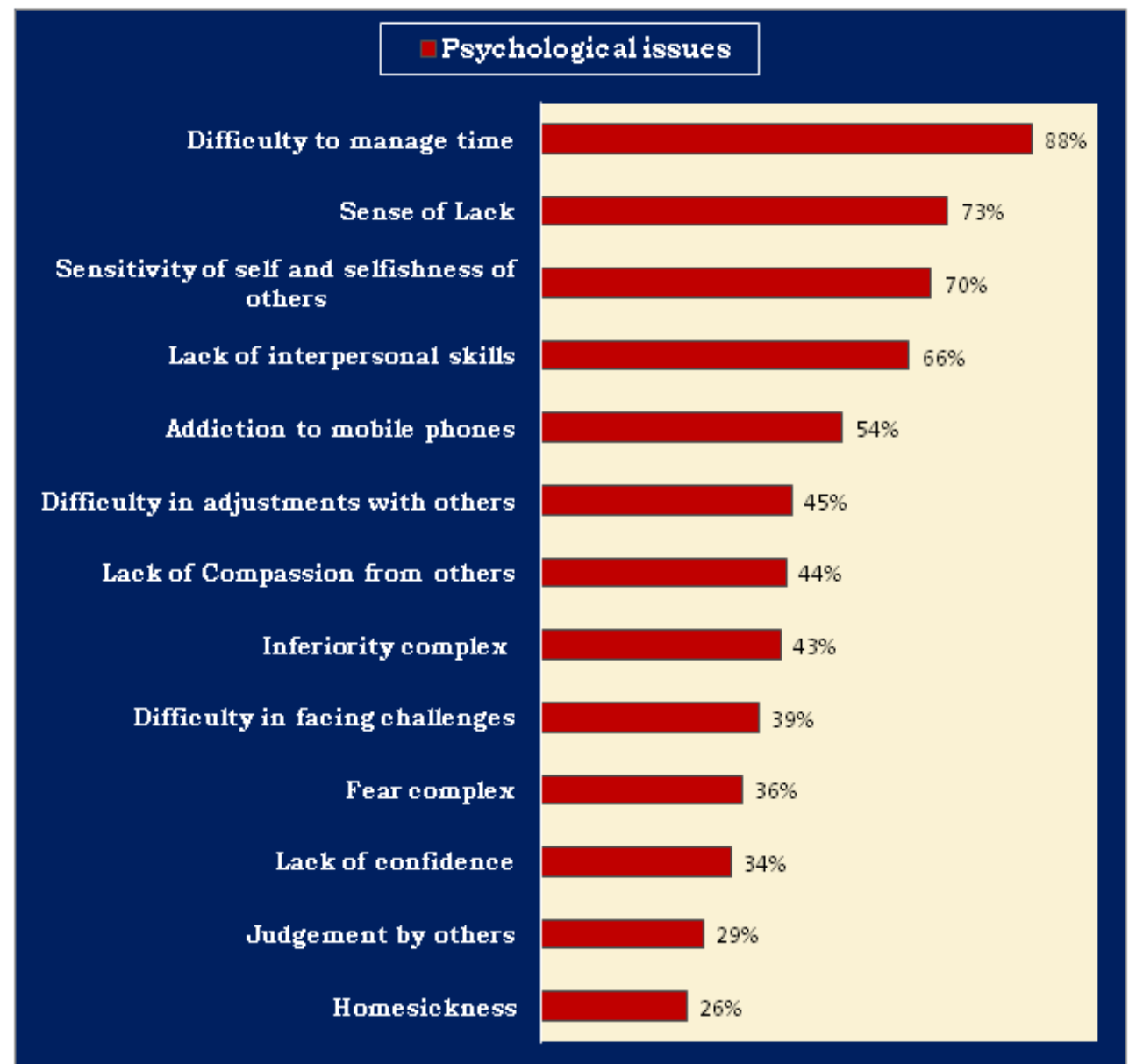
