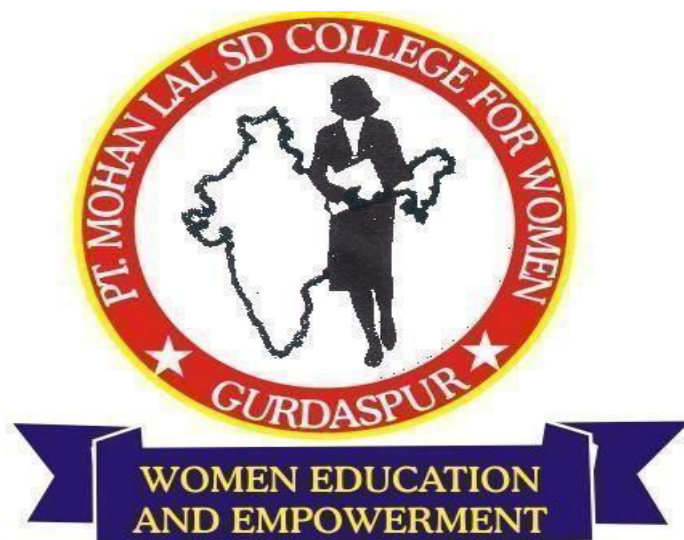


Pt. Mohan Lal S.D. College For Women, Gurdaspur



5.1.2

Capacity development and skills enhancement activities are organized for improving students' capability

**Dr. (Mrs.) Neeru Sharma
Principal**


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Pt. Mohan Lal S.D College for Women, Gurdaspur


PROOFS

5.1.2

Brochures/Invitation letters/Thank Letters 1.

20-25 March, 2023







PTMLSD COLLEGE FOR WOMEN, GSP


WOMEN EDUCATION AND EMPOWERMENT

DEPARTMENT OF COMPUTER SCIENCE

INTERACTIVE PROGRAMME WEEK

INCHARGES: MRS. SANDEEP KAUR GORAYA, MRS. SURKHAB SHELLY, MRS. RAJNI, MRS. POOJA, MS. JAGPREET, MR. HARPREET

- PPT
- QUIZ
- POSTER MAKING
- PAPER READING
- SEMINAR
- FAST TYPING

MRS. POONAM SETH
H.O.D

DR. (Mrs.) NEERU SHARMA
PRINCIPAL

DATE: 20TH - 25TH MARCH, 2023

Interactive Programme Week


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

2. 2 March, 2023

**PTMLSD COLLEGE FOR WOMEN,
GSP.**
SISTER INSTITUTE OF GGDSD COLLEGE SEC-32, CHANDIGARH
RE-ACCREDITED WITH 'A' GRADE BY NAAC, BANGALORE

**One Day Workshop
ON
Hydra facial
by
Cosmetology Deptt.**
Date: March 2, 2023
Ms. Ranju Soni (Resource person)
Anamica Beauty saloon, GSP

Ms. Vaishali sharma (President)	Dr. P.K. Bajaj (Secretary)	Dr. Mrs. Neeru Sharma (Principal)
---	--------------------------------------	---

INCHARGE
Mrs. Kulwinder kaur

Brochure of Hydra Facial Workshop


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

3. 28-30 Jan, 2023

PT. MOHAN LAL S.D. COLLEGE FOR WOMEN, GURDASPUR
organises a skill based three days online workshop on

VIDEO EDITING

in association with

Mahatma Gandhi National Council of Rural Education

Resource Person
MR. SAMARTH SHARMA
Consultant MGNCRE
(Ministry of Education)
Government of India



- Course fee: Rs. 200
- Date : 28 Jan to 30 Jan 2023
- Timings : Day 1 (09:30 AM to 10:30 AM)
Day 2 (12:30 PM to 02:30 PM)
Day 3 (12:30 PM to 02:30 PM)
- Platform: Google Meet

Students will get e-certificate on the completion of workshop

Ms. Vaishali Sharma President	Dr. Neeru Sharma Principal
Dr. Rama Gandotra Nodal officer	Mrs. Samita Khajuria Coordinator


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur



**PT. MOHAN LAL
S.D. COLLEGE FOR WOMEN**

KAHNUWAN ROAD, GURDASPUR-143521
(Re-Accredited 'A' Grade By NAAC)
(Affiliated to GURU NANAK DEV UNIVERSITY, AMRITSAR)

Ph. & Fax : 01874-242953
502681, 502027 (O)
E-mail :
ptmlsd@gmail.com
www.ptmlsd.ac.in

Ref. No. SDCW/2023/8000-01

Dated...19/01/2023

CERTIFICATE

Mr. Samarth Sharma

Consultant

MGNCRE, Ministry of Education, Govt. of India

I express my gratitude to you for sparing your valuable time to be the Resource Person in a 3 Day Skill Development online Course on Video Editing under the aegis of Social Entrepreneurship, Swachhta & Rural Engagement Cell, Action Plan Institution organized from 17th Jan, 2023 to 19th Jan, 2023.

Your expertise on the subject and your enthusiastic involvement with our students has surely enhances their knowledge and motivated them in more ways than one. And that I believe, is the essence and purpose of such programmes.

We look forward to a lasting association with you.

Principal

**Pt. Mohan Lal S.D. College for Women
Gurdaspur**



**CERTIFICATE
OF
APPRECIATION**

**Celebrating
25
YEARS
OF EXCELLENCE**

This certificate is presented to

MR. SAMARATH SHARMA, CONSULTANT (MGNCRE)

*in grateful recognition of your outstanding
performance, productivity, dedicated services in the
field of education.*

Date : 30 Jan, 2023.

