



B. L. D. E. ASSOCIATION'S

S. B. ARTS AND K. C. P. SCIENCE COLLEGE

Smt. Bangaramma Sajjan Campus, Shri B. M. Patil Road (Solapur Road), Vijayapur-586 103

Accredited with CGPA of 2.99 at 'B' Grade in 4th Cycle by NAAC

(Affiliated to Rani Channamma University, Belagavi)

Phone: (08352) 262770, Extn. 2223, 2224

Website: www.bldensbkcp.ac.in E-mail: bldensbkcp@gmail.com



Student Counseling Cell

Notice

20/07/2023

Dear Students of IV semester, It is kind information that Student Counseling Cell of the college is organizing an event to measure the stress level using a psychometric tool, PERCEIVED STRESS SCALE. So, all the interested students can attend this activity on 24th July, 2023 at 10:00 am in the SH1.

M3
20.7.23

CHAIRMAN
Student Counseling Cell

IQAC, Co-ordinator
S.B.Arts & K.C.P.Science College,
Vijayapur.

Principal,
S.B.Arts & K.C.P. Science College,
VIJAYAPUR.



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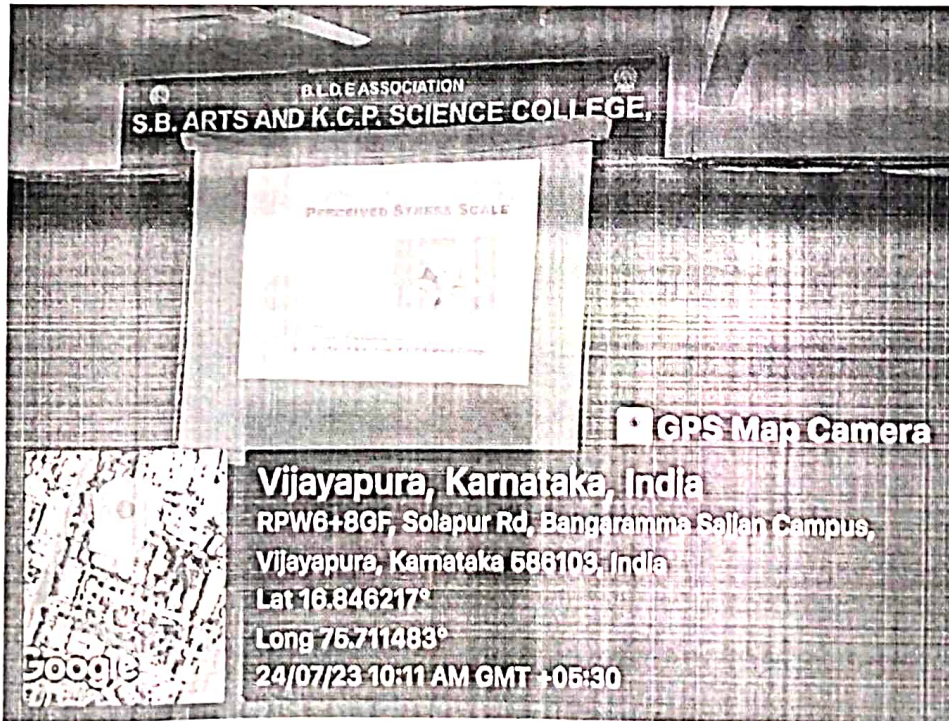


Date: 25/07/2023

Perceived Stress Measurement

Stress is a state of worry or tension caused by response to the situations. Little stress helps us to work in better way. But too much stress is harmful to the mental health. The way we respond to the stressful situations will affect our overall well being.

In order to address the perceived stress in students, college's Students Counseling Cell conducted the activity to measure the stress level using Perceived Stress Scale psychometric tool.



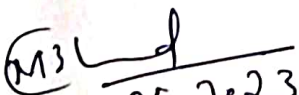
On 24th of July 2023, this activity is conducted. This activity is coordinated by Mrs. Malati Chanagond and Miss. Soumya Muttagi. 124 students of B.SC IV semester have participated. Out of 124 students 13 students showed low level stress, 96 students showed moderate level stress, 15 students showed high level stress. The data of PSS Score and stress level is collected through a google form having the link-

<https://forms.gle/qhSAv2knNn66EXWZ9>

About Perceived Stress scale :

A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.