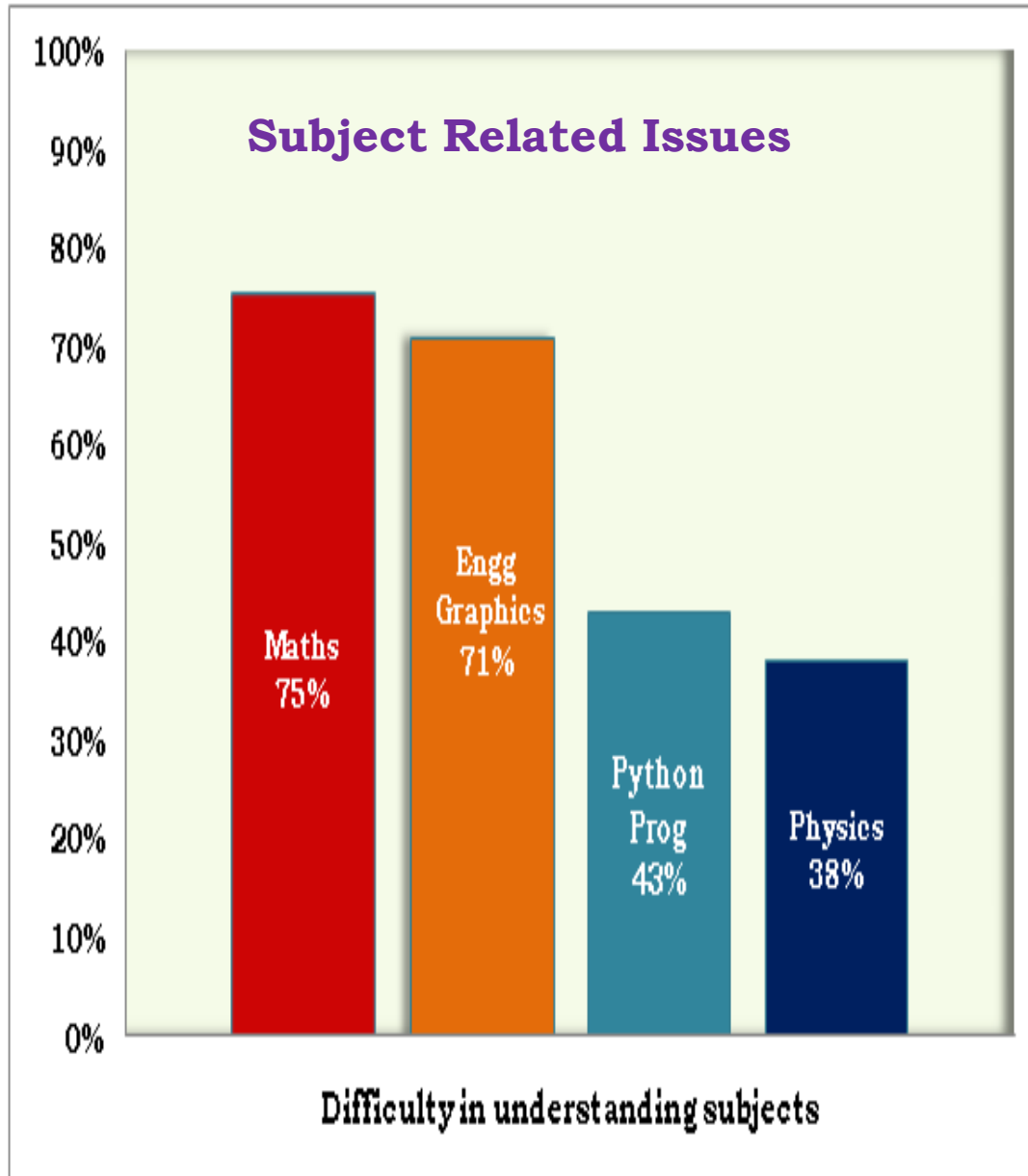


