

Adarsh Vidya Prasarak Sanstha's  
**ADARSH COLLEGE OF ARTS AND COMMERCE**  
Kulgaon-Badlapur, Dist. Thane, Maharashtra Pin: 421503



**Report**  
**IQAC organized Workshop on**  
**How to prepare for Exam and Enhancing Quality**  
**16th November 2022**

Adarsh College of Arts and Commerce had organized a workshop on **How to prepare for Exam and Enhancing Quality** on 16th November 2022.

In online lecture, Mrs. Pratibha Potdar, a psychologist guided the students from Canada at 8:30 am IST. She guided the students on various difficulties faced by the students while studying. She also taught some important techniques for better study and demonstrated each of them. For example, Active Recall is important. She said that while studying, the students should take break after every 30 minutes. They should understand the meaning of the study. Ms. Potdar gave important instructions to prepare mental graphs and advised to stay away from distractions.

In another session started at 11.30 a.m. Dr. Varun Manik, a dentist by profession and volunteers for Gayatri Vishwa Pariwar gave valuable guidance to the students. He gave many useful suggestions about what to take care of and how to study. What precautions have to be taken before two weeks or two days before the examinations. He guided on understanding the subject, preparing time table of studies, taking adequate amount of food and sleep, avoiding unnecessary discussions etc. It is also suggested that negative thoughts should be put aside. Some exercises for better memorization were also demonstrated.

Dr. Sangeeta Pande I/C Principal in her introductory speech explained that students have various problems regarding studies. She asserted that this workshop was organized for reducing the fear and stress of the examination and for better academic progress. The program was coordinated by Dr. Sandeep Bhele and vote of thanks was proposed by Prof. Daksha Halkare. The total of 334 students attended the workshop.

Dr. Sandip Bhele  
Workshop Co-ordinator.

Dr. Sangeeta Pande  
I/C Principal

**In-Charge Principal**  
**Adarsh College of Arts & Commerce**  
**Kulgaon - Badlapur (E).**