Principal

**Workshop conducted in collaboration MGNCRE On Video
Editing**

**Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur**

4. 25-27 Jan, 2023

PT. MOHAN LAL S.D. COLLEGE FOR WOMEN, GURDASPUR
organises a skill based three days online workshop on

DIGITAL MARKETING

in association with:

Mahatma Gandhi National Council of Rural Education

Resource Person
AJAY TANWAR
Consultant MGNCRE
(Ministry of Education)
Government of India



- Course fee: Rs. 200
- Date : 25 Jan to 27 Jan 2023
- Timings : Day 1 (12:30 PM to 01:30 PM)
Day 2 (10:00 AM to 12:00 PM)
Day 3 (10:00 AM to 12:00 PM)
- Platform: Google Meet


Students will get e-certificate on the completion of workshop

Ms. Vaishali Sharma
President

Dr. Rama Gandotra
Nodal officer

Dr. Neeru Sharma
Principal

Mrs. Samita Khajuria
Coordinator

**PT. MOHAN LAL S.D. COLLEGE FOR WOMEN**
KAHNUWAN ROAD, GURDASPUR-143521
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Ph. & Fax : 01874-242953
502681, 502027 (O)
E-mail :
ptmsd@gmail.com
www.ptmsd.ac.in

Ref. No. SDCW/2023/8000-01

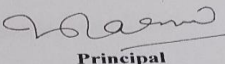
Dated. 27/01/2023.....

CERTIFICATE
Mr. Ajay Tanwar
Consultant
MGNCRE, Ministry of Education, Govt. of India

I express my gratitude to you for sparing your valuable time to be the Resource Person in a 3 Day Skill Development online Course on **Digital Marketing** under the aegis of **Social Entrepreneurship, Swachhta & Rural Engagement Cell, Action Plan Institution** organized from 25th Jan, 2023 to 27th Jan, 2023.

Your expertise on the subject and your enthusiastic involvement with our students has surely enhances their knowledge and motivated them in more ways than one. And that I believe, is the essence and purpose of such programmes.

We look forward to a lasting association with you.