## Wellness Centre

### First Years Students 2018-2019

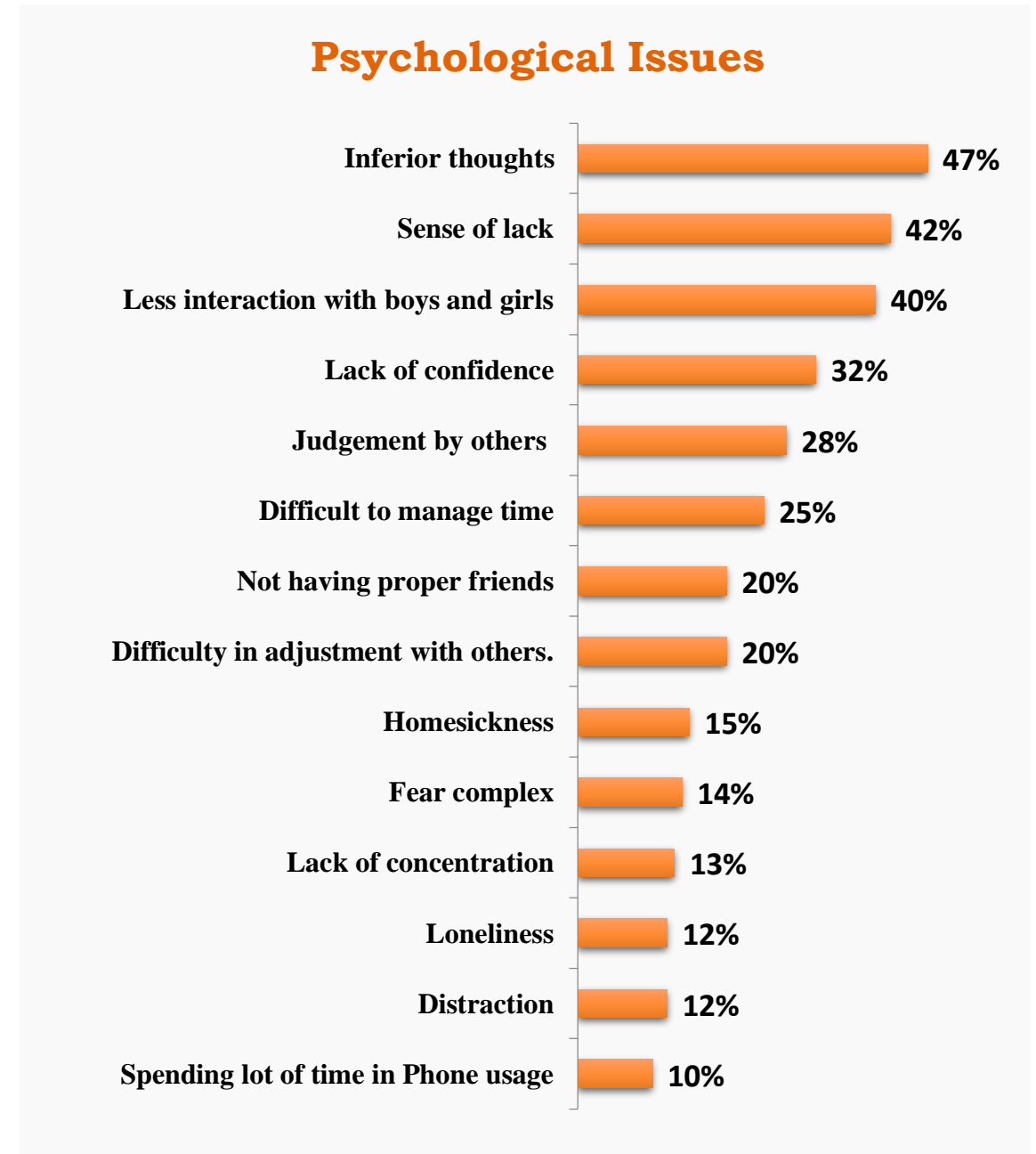
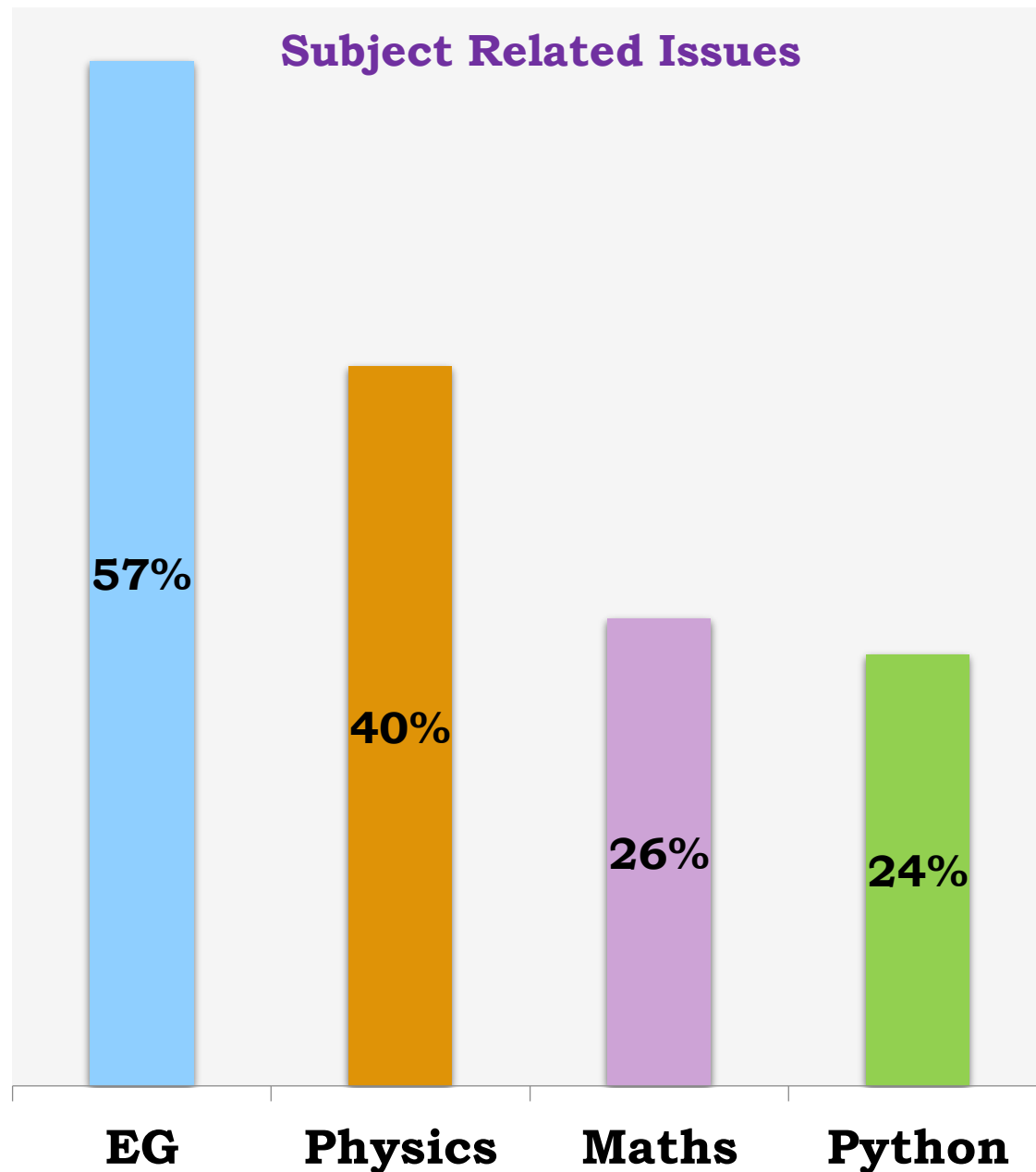


