

**COUNSELLING SESSION TO ASSIST THE STUDENTS WITH LEARNING  
DISABILITY/DIFFERENTLY ABLED ABOUT ONLINE EXAMINATION  
ORGANISED BY NSS UNIT B-09**

The NSS Unit B-09 of L.S. Raheja College of Arts and Commerce organised a counselling session to assist the students with learning disability/differently abled about online examination on Wednesday, 30<sup>th</sup> September, 2020 from 5.00 pm to 6.00 pm online on Google Meet Platform.

The main objectives of counselling session were to make aware of:

- Examination Pattern
- Extra Time of 20 Minutes
- Do's and Don'ts of online examination
- Technical Stuffs Concerned with online examination
- To remove exam fear
- To motivate about how to optimise exam performance

As per the report submitted by Exam Committee Coordinator, total 3 students were found to have learning disability/differently abled those who were appearing for online examination declared for A.Y. 2019-2020.

To provide maximum benefit to students, the entire counselling session to divided into 4 sub sessions namely:

- Overview of online exam guidelines
- Resolution of queries regarding online exam after mock test
- Psychological counselling on How to get rid of exam fear and maximise exam performance
- Question and Answer session followed by Feedback from participating students

The NSS Programme Officer, SHRI RAMSAGAR YADAV, oriented the students about the Examination Pattern, Extra Time of 20 Minutes and Do's and Don'ts of online examination and each student was found to have smart mobile phone /desktop/ laptop and connectivity of internet etc.

The Exam Coordinator, DR.MRS. SEEMA A. UKIDVE, resolved the technical queries of students and also encouraged the students to ask subject specific doubts from respective subject teachers.

Ms. Neha Dalal of Psychology department, counselled the students about how to get rid of exam fear and maximize performance during exam time through self-awareness techniques such as deep breathing and positive thinking.

During interaction session, the student specific psychological difficulties asked by Mr. Niraj Kumar, Ms. Leela Saini and Ms. Naasha Pithawalla were clarified by Ms. Dalal.

Students enthusiastically responded to the Feedback form circulated after the counselling session.

The Exam Committee member and also NCC and NSS advisory committee member, Shri Rahul Dandekar was also present during counselling session to boost the confidence of students.

## FEEDBACK OF STUDENTS

<b><u>Name of Student</u></b>	<b>MS. NAASHA PITHAWALLA</b>	<b>MR. NIRAJKUMAR GUPTA</b>	<b>MS. LEELA SAINI</b>
<b><u>Class</u></b>	TYBA-PSYCHOLOGY	TYBBI	M.Com (B & F)
<b><u>Semester</u></b>	VI	VI	IV
<b><u>Disability/Different Aabledness:</u></b>	<b>DYSLEXIA, DYSCLACIA.</b>	<b>EYE DISABILITY</b>	<b>LEARNING DISABILITY</b>
<b><u>How was overall session?</u></b>	Good	Awesome	Excellent
<b><u>What did you like the most about the Counselling Session?</u></b>	Neha Ma'am's Motivation.	I like separate lecture conducted by the college.	Counselling Session was good and I came to know about how to attend the online exam from this session and if we have any stress how to control our stress. From this counselling, learnt many things. I am glad that I have attended this session, thank you once again Sir

**INVITATION E-MAIL OF COUNSELLING SESSION TO STUDENTS  
LEARNING DISABILITY/DIFFERENTLY ABLED**

**WITH**



Gmail - Counselling...



**Counselling Session of students with Learning Disability/Differently Abled**

1 message

**Mr. Ramsagar Yadav** <ramsagar.yadav@lsraheja.org>

Tue, 29 Sep, 2020 at 17:34

To: nirajgupta1997ng@gmail.com, leelasaini4@gmail.com, naasha.pithawalla@gmail.com

Cc: Principal LSRaheja <principal@lsraheja.org>, Seema Ukidve <seema.ukidve@lsraheja.org>, Neha Dalal <neha.dalal@lsraheja.org>, Akshata Kulkarni <akshata.kulkarni@lsraheja.org>, Rahul Dandekar <rahul.dandekar@lsraheja.org>, Raju Gole <raju.gole@lsraheja.org>, Dipali Patil <dipali.patil@lsraheja.org>

Dear Students,

As you are aware that the University of Mumbai have declared the examination scheduled for 2019-2020 for last year classes. Due to covid 19 outbreak, this time examination will be conducted online. Due to the new method of examination you may face some difficulties like availability of smart mobile phone / desktop/ laptop and connectivity of internet etc.

To assist the students with **LEARNING DISABILITY / DIFFERENTLY ABLED** who are appearing for the examination of semester II/IV/V/ VI (TY batch of academic year 2019-2020 and previous), the NSS UNIT B-09 of our college is organising a counselling session having the following objectives to make aware about:

- Examination Pattern
- Extra Time of 20 Minutes
- Do's and Don'ts of Online Examination
- Technical stuffs concerned with Online Examinations
- Other difficulties(if any)

The schedule of

Counselling is as follows:

**DAY/DATE** : Wednesday, 30th September, 2020

**TIME**: 5.00 PM to 6.00 PM



**PLATFORM**: GOOGLE MEET (Link is shared to respective e-mail ids )

**COUNSELLING SESSION PLAN**

TIME	TOPIC	RESOURCE PERSON
5.00 PM TO 5.20 PM	OVERVIEW OF ONLINE EXAM GUIDELINES	SHRI RAMSAGAR YADAV (NSS PROGRAMME OFFICER)
5.20 PM TO 5.40 PM	RESOLUTION OF QUERIES REGARDING ONLINE EXAMS	DR. SEEMA UKIDVE (EXAM COORDINATOR)
5.40 PM TO 5.55 PM	PSYCHOLOGICAL COUNSELLING ON HOW TO GET RID OF EXAM FEAR AND OPTIMISE EXAM PERFORMANCE	MS. NEHA DALAL (ASSISTANT PROFESSOR, DEPARTMENT OF PSYCHOLOGY)
5.55 PM TO 6.00 PM	FEEDBACK BY PARTICIPANTS	

**SESSION BY NSS PROGRAMME OFFICER, SHRI RAMSAGAR YADAV**

17:49 4G

 Sadhana Education Society's  
**L.S. Raheja College of Arts And Commerce**  
Relief Road, Santacruz(W), Mumbai-400054  
**NSS UNIT B-09** 


**OBJECTIVES:**  
**(TO MAKE AWARE ABOUT)**

**EXAMINATION PATTERN**


**EXTRA TIME OF 20 MINUTES**


**DO'S AND DON'TS OF ONLINE EXAMINATION**


(7)

 Niraj Gupta >

**Others in the meeting (3)**

 leela saini >

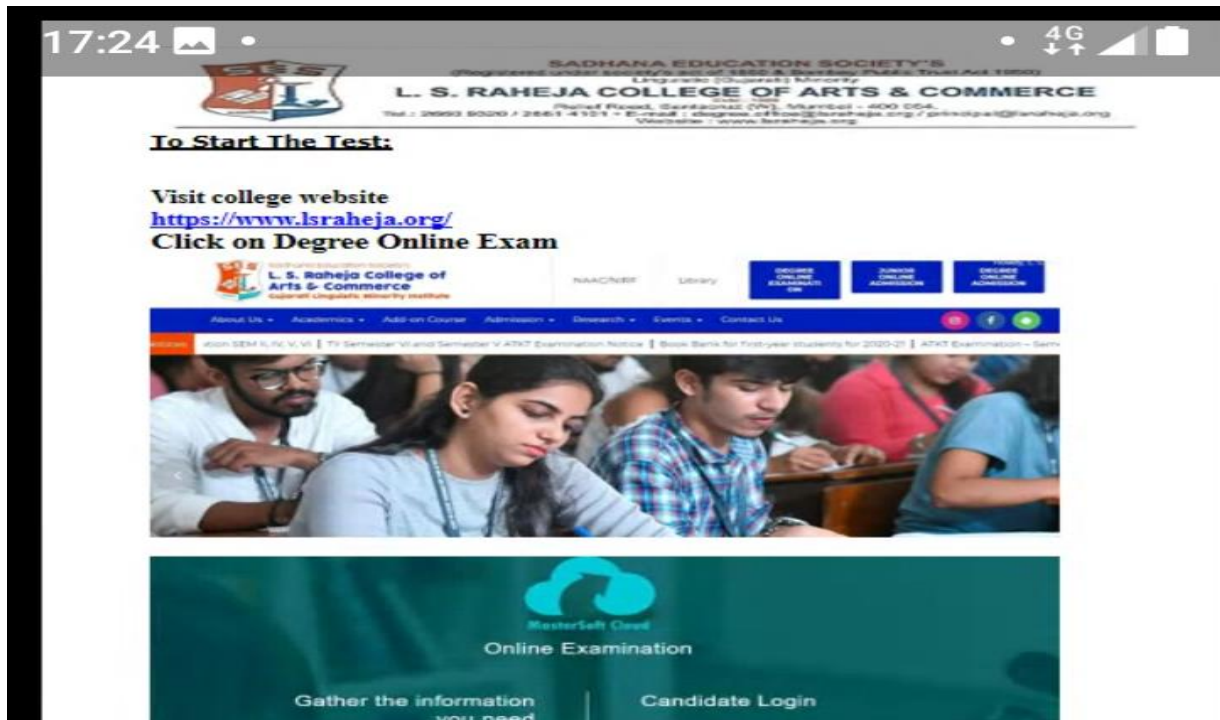
 Mr. Ramsagar Yadav >

 Naasha Pithawalla >



**SESSION ON RESOLUTION OF DOUBTS ABOUT ONLINE EXAM**  
**DR. MRS. SEEMA A. UKIDVE (EXAM CO-ORDINATOR)**

**BY**





-  ZYX CBA (You) 
-  Mr. Ramsagar Yadav  
-  Seema Ukidve  
-  leela saini  

Others in the meeting (5)




SESSION BY MS. NEHA DALAL (ASSISTANT PROFESSOR, DEPT., OF PSYCHOLOGY)

17:51 4G

 Sadhana Education Society's  
**L.S. Raheja College of Arts And Commerce**  
Relief Road, Santacruz(W), Mumbai-400054  
**NSS UNIT B-09**  
**ORGANISES** 

**COUNSELLING SESSION OF STUDENTS WITH LEARNING DISABILITY/DIFFERENTLY ABLED**

 However **difficult** life may seem, there is always something you can do, and succeed at. It matters that you **don't just give up.**  
- Stephen Hawking  
Goalcast

(7)

ZYX CBA (You)

Mr. Ramsagar Yadav

Neha Dalal

Niraj Gupta

Others in the meeting (3)