Principal

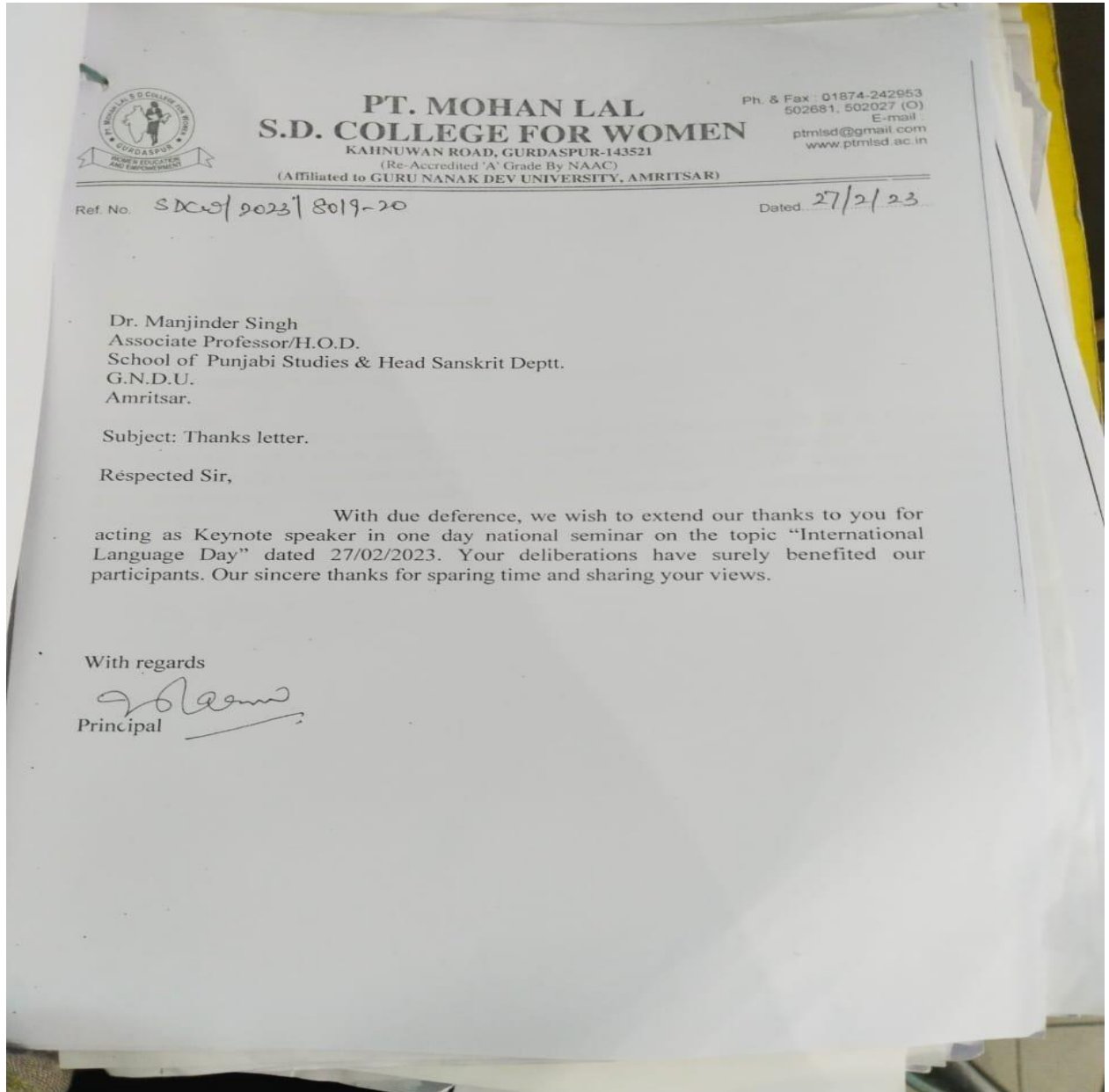

Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur



Workshop conducted in collaboration MGNCRE On Digital Marketing


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

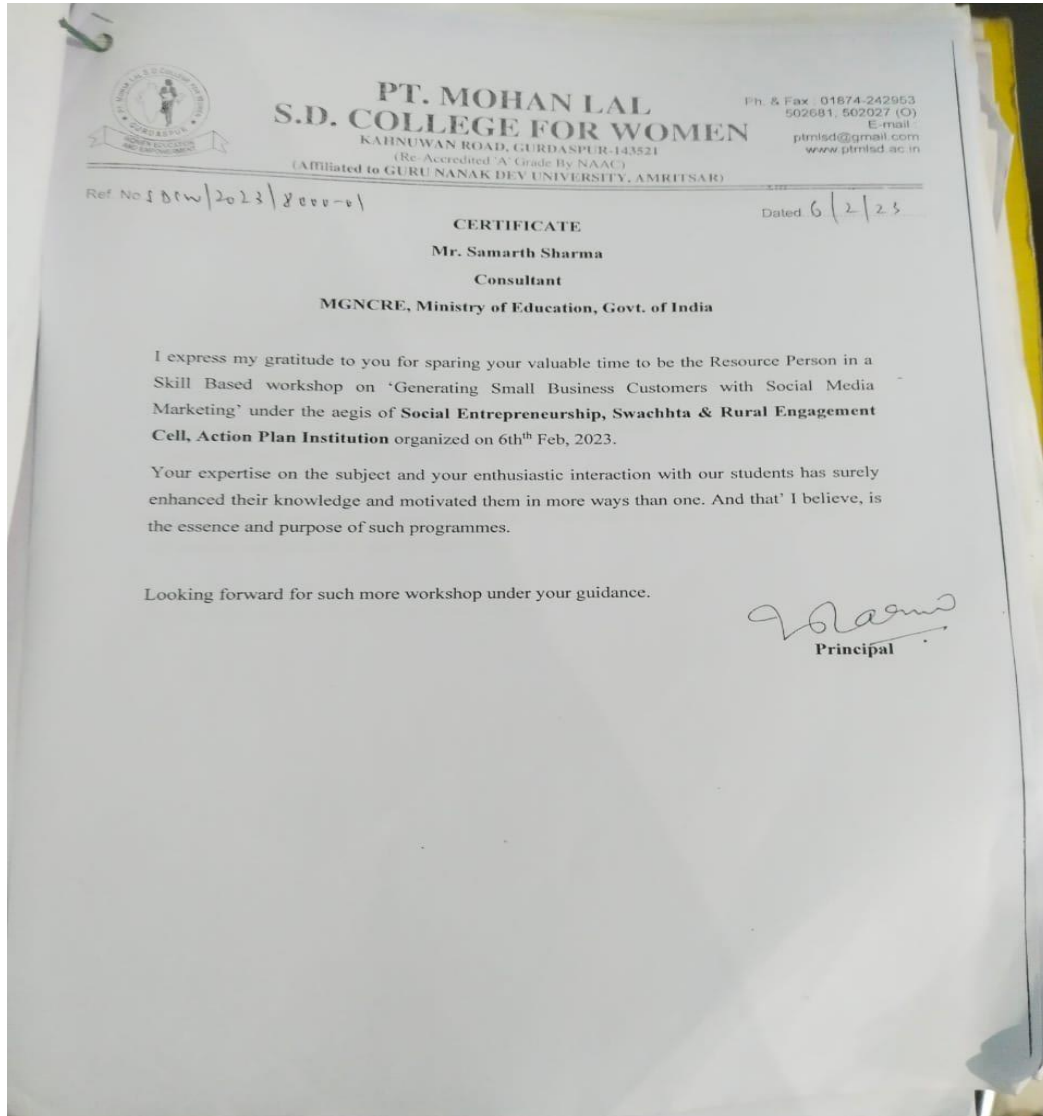
5. 23 FEB 2023



International Mother Language Day


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

6. 6 Feb, 2023




Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Participants:

Email address	Contact No.	Name of the Participant	Designation	State
karanpreetkaur980@gmail.com	8427033722	Karanpreet Kaur	student	Punjab
Sehajpreet1432002@gmail.com	8544997749	Sehajpreet Kaur	student	Punjab
Suhani7814@gmail.com	7009018739	Suhani Devi	student	Punjab
Gurpreetharpreet276@gmail.com	9876711240	Harpreet Kaur	student	Punjab
priyausing@gmail.com	7658068004	Parvinder Kaur	student	Punjab
gura64556@gmail.com	8427591464	Gurpreet Kaur	student	Punjab
Ksimarpreet996@gmail.com	9815393500	Simarpreet Kaur	student	Punjab
Konikathakur1311@gmail.com	7901833512	Konika	student	Punjab
bhavikaaharma@gmail.com	8283940058	Bhavika	student	Punjab
Mehrarajni9417@gmail.com	7973947650	Rajni	student	Punjab
Kkomalpreetkaur92@gmail.com	7696337276	Komalpreet Kaur	student	Punjab
Avinashhothi1313@gmail.com	9779887915	Avinashpreet Kaur	student	Punjab
Naazsohal1313@gmail.com	8847514448	Naazdeep Kaur	student	Punjab
Anjalirathour5656@gmail.com	9555848326	Anjali	student	Punjab
mommuabhilasha@gmail.com	6283949706	Abhilasha	student	Punjab
sukh145preet@gmail.com	7696082689	Sukhpreet Kaur	student	Punjab
Ruchikapreet20@gmail.com	7626999832	Ruchika	student	Punjab
Komalkhatri761@gmail.com	7696168094	Komal	student	Punjab
Priyankasharma6528@gmail.com	9855214275	Priyanka Sharma	student	Punjab
rishamdeepkaur2002@gmail.com	8872533871	Rishamdeep Kaur	student	Punjab
Chahatbhagat488@gmail.com	7719600040	Chahat	student	Punjab
Komaljitkaur3107@gmail.com	8968662047	Komaljit kaur	student	Punjab
Bhavyaaggarwal24393@gmail.com	7973305309	Bhavya Aggarwal	student	punjab