**No. of students – 287**



## Wellness Centre

### First Years Students 2019-2020



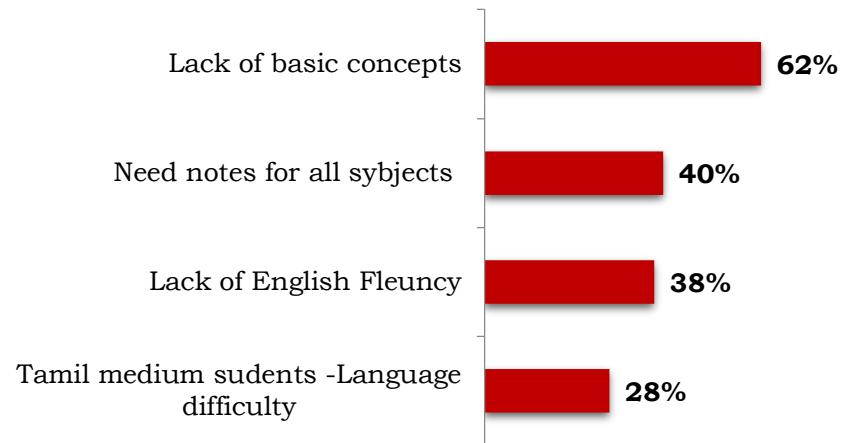
No. of students – 260



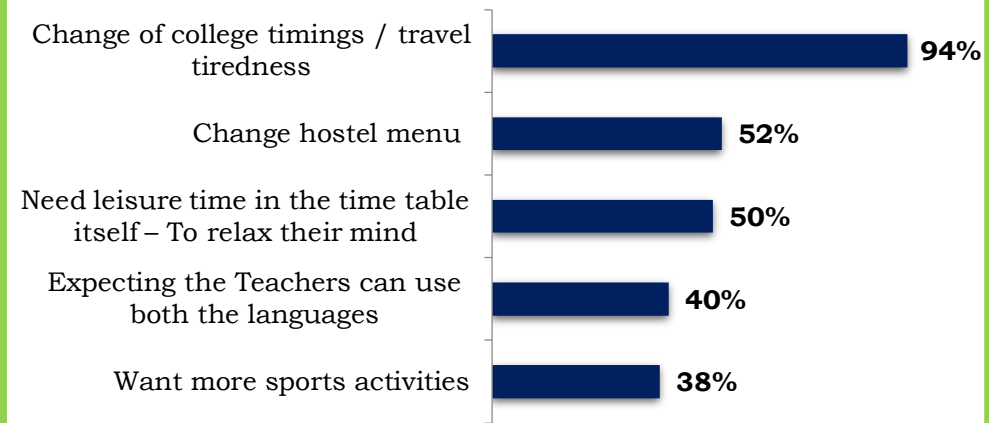
## Wellness Centre

### First Years Students 2022-2023

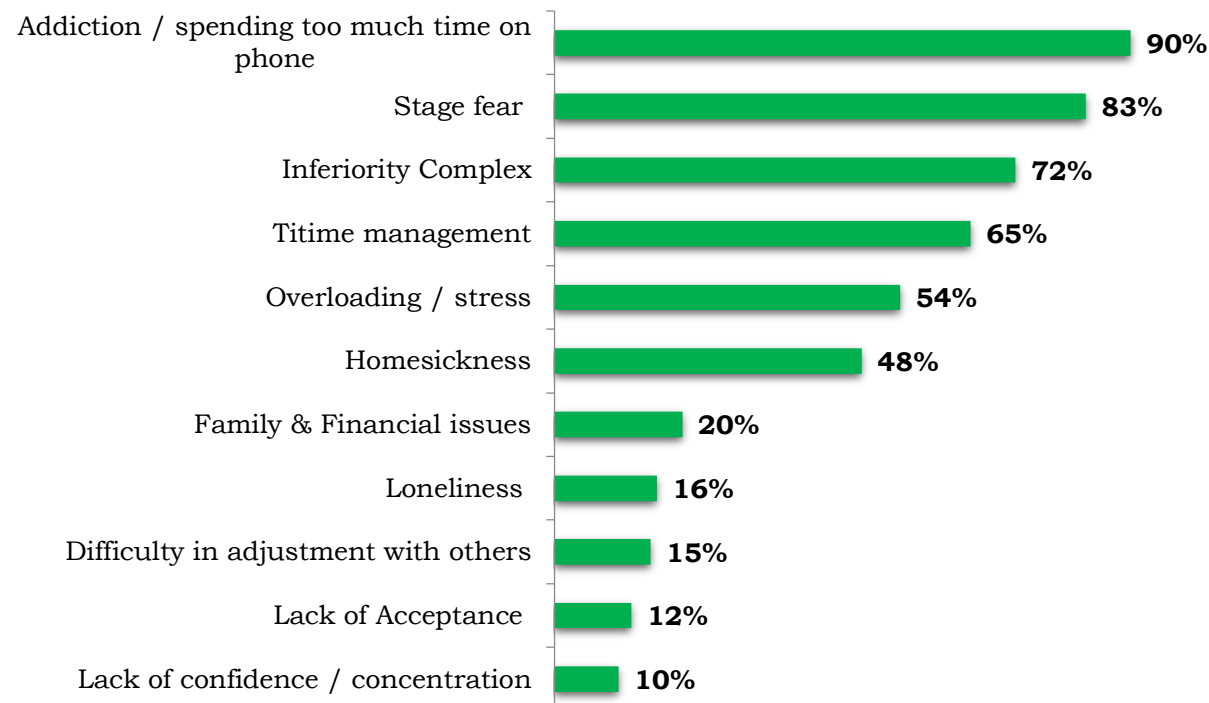
