

प्रति,

प्राचार्य,
शासकीय माता शबरी नवीन कन्या
स्नातकोत्तर महाविद्यालय बिलासपुर (छ.ग.)

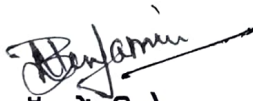
विषय : छात्राओं एवं अभिभावकों से प्राप्त फीडबैक 2021-22 के आधार पर
दिए गए सुझाव

महाविद्यालय में छात्राओं एवं अभिभावकों द्वारा निर्धारित प्रपत्र में प्राप्त फीडबैक अनुसार महाविद्यालय प्रबंधन एवं विभिन्न पाठ्यक्रमों से संबंधित सुझाव IQAC को प्राप्त हुए हैं।

महाविद्यालय में शैक्षणिक गुणवत्ता को बढ़ाने एवं प्रबंधन में कसावट लाने हेतु इन बिन्दुओं पर गंभीरता से विचार कर आवश्यक कार्यवाही की अपेक्षा की जाती है।


सुझाव निम्नानुसार है –

छात्राओं एवं अभिभावकों के सुझाव	पूरे किए गए कार्य
महाविद्यालय की व्यवस्था अच्छी है।	
छात्राओं के लिए अतिरिक्त कुर्सी-टेबल की व्यवस्था की जाए	छात्राओं के लिए अतिरिक्त कुर्सी-टेबल उपलब्ध कराई गई।
Job Opportunity related कार्यक्रम का आयोजन किया जाए।	Job Opportunity related कार्यक्रम का आयोजन किया जाएगा।
बी.एस.सी की कक्षा प्रारंभ की जाए।	महाविद्यालय में बी.एस.सी. की कक्षाएं आगामी सत्र से प्रारंभ हो जाएगी।


(डॉ. नाज़ बेंजामिन)

IQAC प्रभारी

शास.माता शबरी नवीन कन्या स्नातकोत्तर
महाविद्यालय बिलासपुर (छ0ग0)


(डॉ. आर.के. वर्मा)

प्राचार्य

शास.माता शबरी नवीन कन्या स्नातकोत्तर
महाविद्यालय बिलासपुर (छ0ग0)



कार्यालय प्राचार्य, शासकीय माता शबरी नवीन कन्या स्नातकोत्तर महाविद्यालय, बिलासपुर
पटवारी प्रशिक्षण के पास, सीपत रोड़ बिलासपुर (छत्तीसगढ़) बिलासपुर 495006, महाविद्यालय कोड क्रं. - 2804
e-mail id : gmsngc1989@gmail.com] www.gmsngcbasp.co.in

बिलासपुर, दिनांक - 08/10/2021

// सूचना //

मनोविज्ञान विभाग की ओर से स्नातक स्तर की छात्राओं का शैक्षणिक प्रतिबल, स्व-प्रत्यय, गृह-वातावरण का परीक्षण किया जायेगा एवं उन्हें प्रतिबल प्रबंधन के उपाय बताये जायेंगे।

सहायक प्राध्यापक
मनोविज्ञान

(डॉ. आर. के. वर्मा)

प्राचार्य

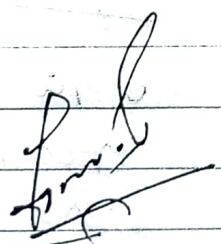
शासकीय माता शबरी नवीन कन्या स्नातकोत्तर
महाविद्यालय बिलासपुर (छ0ग0)

शैक्षिक प्रतिबल, गृहवातावरण एवं आत्म प्रयत्न का मापन

दिनांक 15.10.2021 को बी.ए., बी.बी.ए. एवं बी.कॉम की प्रथम वर्ष की छात्राओं में शैक्षिक प्रतिबल, गृहवातावरण एवं आत्म प्रयत्न प्रश्न पूरवाया गया एवं उन्हें शैक्षिक प्रतिबल प्रश्न का परामर्श प्रदान किया गया। निम्न विवरण निम्नानुगत है -

छात्रा का नाम	कक्षा	सहस्रक
सुरभ्य केंवरी	BCA 1 st	<u>Surabh</u>
नेहा मामिकपुरी	BCA 1 st	<u>Neha</u>
Bhushi Tiwari	BCA 1 st	<u>Bhushi</u>
Tripti Dewangan	BCA 1 st	<u>Tripti</u>
Anila Nalam	BCA 1 st	<u>Anila</u>
Anshika Korne	BCA 1 st	<u>Anshika</u>
Jaya Rao	BCA 1 st	<u>Jaya</u>
Pratima Tandon	BCA 1 st	<u>Pratima</u>
Harshika Swarnkar	BCA 1 st	<u>Harshika</u>
Shikhi Sethi	BCA 1 st	<u>Shikhi</u>