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Meharbaankaur123@gmail.com	7814727675	Meharbaan Kaur	student	Punjab
Amarkaurvirdi111@gmail.com	9855638198	Amardeep Kaur	student	Punjab
Bainsmehak22@gmail.com	7814829059	Mehakpreet Kaur	student	Punjab
Kanchenarya@gmail.com	7814886064	Kanchen	student	Punjab
Komalkp8502gmail.com	9953714678	Komal Preet	student	PUNJAB
Anuradha.anuthapar786000@gmail.com	8699328730	Anuradha	student	Punjab
hk529611@gmail.com	8437794557	Harpreet Kaur	student	Punjab
Harmandeepkaurpbo6@gmail.com	7527857294	Harmandeep Kaur	student	Punjab
Sonnasalony3454@gmail.com	8360382313	Salony	student	Punjab
Gurleenkaurkahlon54@gmail.com	6280085967	Gurleen Kaur	student	Punjab
kaurramansandhu93@gmail.com	8968176312	RAMANDEEP Kaur	Student	Punjab
sainigur761@gmail.com	9878354462	GURPREET KAUR	Student	Punjab
pallvitarnach122@gmail.com	9914621586	PALLVI SHARMA	Student	Punjab
rupinderkaur26498@gmail.com	8847266598	RUPINDER KAUR	Student	Punjab
gautamsonali59@gmail.com	9646601322	Sonali Gautam	Student	Punjab
pahulpreet567@gmail.com	7888424942	GURPAHULPREET KAUR	Student	Punjab
manhasnidhi786@gmail.com	6283360190	NIDHI MANHAS	Student	Punjab
rpk3395@gmail.com	8294090986	RAVINDERPREET KAUR	Student	Punjab
jagpreetk277@gmail.com	8264260587	Jagpreet	Student	Punjab
tanu28726@gmail.com	8427710249	MANVI SHARMA	Student	Punjab
manjinderkauruyal1072@gmail.com	9041909805	MANJINDER KAUR	Student	punjab
gurmanjotkaur122@gmail.com	9878795094	GURMANJOT KAUR	Student	Punjab
baghatshristy07@gmail.com	7710323624	SHRISTY	Student	Punjab
ishitamehra987@gmail.com	6284 243 866	ISHITA	Student	Punjab
kr528955@gmail.com	7340827497	Manpreet	Student	Punjab
randhawasaabrandhawa42@gmail.com	9888449721	HARWINDER KAUR	Student	Punjab
mahajanarushi12@gmail.com	9780421400	ARUSHI MAHAJAN	Student	Punjab

Generating Small Business Customer with Social Media Marketing


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

7. 26 December, 2022

Skill Development Course in Web Designing and C++

PTMLSD COLLEGE FOR WOMEN, GURDASPUR

SISTER INSTITUTE OF GGSDS COLLEGE SEC - 32, CHANDIGARH

RE-ACCREDITED WITH 'A' GRADE BY NAAC, BANGALORE.

UNDER THE REALM OF IQAC
COMPUTER SCIENCE DEPARTMENT ORGANISING

SKILL DEVELOPMENT COURSE

ON

WEB DESIGNING

STARTING FROM 26TH DECEMBER

DR. (MRS.) NEERU SHARMA
PRINCIPAL

DR. RAMA GANDOTRA
CO ORDINATOR IQAC

MRS. POONAM SETH
HEAD OF DEPARTMENT

INCHARGES : MS. JAGPREET KAUR, MR. HARPREET SINGH

NOTE:- OUTSIDERS ARE ALSO ALLOWED

PTMLSD COLLEGE FOR WOMEN, GURDASPUR

SISTER INSTITUTE OF GGSDS COLLEGE SEC - 32, CHANDIGARH

RE-ACCREDITED WITH 'A' GRADE BY NAAC, BANGALORE.