#### Learning Related Issues



#### Expectations from the Institution



#### Psychological Issues



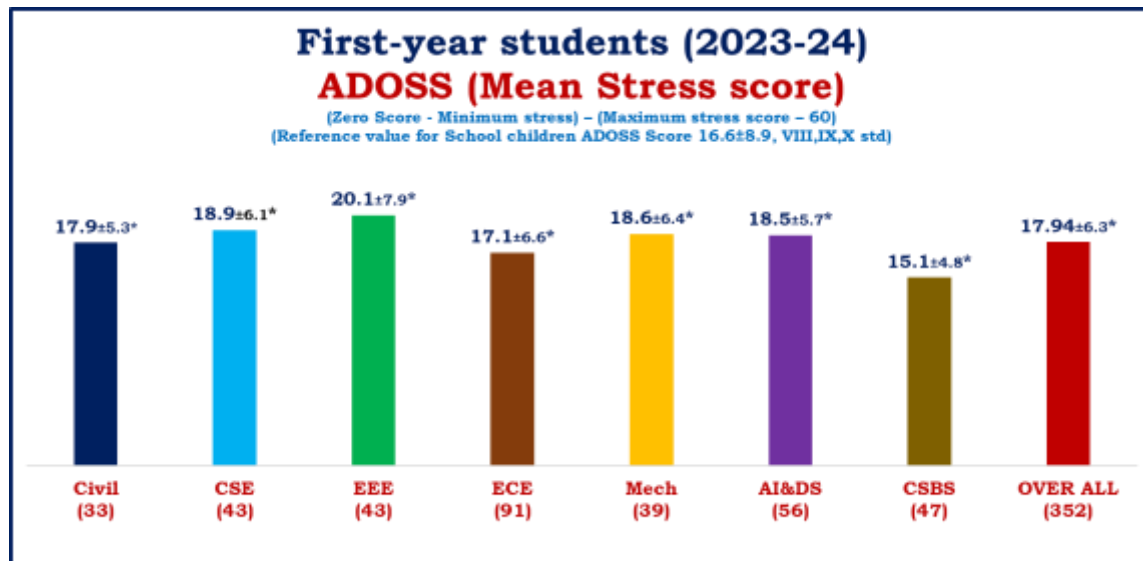
No. of students – 385



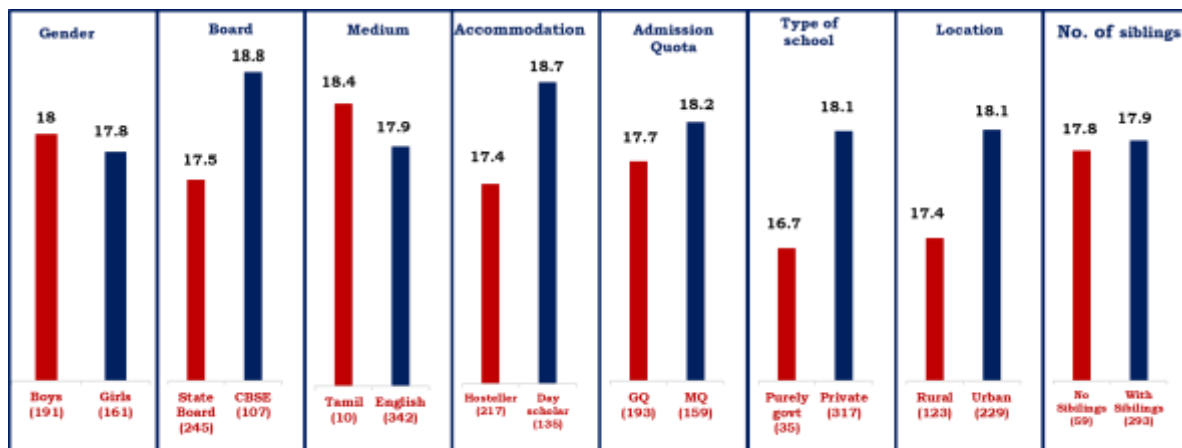
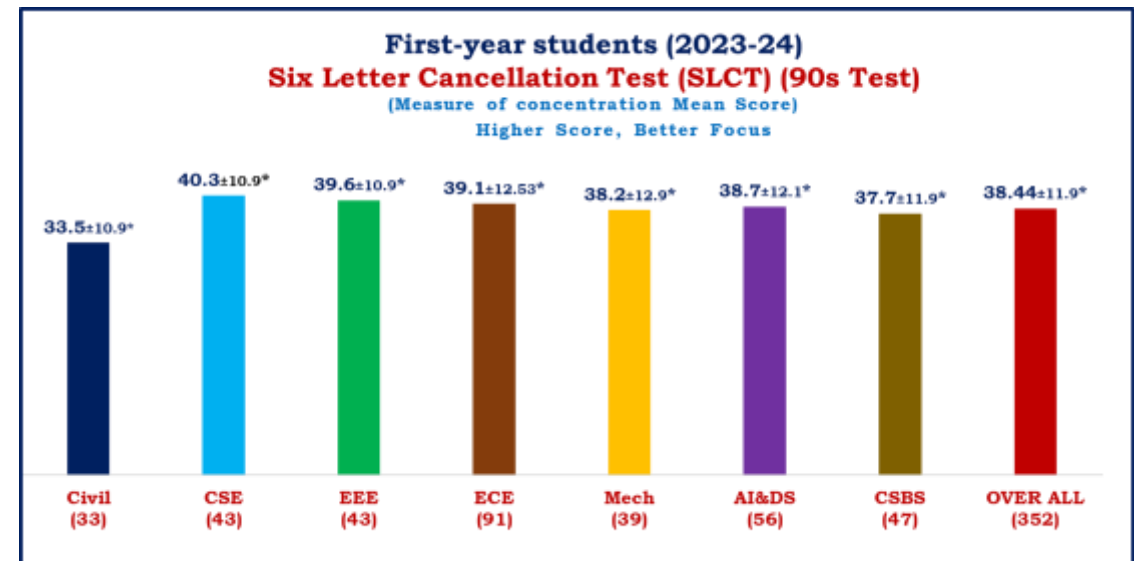
## Wellness Centre

