

DR. B.B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA

(A Unit of Coondapura Education Society (R), Kundapura)

(Affiliated to Mangalore University)



Moulding the future generation

A Mini Research Project on

**A study on the stress level among college students with
special reference to Colleges in Kundapura region.**

Submitted by

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2020-2021



Dr. B. B. HEGDE FIRST GRADE COLLEGE KUNDAPURA

[A Unit of Coondapur Education Society (R.), Kundapura]

(Affiliated to Mangalore University)

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Date : 27/02/2021

Certificate

This is to certify that the following students have undertaken the mini research project work titled "A study on stress level among students with special reference to colleges in Kundapura region" to get practical exposure in various areas relating to Commerce, Management etc. and that they have worked under my guidance and direction. The present study is an outcome of their own work.

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Prof. K. Umesh Shetty
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DECLARATION

We hereby declared that project work entitled "A study on the stress level among college students with special reference to colleges in kundapura region" has been prepared by us under the guidance of Mrs. Nisha C. Shetty, Asst. Professor in Department of Business Administration, Dr. B.B. Hegde First Grade College Kundapura.

We also hereby declare that this project work has been submitted by fully or partially for the award of any degree, diploma, title or recognition earlier.

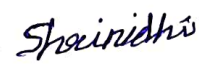
Date: 01-03-2021

Place: Kundapura

Anandraj



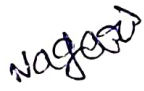
Srinidi



Deekshith



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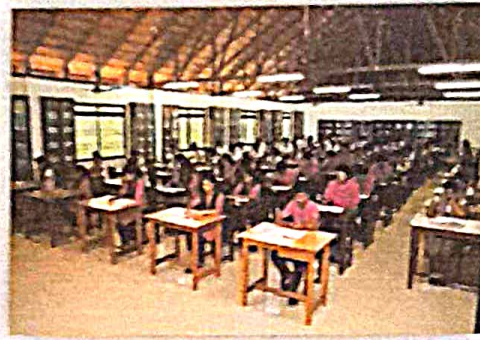
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A Study On The Stress Level Among College Students



2. TIME MANAGEMENT

"If I had four hours to chop down a tree, I'd spend the first two hours sharpening the axe." This quote is often attributed to Abraham Lincoln and, whether he said it or not, it speaks to the essence of time management. Time management is the ability to use your time effectively and productively at work, the ability to create a schedule and plan your time to accomplish goals. Sharpen your metaphorical axe by setting aside uninterrupted time and make sure the tools to do the job are at your fingertips, and you'll be working smarter, not harder.



Good time management skills help students prioritize tasks so they are able to complete college work and assignment on time. Students are able to plan ahead, set aside the time they need for projects and assignments, and make better use of that time. Becoming better at managing time allows students to become more confident more organized and learn more effectively.

There's no shortage of time management training out there, and the basic principles of most of them include

- Creating daily list of tasks to be accomplished
- Prioritizing those tasks
- Schedule time to complete those tasks based on the priority assigned, and
- Tackle the most difficult tasks during the time of day when you're most alert

Creating lists, prioritizing and scheduling are like sharpening that axe, and tackling them is akin to chopping down the tree.

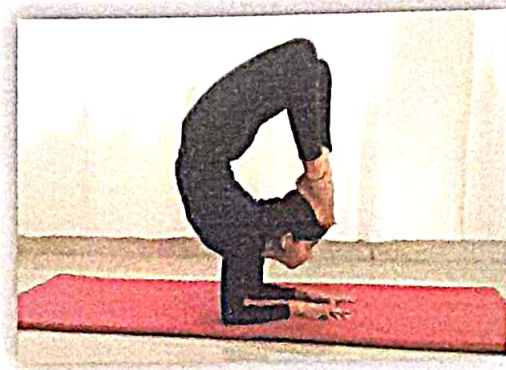
Time management experts suggest learning to say no to tasks, and finding ways to eliminate low-priority trivial tasks from your to-dos. Flexibility is also a fairly common suggestion in modern time management training, given that so much of an employee's work day is unpredictable. Time management experts suggest planning fifty percent of your day carefully, and leaving the other half open for unplanned "emergencies" as they come up.

A Study On The Stress Level Among College Students



1. RELAXATION TECHNIQUES:

There are many ways that you can help reduce your stress-related anxieties immediately. On this page, you will find a number of suggestions and activities to help cope with stressful situations. It is important to note that not all suggestions and activities will work for everyone because people handle stress in a range of different ways. Still, it is useful to try a few techniques that you think may work for you, and hopefully you will find a technique that you suits you and can use in the future



- Autogenic relaxation. In this technique, one uses visual imagery and body awareness to relax, often by imagining yourself in a peaceful setting and then consciously relaxing your breathing, your limbs, and your body, a little at a time.
- Visualization. Individuals exercising this technique use as many of their senses as they can in order to put themselves in a relaxing scene. For instance, if one is imagining the beach, the smell of salt water and the sound of crashing waves help create the visualization.
- Progressive muscle relaxation. An individual will slowly tense and then relax each muscle group in this relaxation technique, starting with the toes and working upward throughout the body.
- Tai chi. Tai chi is a self-defense technique that's developed into a gentle exercise that promotes good mental health and stress release using the concept of yin and yang. It's often described as "meditation in motion."
- Meditation. Individuals use this practice to achieve a mental calmness and clarity by focusing their mind on a particular thought, object or activity.

The list goes on, and you get the general idea: relaxation techniques support a level of calmness by changing focus to something other than the stressor. But one doesn't need to zone out in a dark room in order to achieve that change of focus those relaxation techniques. A good laugh courtesy of your favorite sit-com, playing a musical instrument, dancing to loud music, or knitting might be closer to your idea of stress release.

Dr.B.B.Hegde First Grade College

(A unit of Coondapur Education Society® Kundapura)



A Mini Research Project On

“The Impact of online teaching and learning during covid-19: Benefits and challenges of teacher’s perspective with reference to Dr.B.B.Hegde First Grade College, kundapura”.

Submitted By

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2020-2021



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Certificate

This is to certify that the following students have undertaken the mini research project work titled "A study on impact of online teaching and learning during Covid-19 : Benefits and challenges – Teachers' perspective with reference to Dr. B. B. Hegde First Grade College, Kundapura" to get practical exposure in various areas relating to Commerce, Management etc. and that they have worked under my guidance and direction. The present study is an outcome of their own work.

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Prof. K. Umesh Shetty
Principal

Principal
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Mr. Hareesha B
Guide

DECLARATION

We hereby declare that this report entitled "The Impact of online teaching and learning during covid-19: Benefits and challenge of teachers' perspective with reference to Dr.B.B.Hegde First Grade College, Kundapura".has been prepared and compiled by us under guidance of Mr.Hareesha B, Department of Business Administration, Dr.B.B.Hegde First Grade College Kundapura.

We further declare that this report is the result of our endeavor and has previously not formed on the basis of any degree/ diploma/fellowship other similar title of recognition of any other institution or university.

DATE: 27-02-2021


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We would like to thank the project guide Mr.Hareesha.B who guided us to do our project under his consideration.

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THANK YOU ONE AND ALL....

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