UNDER THE REALM OF IQAC
COMPUTER SCIENCE DEPARTMENT ORGANISING

SKILL DEVELOPMENT COURSE

ON

C & C++ PROGRAMMING LANGUAGE

STARTING FROM 26TH DECEMBER

DR. (MRS.) NEERU SHARMA
PRINCIPAL

DR. RAMA GANDOTRA
CO ORDINATOR IQAC

MRS. POONAM SETH
HEAD OF DEPARTMENT

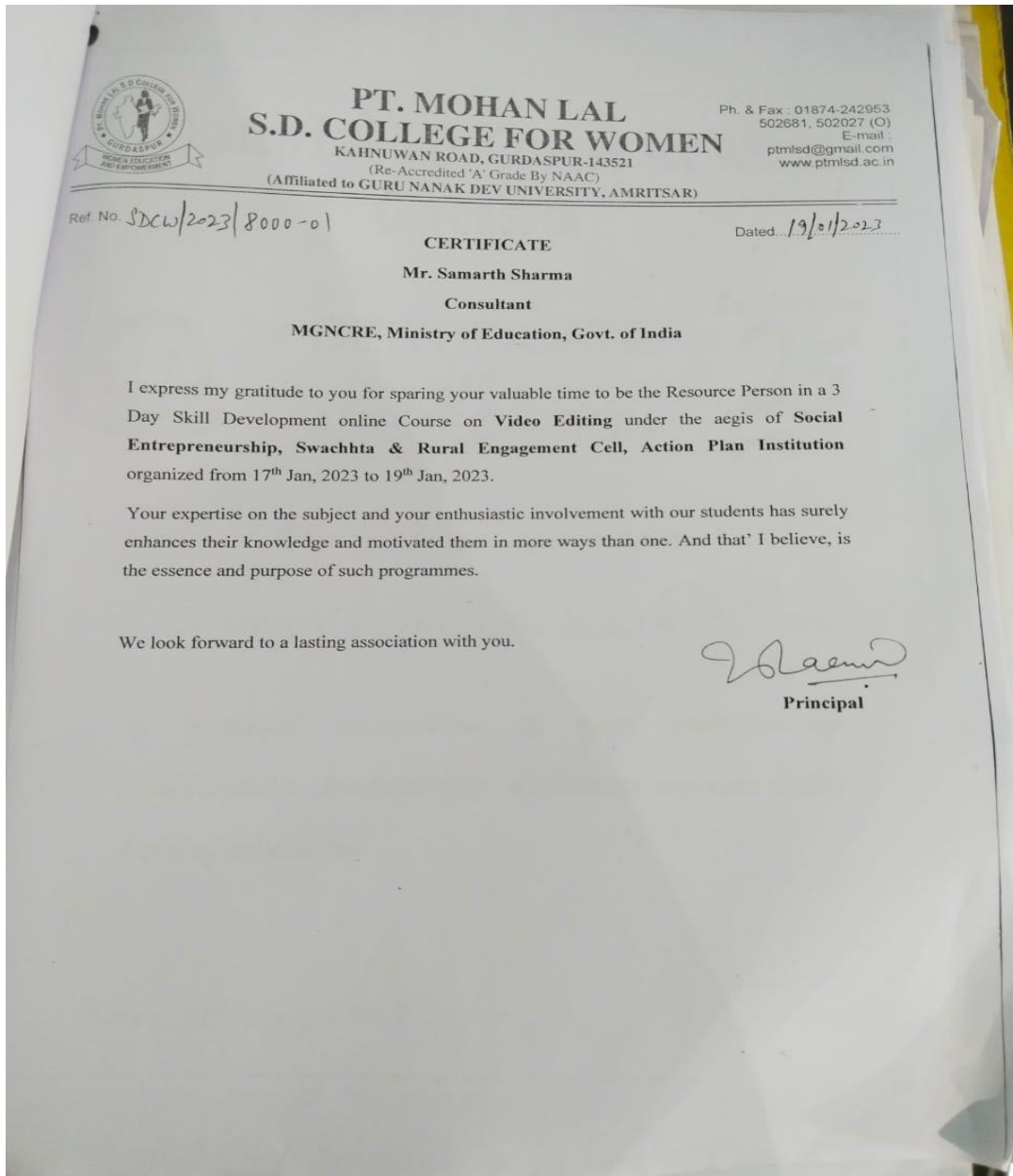
INCHARGES : MRS. RAJNI, MRS. POOJA SHARMA

NOTE:- OUTSIDERS ARE ALSO ALLOWED

Skill Development Course in Web Designing and C++

Principal
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

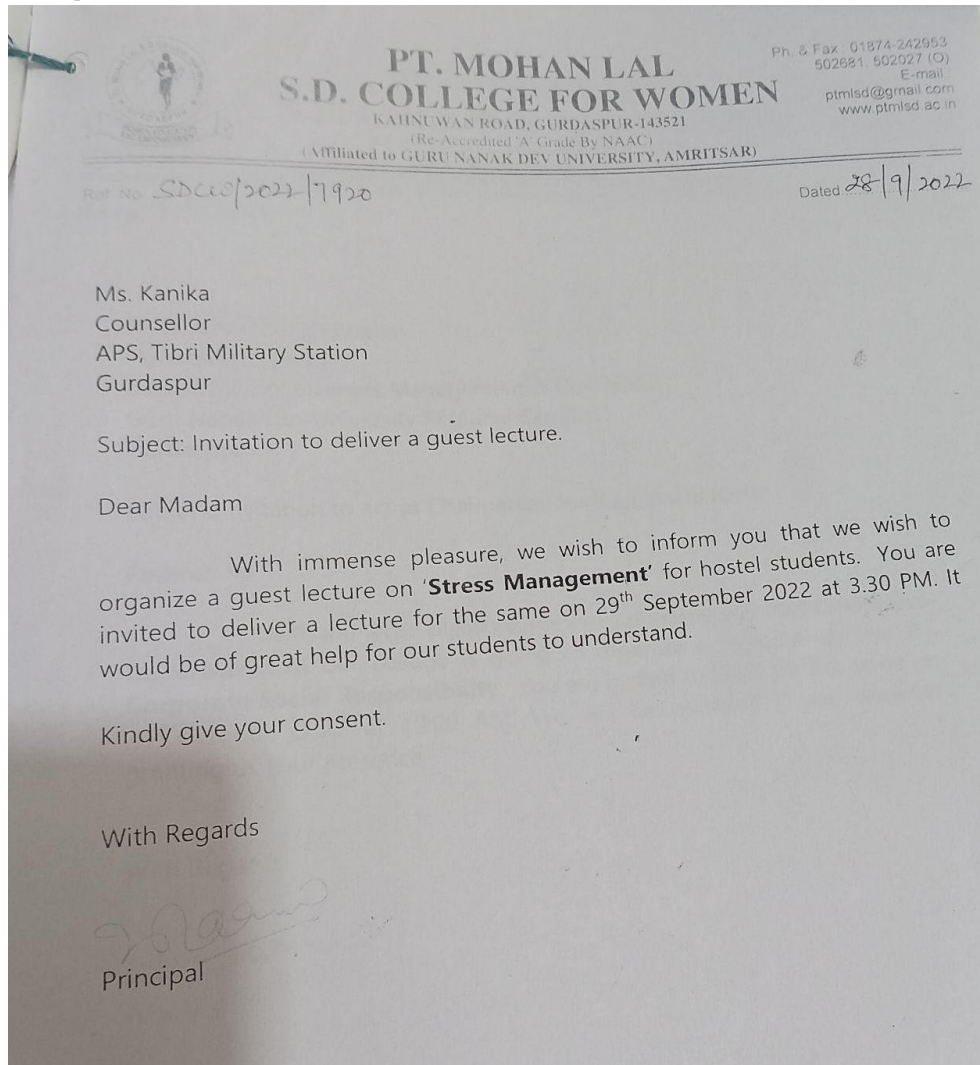
8. 23 Nov, 2022



District level Workshop on 'Promoting Social Entrepreneurship- Based Vocational Education'

[Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

9. 29 Sept, 2022



Workshop on Stress Management for Hostellers

10. 24 Sept., 2022

[Signature]
Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

PT. MOHAN LAL S.D COLLEGE FOR WOMEN, GSP

Sister Institution of GGDSD College Sec 32, Chandigarh
Re-accredited with 'A' Grade by NAAC, Bangalore.