12)	अंजली साहू	B.C.A I Year	अंजली साहू
13)	निधि शर्मा	B.COM I year	निधि शर्मा
14)	पुष्पा शर्मा	B.Com I year	पुष्पा शर्मा
15)	सुमिषा चौहान	B.Com I year	सुमिषा चौहान
16)	जमुना यादव	B. com. I year	जमुना यादव
17)	हमलता कुंवर	B. Com. I Year	हमलता कुंवर
18)	मेधा कर्कवाल	B. Com. I year	मेधा कर्कवाल
19)	आंशुति कुंवर	B. Com. I year	आंशुति कुंवर
20)	साक्षी उपाध्याय	B.A. I year	साक्षी उपाध्याय
21)	रितु देवांगन	B. A. I year	रितु देवांगन
22)	भावना रामपूत	B.A. I year	भावना रामपूत
23)	श्रुवन्श्रवती साहू	B.A. I year	श्रुवन्श्रवती साहू
24)	राधिका साहव	B.A. I year	राधिका साहव
25)	नेहा अहिरवार	B.A. I year	नेहा अहिरवार
26)	सीमा निर्मलकर	B.A. I year	सीमा निर्मलकर
27)	कुसुम साहू	B.A. I year	कुसुम साहू
28)	जुगानिधी अग्र	B.A. I year	जुगानिधी अग्र
29)	अन्नपूर्णा देवांगन	B.A. I year	अन्नपूर्णा देवांगन
30)	प्रियांशी सिंह ठाकुर	B.A. I year	प्रियांशी सिंह ठाकुर
31)	वीणा साहव	B.A. I year	वीणा साहव

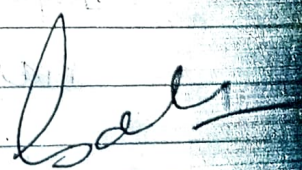


प्रधान

शा. माता अंबरी नवीन

क. मा. अनातकोशर मंड.

विलाजपुर



सहायक प्रधान

Session - 2021-22

The Practice

Methodology

Sample and sampling Technique - To comply with the objective of this study, 31 students were incidentally selected from Govt. Mata Shabari Naveen Girls College Bilaspur, All of them were agree to participate and thus were included in the sample. The following three tests was used in process of Counseling.

Academic Stress Scale (Ass) - Academic stress Scale made by the teacher. It has 50 items. The answers are awarded a score 5 marks to "Strongly Agree" 4 marks to "Agree" 3 marks to "Neutral", 2 marks to "Disagree" and 1 marks to "Strongly Disagree" responses.

Self-Concept - To measure the self-concept of the subjects SBP. The test is developed by Sherry, Verma and Goswami (1988).

Home Environment Inventory (HEI) - HEI is desigend to measure the psycho-social climate of home as perceived by the children. HEI prepared by misra (1989). HEI has 100 items. Likert scale belongs to five responses hamely mostly, often, sometime, Least Naver. Assign 4 marks to "Mostly", 3 marks to "offen", 2 marks to "Some time" , 1 mark to "least' and 0 marks to never response.

Procedure - the administration of the test was done on Contact by the girl students. Participants were assured that their responses will be kept confidential and only the Counseling would have access to their data. Self made academic stress scale was used to measure academic Stress in the college. There are 50 statements in this test. Five options have been given in front of each statement. The students were selected by incidents method. The sample size was 31 girls' students. The students were instructed that the measure your academic stress level, self-concept and home environment. Five options are given front of each statement of academic stress test and home environment test. It is to choose one of

these five options. Two options are given front of each statements of self-concept test. It is to choose one of these two options. Answer the each statements of self-concept test. It is to choose one of these two options. Answer the each statement. It is necessary that proper management of the seating of the girl students was done, the light and the atmosphere was kept calm. After the instructions were given to the girl students, she was given test and it was taken care that the girl students carefully filled their test and after doing the test the form was withdrawn and it was scored.

