



MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR

(A Govt. Aided UGC Autonomous & NAAC A++ Accredited Institute Affiliated to RGPV, Bhopal)

Gola ka Mandir, Gwalior - 474005, Madhya Pradesh, India

**TOPIC: ANXIETY AND PEER PRESSURE FOR GOAL
SETTING**

EVENT DATE:05-02-2024

DEPARTMENT: ELECTRONICSENGINEERING

TIMING:4PM -5PM

**SPEAKER: DR. SAPNA KUMARI, STUDENT COUNSELLOR,
MITS**

Coordinators

Dr. Karuna Markam

Prof. Pooja Sahoo

**Assistant Professor
Electronics Engineering Department**

INTRODUCTION

Peer pressure is when the people around influence our decisions and behavior. Peer pressure varies a lot person by person due to the different surrounding influences. Peer pressure can come from any surrounding influence like friends, social media, family, etc. Peer pressure is something that everyone should be aware of when preparing to create new relationships. The constant effort to fit in can create anxiety and also interior with goal setting.

AIM

The group session was an awareness session aimed at resolving conflicts, modifying behaviour of students, boosting confidence, reducing anxiety and motivating the students for goal setting.

OBJECTIVES

1. To understand the positive and negative peer pressure and discover the ways of managing it
2. To make them learn about the potential effects of peer pressure on mental health and ways to manage it.
3. To help them to identify signs of anxiety in self and spot the signs of it in others.
4. To make them aware regarding whom to ask for advice and where to look for guidance.
5. To make them learn strategies to help them manage peer pressure and setting priorities in life.

OUTCOMES

1. Students learned how to spot the positive and negative peer pressure.
2. Student learned ways to deal with it.
3. Student learned to manage friendship goals and academic goals.

Prof. Pooja Sahoo



Dr. Karuna Markam





ATTENDANCE

Expert Talk / Counselling Session
Anxiety and Peer Pressure for Grad Settle
Attendance (05/02/24)

| S.No. | Name of Student | Enrollment No. | Signature |
|-------|----------------------------------|----------------|-----------------------|
| 1. | RAHUL JADHAV | 0901ET231053 | <u>Rahav</u> |
| 2. | PRASHANT ATAL | 0901ET231049 | <u>Prashant</u> |
| 3. | Shiv Pratap Singh Raghuvanshi | 0901ET231069 | <u>Shiv</u> |
| 4. | Yashika Hansana | 0901ET221078 | <u>Yashika</u> |
| 5. | Neha Yadav | 0901ET221040 | <u>NH</u> |
| 6. | Yogesh Kumar | 0901EC231156 | <u>Yogesh</u> |
| 7.) | Tarun Kushwaha | 0901EC231139 | <u>Tarun Kushwaha</u> |
| 8 | Ujjwal Yadav | 0901EC231145 | <u>Ujji</u> |
| 9 | Sandeep Singh Rawjara | 0901EC231111 | <u>Sandeep</u> |
| 10) | Vikas Phate | 0901EC231151 | <u>Vulka</u> |
| 11) | Vivek Prasad | 0901EC231154 | <u>Vivek Prasad</u> |
| 12) | Pulastya Bhagwat | 0901EC231097 | <u>Pulastya</u> |
| 13) | Vinayak Tomar | 0901EC231152 | <u>Tomar</u> |
| 14) | S. Dhruv Carpenter | 0901EC231197 | <u>Siddharth</u> |

Expert talk Cum Counselling session
Anxiety and Peer Pressure for Goal Setting

Attendance 05/02/24

| S.No. | Name of student | Enrollment No | Signature |
|-------|-----------------------|---------------|---------------------------------|
| 1. | Shubham Kain | 0901ET231066 | <u>Syubre</u> <u>(Sain)</u> |
| 2. | Soham Subhadan | 0901ET231068 | <u>(S)</u> <u>(Soham)</u> |
| 3. | Pyramod Kushwaha | 0901ET231047 | <u>(P)</u> <u>(Pyramod)</u> |
| 4. | Nishkash Sharma | 0901ET221041 | <u>(N)</u> <u>(Nishkash)</u> |
| 5. | Rishabh Sitarwas | 0901ET 221059 | <u>(R)</u> |
| 6. | Rajveer Tiwari | 0901ET 221051 | <u>(R)</u> |
| 7.) | Shubham Jain | 0901EC 231225 | <u>(S)</u> <u>(Shubham)</u> |
| 8) | Karsh Srivastava | 0901ET221074 | <u>(K)</u> <u>(Karsh)</u> |
| 9) | Jyendra Varsh | 0901ET221023 | <u>(J)</u> <u>(Jyendra)</u> |
| 10) | Suraj Singh Narwariya | 0901ET231071 | <u>(S)</u> <u>(Suraj)</u> |
| 11) | Sachin Sharma | 0901ET231056 | <u>(S)</u> <u>(Sachin)</u> |

Expert talk / Counseling session
Anxiety and Peer Pressure for Goal Setting

Attendance 05/02/24

| S.No. | Name of Student | Enrollment No. | Signature |
|-------|--------------------|----------------|-----------------|
| 1. | Niharvi Shivastava | 0901ET231041 | <u>Niharvi</u> |
| 2. | Prachi Kushwaha | 0901ET231046 | <u>Prachi</u> |
| 3. | Palak Shrivastava | 0901ET231044 | <u>Palak</u> |
| 4. | Saumya Tiwari | 0901EC231117 | <u>Saumya</u> |
| 5. | Mehtak Rajpoot | 0901EC231077 | <u>Mehtak</u> |
| 6. | Saksham Dubey | 0901EC231108 | <u>Saksham</u> |
| 7. | Shouya Singh | 0901EC231123 | <u>Shouya</u> |
| 8.) | Raghav Sharma | 0901ET231052 | <u>Raghav</u> |
| 9.) | Shivansh Singh | 0901ET231066 | <u>Shivansh</u> |
| 10.) | Abhay Pradip Singh | 0901ET231001 | <u>Abhay</u> |
| 11.) | Anurag Dangi | 0901ET231010 | <u>Anurag</u> |