COMPUTER SCIENCE DEPARTMENT

PROUDLY PRESENTS

INTER COLLEGE FEST

TECHNOFUN 2K22



TECHNICAL EVENTS

- FAST MESSAGE TYPING
- ART GALLERY
- PPT'S
- TECHNICAL QUIZ

PRINCIPAL

DR. (MRS.) NEERU SHARMA

HOD

MRS. POONAM SETH

ON : 24th SEPT, 2022

Time : 9:30 am-12:30 pm

FOR MORE DETAILS CALL US AT +91-9888677086,

7837599049

EMAIL - COMPDEPT98@GMAIL.COM

CULTURAL FIESTA

- MOVIE QUIZ
- SELL IT

EVENT COORDINATOR

ER. SURKHAB SHELLEY

EVENT ORGANISERS

MRS. SANDEEP GORAYA
ER. HARPREET SINGH
MRS. RAJNI
MS. JAGPREET KAUR
MRS. POOJA SHARMA

Technofun- 2k22


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

11. 15 Sept., 2022

PTMLSD COLLEGE FOR WOMEN, GURDASPUR
SISTER INSTITUTE OF GGDSD COLLEGE SEC-32, CHANDIGARH

PTMLSD ALUMNI ASSOCIATION
(REGD.)

"PRERANA"
ALUMNI WORKSHOP SERIES
On 13 Sept. 2022 at 12:00 pm

EVENT	RESOURCE PERSON	DESIGNATION
• WORKSHOP ON LANGUAGE SKILLS	MS. KANDY BHARDWAJ	ASSISSTANT PROFESSOR
• WORKSHOP ON E-FILING	MS. AASHIMA GUPTA	JUNIOR ACCOUNTANT
• WORKSHOP ON TIE & DYE	MS. HIMANI	ATTIRE DESIGNER
• WORKSHOP ON CARTOONING	MS. NAVNEET KAUR	CARTOONIST
• WORKSHOP ON PARTY MAKE-UP	MS. RAVNEET KAUR	COSMETOLOGIST
• WORKSHOP ON CULLINARY	MS. KAJAL	ENTREPRENEUR

DR. ANIRUDH JOSHI **DR. P.K. BAJAJ** **DR. (MRS.) NEERU SHARMA**

PRESIDENT **SECRETARY** **PRINCIPAL**

Workshop on Language and Communication


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

12. 15-30 July, 2022

PTMLSD COLLEGE FOR WOMEN, GURDASPUR
Sister Institution of GGDSD College Sec 32, Chandigarh
Re-accredited with 'A' Grade by NAAC, Bangalore.



**FREE FOR ALL
+2 PASS
STUDENTS**

PRAYAS-2
SUMMER WORKSHOP 2022
ON
'PERSONALITY DEVELOPMENT'

DURATION : 14TH JULY TO 30TH JULY
TIME : 10AM-12PM (SUNDAY OFF)

SH. UPKAR KRISHAN SHARMA
President

DR. (Mrs.) NEERU SHARMA
Principal

Mrs. PUNITA / Mrs. HARSHA
Co-ordinator

PTMLSD COLLEGE FOR WOMEN, GURDASPUR
SISTER INSTITUTE OF GGDSD COLLEGE SEC - 32, CHANDIGARH
RE-ACCREDITED WITH 'A' GRADE BY NAAC, BANGALORE.

PRAYAS-2
SUMMER WORKSHOP 2022
DATE : 18TH, 19TH, 20TH JULY
CREATIVITY+PRODUCTIVITY(FD) (MRS. PARAMJIT)
STRESS MANAGEMENT (MRS. SAMITA)
COMMUNICATION SKILLS (DR. DINESH)
RECREATIONAL GAMES (MRS. GAGANDEEP)