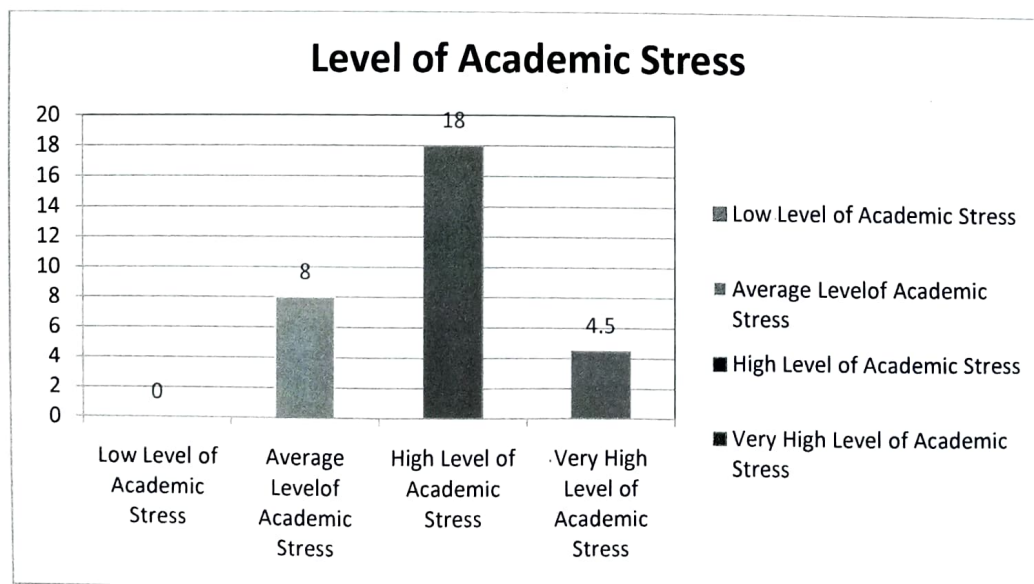
Statistical Analysis - In the present for analyzing the obtained data, the investigator has used frequency of self-concept, home-environment and academic stress.

Evidence of success.

Result and Discussion TABLE 1: Level of Academic stress.

Table.Level of Academic stress.

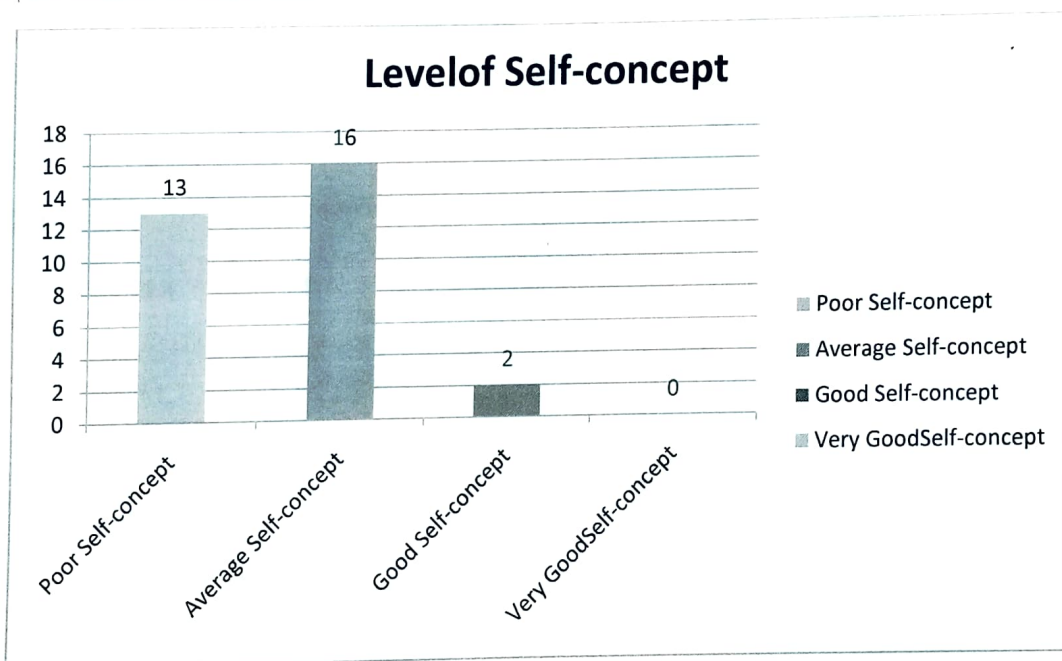
Score	Explain	Number of students
0-62	Low Level of Academic Stress	00
63-125	Average Level of Academic Stress	08
126-186	High Level of Academic Stress	18
187-250	Very High Level of Academic Stress	05



Above the table no-1 show that average level of academic stress experience in 8 girls students. High Level of academic stress in 18 students and only 05 students experience very high level of academic stress.