### First Years Students 2023-2024

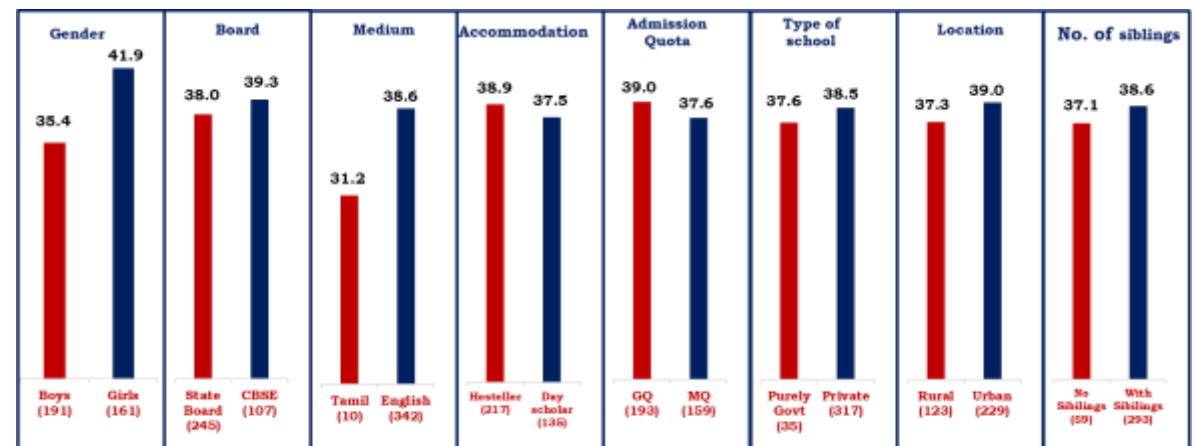
#### Adolescent Stress Scale



#### Letter Cancellation Test (LCT)



Reference: Harish Ranjani, Narayanaswamy Jagannathan, Tina Rawal et.al "The Impact Yoga on Stress, Metabolic Parameters, and Cognition of Indian Adolescents: Cluster Randomized Controlled Trial" Integrative Medicine Research, Vol: 12, Issue: 3, 2023



Reference: Dr Bhagaban Bhuyan, Dr Prafulla Kumar Mishra, Effect of Yoga on Performance in a Letter-cancellation Task Under Academic Examination Stress, IOSR Journal of Research & Method in Education, Vol:2, Issue 5, 2013 PP: 34-37