SH. UPKAR KRISHAN SHARMA
President

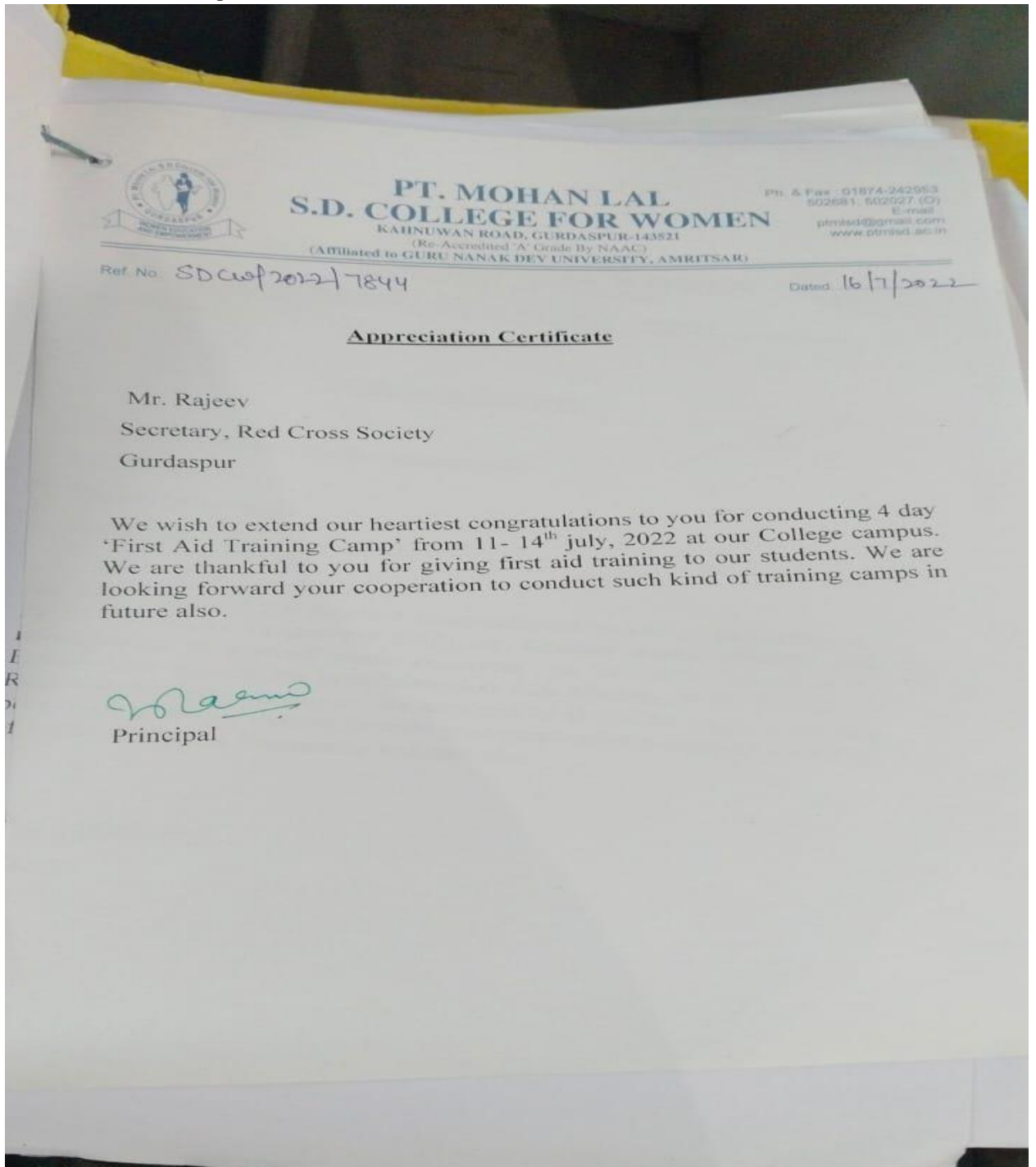
DR. (MRS.) NEERU SHARMA
Principal

MRS. PUNITA / MRS. HARSHA
Co-ordinator

PRAYAS -2


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

13. 11-14 July, 2022



4 Day First Aid Training Camp


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

14.

13 April, 2022

Workshop Sewing Machine			DATE : / /
JUMBO 13 th April 2022, Sr			PAGE : /
	Name	Class	Signature
1.	Sunaina.	B.Sc FD Ist Sem	Sunaina
2.	Gurpreet	B.Sc FD Ist Sem	Gurpreet
3.	Pinky.	B.Sc FD Ist Sem	Pinky
4.	Rajni	B.Sc FD Ist Sem	Rajni
5.	Amandeep	B.Sc FD Ist Sem	Amandeep
6.	Narvreet	B.Sc FD Ist Sem	Narvreet
7.	Gurpreet	B.Sc FD Ist Sem	Gurpreet
8.	Anjali	B.Sc FD Ist Sem	Anjali
9.	Mehak	B.Sc FD Ist Sem	Mehak
10.	Mandeep	B.Sc FD Ist Sem	Mandeep
11.	Harman	B.Sc FD Ist Sem	Harman
12.	Jagmeet	B.Sc FD Ist Sem	Jagmeet
13.	Neha	B.Sc FD Ist Sem	Neha
14.	Nakita	B.Sc FD Ist Sem	Nakita
15.	Kawalpreet Kaur	B.Sc FD Ist Sem	Kawalpreet
16.	Harpreet Kaur	B.Sc FD Ist Sem	Harpreet
17.	Akshinder	B.Sc FD Ist Sem	Akshinder
18.	Manmeet	B.Sc FD Ist Sem	Manmeet
19.	Sonali	M.Sc Ist Sem	Sonali
20.	Pawan	M.Sc Ist Sem	Pawan
21.	Joban	M.Sc Ist Sem	Joban
22.	Raman	M.Sc Ist Sem	Raman
22.	Kuranyot	M.Sc Ist Sem	Kuranyot
23.	Pooja	M.Sc Ist Sem	Pooja
24.	Tanu	M.Sc Ist Sem	Tanu
25.	Komal	M.Sc Ist Sem	Komal
26.	Sushma	M.Sc Ist Sem	Sushma

Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

Jumbo		DATE : _/ _/ _
Name	Class.	Page : <u>5</u>
27	Khushi	B.VOC 5 th sem
28	Mansi	B.VOC 5 th sem
29	Kushabh	B.VOC 5 th sem
30	Ritika	B.VOC 5 th sem
31	Sakshi	B.VOC 5 th sem
32	Asha	B.VOC 5 th sem

[Signature]

Workshop on Sewing Machine

15. 10 July, 2021

**PT. MOHAN LAL S.D COLLEGE FOR WOMEN
GURDASPUR
PRESENTS
CERTIFICATE COURSE ON**

WEB DESIGNING

FOR BEGINNERS
ELIGIBILITY: AGE ABOVE 15 YEARS ONLY
(FOR COLLEGE STUDENTS AND OUTSIDERS INCLUDING BOYS ALSO)
FEE: 250/-




Dr. (Mrs.) NEERU SHARMA (PRINCIPAL)
FOR MORE DETAILS
CONTACT: 01874-502681, 9464376554
VISIT COLLEGE WEBSITE: www.ptmlsdc.ac.in
Registration Last Date: 30th April, 2021

Skill Development Course On Web-Designing


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

16. 8 Feb, 2020

 **PT. MOHAN LAL
S.D. COLLEGE FOR WOMEN**
KAHNUWAN ROAD, GURDASPUR-143511
(Re-Accredited 'A' Grade By NAAC)
(Affiliated to GURU NANAK DEV UNIVERSITY, AMRITSAR)

Ph. & Fax : 01874-242553
5028851, 5020327 (O)
E-mail :
ptmld@gmail.com
www.ptmld.ac.in

Ref. No. S.D.C./2019-20
Dated 7/02/2020

To
The Principal
G.G.D.S.D College
Kheri Gurna
Distt. Patiala.