Table 2 Level of Self-concept

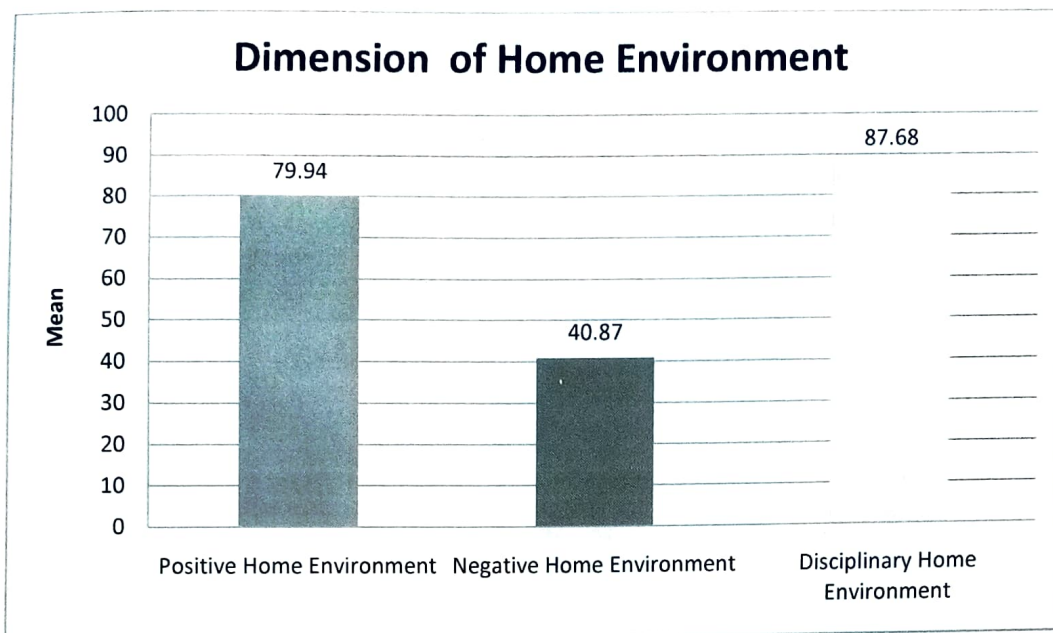
Raw Scores	Interpretation	Number of Students
21-26	Poor Self-concept	13
27-38	Average Self-concept	16
39-44	Good Self-concept	02
45 or above	Very Good Self Concept	00



Above the table no-2 show that poor level of Self-concept found in 13 girls students. Average level of self-concept found in 16 students. Only 02 students experience good self-concept.

Result of Home Environment

Number of Students	Positive Home Environment (Mean)	Negative Home Environment (Mean)	Disciplinary Home Environment (Mean)
31	79.94	40.87	87.68



Girls respondent have a mean positive home environment score of 79.99 negative home environment 40.87 and disciplinary score of 87.68.

Problems Encountered and Resources Required- Accordingly they are offer friendly Counseling and in healthy environment and Strategy Chalk out to deal with their Stress.

Management of High and Low Level of Academic stress- Do regular study. Discuss difficult subject matter with teacher and your friends. You can also use You tube, internet to slove your educational Problems. Make time table to study and follow it. At least 7 hours at night time be sure to take sleep. Give priority to green vegetables and whole grains in food. Do regular exercise and meditation so that your stress will decrease and physical and mental health will increase. To reduce your educational Stress, take Social support from parents and sibling. At some time in the day must do work according to your interest. Always try to be happy. Study the topic of the Chapter by dividing it into smaller parts, walk barefoot on green grass live in present moment. We do not learn anything new while sleeping by reading the subject matter which seems more difficult before going to sleep, so the memory of what we have read stays with us for a long time.

Low Self-Concept - We should always think positively about ourselves. Instead of getting troubled by the problem, try to find out a Solution for it. Work by setting small educational goals so that on achieving the goal, you get positive self-concept increases. Learn to believe in yourself. Always motivate yourself to learn new. Whenever you remember a subject always give a positive command to yourself that I will always remember this subject matter.

Negative and Disciplinarian Home-Environment - Whenever there is a quarrel between the Parents, you go away from there. Always try to keep yourself happy. Accept the low socio- economic status as a challenge and try to do good academic performance. Try to keep the atmosphere of the house happy with your Small efforts.

Limitations - The girls are hesitant and reluctant to share their Problems, fear and anxieties.

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