25.7.23

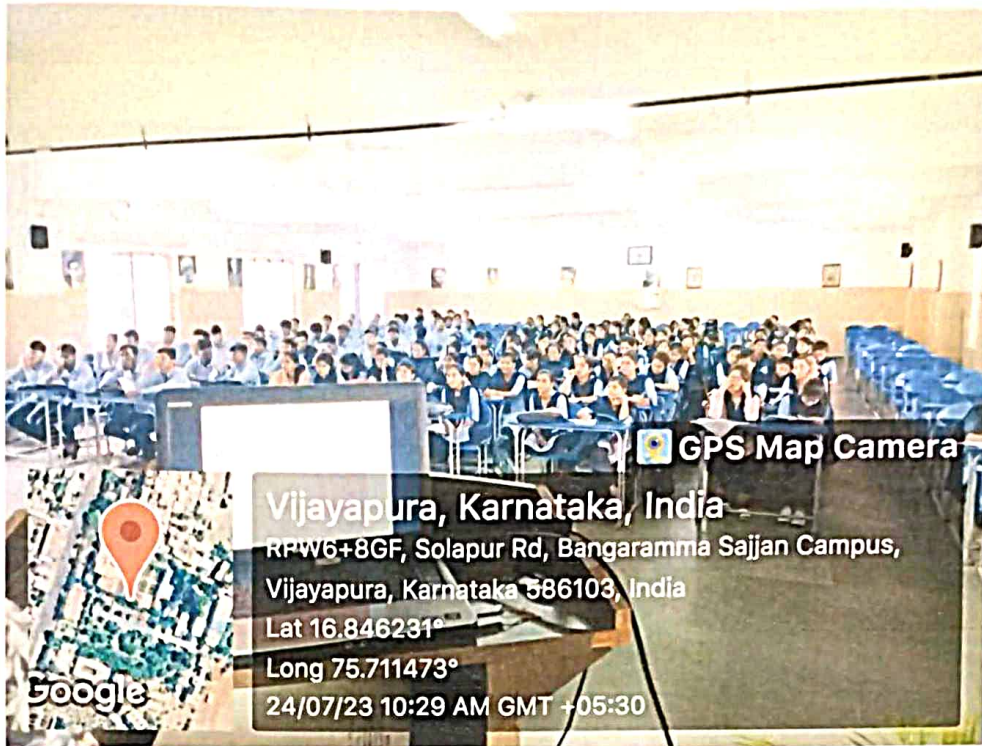
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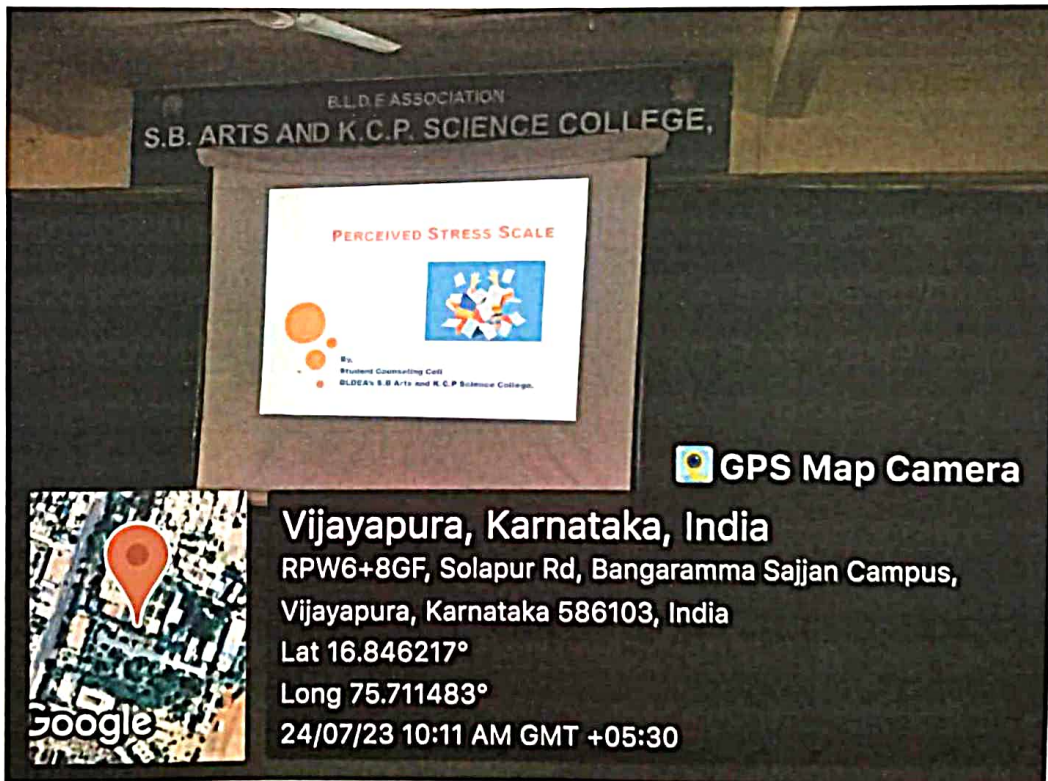
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GPS Map Camera