Sub: Regarding attending symposium.

Respected Sir,

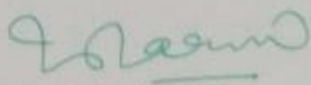
I wish to inform you that 2 Asst. Professors and 5 students are coming to attend symposium on 'Economy, Entrepreneurship and environment; expectations and challenges' on 8th Feb, 2020. The details of the participants is given below :

1. Mrs. Seema Mahajan, HOD, Commerce Deptt.
2. Money Ohri, Asst. Prof. In Commerce.

Students :

1. Kirandeep kaur, M.Com Sem 4th
2. Radha, M.Com Sem 4th
3. Gurmeet Kaur, B.Com Sem 6th
4. Geetika, B.Com Sem 6th
5. Tamanna, B.Com Sem 6th

With Regards


Principal


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

**Symposium on 'Economy, Entrepreneurship and
Environment Expectations and Challenges'**

17. 30 March, 2019

Duty chart for guest lecture on "Stress Management"
organised by Psychology Department on 30.03.2019
Time: 12.30pm

Overall Incharges - Mrs. Kanta Mahajan ~~PS~~
Mrs. Mridula Dogra ~~PS~~

Seating Arrangement in Seminar Hall - Mrs. Sunita Kumari ~~PS~~
Miss Rajinder ~~PS~~
- Mrs. Kanta Mahajan ~~PS~~

Anchoring - Mrs. Judith ~~PS~~

Cleanliness of Seminar Hall - CA Incharges ~~PS~~

Discipline - Mr. Shiv ~~PS~~

Sound system - Mrs. Punita Selgot

Memento (1) - Dr. (Mrs.) Sukhwinder Kaur

Publicity - Mrs. Kiran (Fine Arts)

Decoration of seminar Hall - Mrs. Kiran (Fine Arts)

Teachers are requested to attend guest lecture

22/3/19

**Guest Lecture on Stress Management By Psychology
Department**


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

18. 19 Sept., 2018

Survey on stress among students
Option of B.SC Stream Students

- In which field do you feel stress the most?
1. Study (69) 2. Family (11) 3. Personal (20)
- What level of stress do you experience?
1. High (61) 2. Moderate (18) 3. Low (21)
- Do you share with someone when you are in stress?
1. Always (29) 2. Sometimes (52) 3. Never (23)
- Whom do you talk when you are in stress?
1. Family members (64) 2. Friends (28) 3. No one (08)
- Do you feel some physical problem during stress?
1. Always (06) 2. Sometimes (58) 3. Never (36)
- Do you feel some emotional problem during stress?
1. Always (23) 2. Sometimes (52) 3. Never (20)
- The cause of your stress is
1. External obstacle (27) 2. Inner Limitations (31) 3. Both (42)
- Do other people around you get affected by the stress you take?
1. Always (09) 2. Sometimes (62) 3. Never (29)
- The reason of your stress is
1. Big (18) 2. Small (35) 3. Moderate (57)
- The occurrence of your stress is
1. Frequent (30) 2. After a long gap of time (10) 3. Not clear (60)
- Your opinion about stress is
1. Useful for you (13) 2. Harmful for you (34) 3. Both (53)
- How do you behave when you are in stress?
1. Irritated (37) 2. Isolated (47) 3. Try to get rid of the problem (16)
- Your period of stress lasts for how long?
1. Hours (13) 2. Days (30) 3. Till the problem (57)
- What is your reaction during stress?
1. Attack (20) 2. Withdraw (13) 3. Compromise (57)
- Which relaxation technique do you use to overcome your stress?
1. Entertainment/Music, dancing 2. Sleep (11)
3. Meditation (47) 4. Exercise (42)

Survey on stress among students
Option of B.A Stream Students

- In which field do you feel stress the most?
1. Study (40) 2. Family (15) 3. Personal (40)
- What level of stress do you experience?
1. High (30) 2. Moderate (42) 3. Low (28)
- Do you share with someone when you are in stress?
1. Always (28) 2. Sometimes (54) 3. Never (22)
- Whom do you talk when you are in stress?
1. Family members (41) 2. Friends (49) 3. No one (09)
- Do you feel some physical problem during stress?
1. Always (44) 2. Sometimes (40) 3. Never (46)
- Do you feel some emotional problem during stress?
1. Always (42) 2. Sometimes (34) 3. Never (24)
- The cause of your stress is
1. External obstacle (26) 2. Inner Limitations (42) 3. Both (32)
- Do other people around you get affected by the stress you take?
1. Always (25) 2. Sometimes (50) 3. Never (23)
- The reason of your stress is
1. Big (25) 2. Small (34) 3. Moderate (31)
- The occurrence of your stress is
1. Frequent (32) 2. After a long gap of time (08) 3. Not clear (60)
- Your opinion about stress is
1. Useful for you (25) 2. Harmful for you (35) 3. Both (40)
- How do you behave when you are in stress?
1. Irritated (48) 2. Isolated (30) 3. Try to get rid of the problem (22)
- Your period of stress lasts for how long?
1. Hours (23) 2. Days (20) 3. Till the problem (57)
- What is your reaction during stress?
1. Attack (22) 2. Withdraw (20) 3. Compromise (58)
- Which relaxation technique do you use to overcome your stress?
1. Entertainment/Music, dancing 2. Sleep (24)
3. Meditation (07) 4. Exercise (69)

Survey on Stress by Psychology Department

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