

## PARIKSHA PE CHARCHA 22.07.2022

**St. Paul Teachers' Training College Birsinghpur** has organized Motivational Programme on **pariksha pe charcha** .

The college organized a motivational programme under priksha pe charcha. Principal and faculty shared their experiences.



They asked students to take exam stress free and remove all anxiety. All faculty requested students to do meditation regularly for destressing and will also help in increasing concentration.



Our guest was **Prof. Varsha kumari** , Associate Prof. (Psy. Dept. )KSR College, Samastipur.

Mr. C.B. Mishra ji ,Asst.Prof. Give tips related to exam and how to attempt all question during examination hall.



At last Our guest was **Prof. Varsha Mam** blessed all student.