Vijayapura, Karnataka, India
 RPW6+8GF, Solapur Rd, Bangaramma Sajjan Campus,
 Vijayapura, Karnataka 586103, India
 Lat 16.846231°
 Long 75.711473°
 24/07/23 10:29 AM GMT +05:30

Google



GPS Map Camera

Vijayapura, Karnataka, India
 RPW6+8GF, Solapur Rd, Bangaramma Sajjan Campus,
 Vijayapura, Karnataka 586103, India
 Lat 16.846217°
 Long 75.711483°
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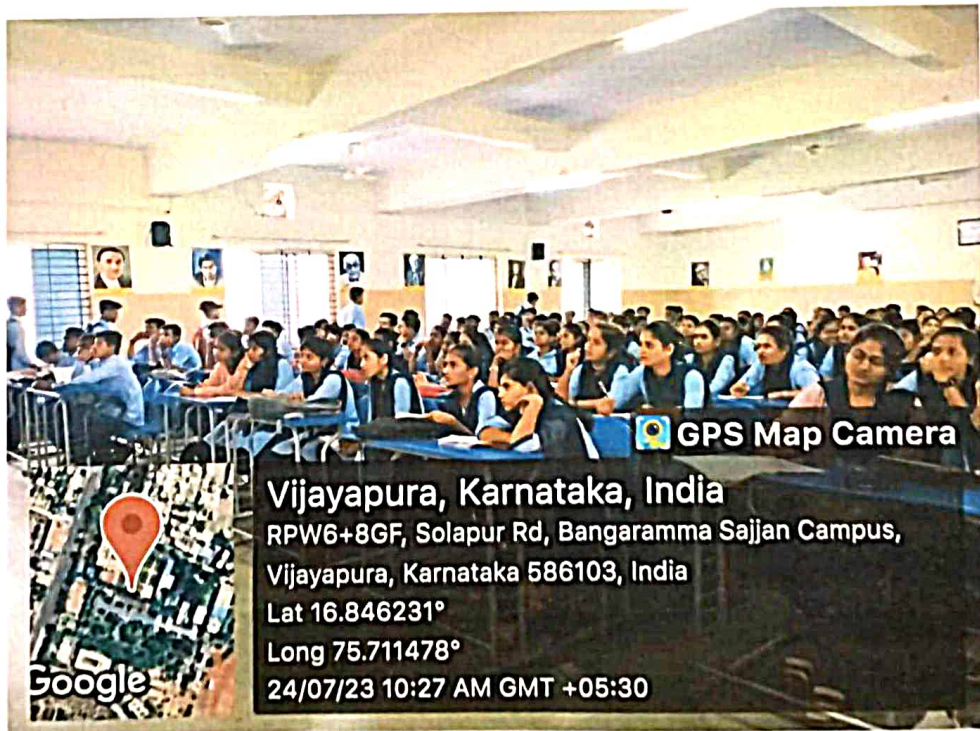
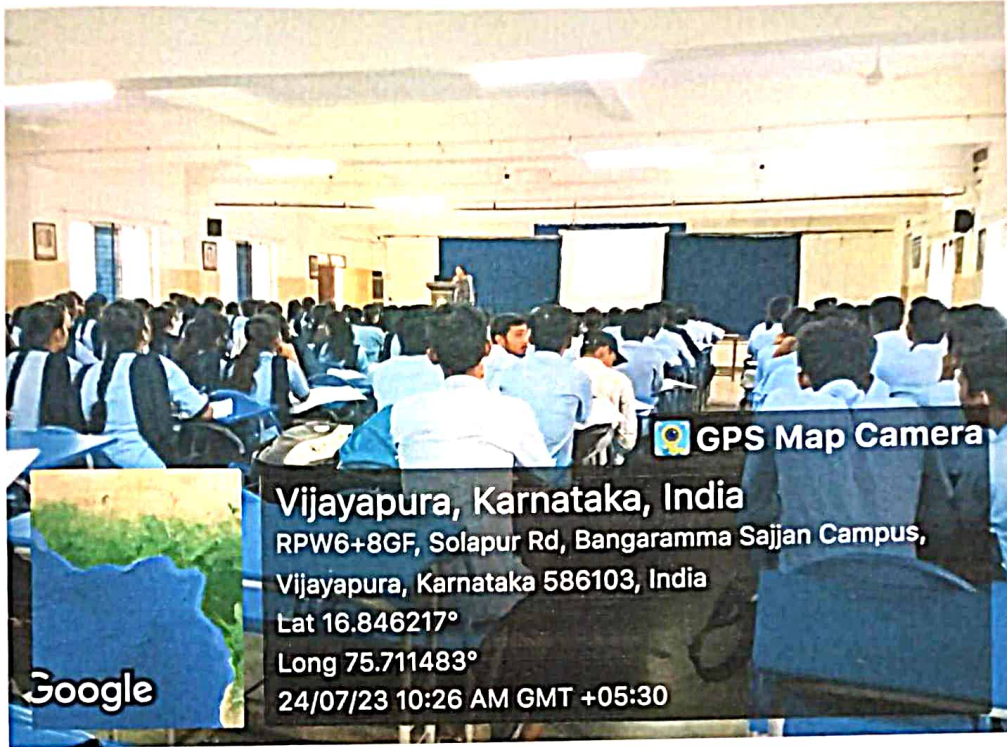
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Photo : Students attempting PSS Test



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25/7/23

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Questionnaire of PSS

For each question choose from the following alternatives:

0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

1. In the last month, how often have you been upset because of something that happened unexpectedly? _____
2. In the last month, how often have you felt that you were unable to control the important things in your life? _____
3. In the last month, how often have you felt nervous and stressed?

4. In the last month, how often have you felt confident about your ability to handle your personal problems? _____
5. In the last month, how often have you felt that things were going your way? _____
6. In the last month, how often have you found that you could not cope with all the things that you had to do? _____
7. In the last month, how often have you been able to control irritations in your life? _____
8. In the last month, how often have you felt that you were on top of things? _____
9. In the last month, how often have you been angered because of things that happened that were outside of your control? _____
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Figuring Your PSS Score

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:

0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

- Now add up your scores for each item to get a total. My total score is _____.
- Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.
 - ▶ Scores ranging from 0-13 would be considered low stress.
 - ▶ Scores ranging from 14-26 would be considered moderate stress.
 - ▶ Scores ranging from 27-40 would be considered high perceived stress.

The Perceived Stress Scale is interesting and important because your perception of what is happening in your life is most important. Consider the idea that two individuals could have the exact same events and experiences in their lives for the past month. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

Disclaimer: The scores on the following self-assessment do not reflect any particular diagnosis or course of treatment. They are meant as a tool to help assess your level of stress. If you have any further concerns about your current well-being, you may contact EAP and talk confidentially to one of our specialists.

List of Students with PSS Score and Stress level

Sl.No	Name of the Student	UUCMS No.	PSS score	Stress level
1	Suraj Kuppi	U15KM21S0417	6	Low
2	Veeresh Angadi	U15KM21S0443	6	Low
3	Chetan bagali	U15km21s0329	6	Low
4	Siddarth patil	U15KM21S0229	8	Low
5	Vinayak Dattatray Kulkarni	U15KM21S0156	8	Low
6	Munishwar patil	U15KM21S0572	9	Low
7	Shreenivas	U15KM21S0401	10	Low
8	Rahul	U15KM21S0507	10	Low
9	Akash Vijayakumar wali	U15KM21S0020	10	Low
10	Kaveri uppar	U15km21S0296	10	Low
11	Aspakali jakatadar	U15KM21S0224	11	Low
12	Siddaram Tillihal	U15KM21S0481	11	Low
13	Rajashree Revansidda uppar	U15KM21S0323	12	Low
14	Mallikarjun kallappa tambad	U15KM21S0290	14	Moderate
15	Pooja M	U15KM21S0476	14	Moderate
16	Vaishnavi V Padatare	U15KM21S0510	15	Moderate
17	SOUMYA PATIL	U15KM21S0408	15	Moderate
18	Manjunath Madivalappa Dhavalagi	U15KM21S0131	15	Moderate
19	Apoorva Awati	U15KM21S0098	16	Moderate
20	Rekha	U15KM21S0379	16	Moderate
21	Pavitra sattigeri	U15KM21S0117	16	Moderate
22	Daneshwari Bhovi	U15KM21S0319	16	Moderate

23	Bhagesh Devakate	U15KM21S0073	17	Moderate
24	Danesh R Awati	U15KM21S0445	17	Moderate
25	Chadachan Aishwarya Tammaray	U15KM21S0533	17	Moderate
26	Shrusti sindagi	U15KM21S0331	17	Moderate
27	Megha S Sayagavi	U15km21S0252	17	Moderate
28	Akash rajaput	U15KM21S0327	17	Moderate
29	Kalavati Gajakosh	U15KM21S0570	17	Moderate
30	Keertana K Jayakkanavar	U15KM21S0157	17	Moderate
31	Sonuknvar Rajput	U15KM21S0196	18	Moderate
32	Madhu Baratagi	U15KM21S0471	18	Moderate
33	Channabasavaraj.Minajagi.	U15km21so373	18	Moderate
34	Bhavani hadapad	U15KM21S0184	18	Moderate
35	Ruchita kundargi	U15KM21S0135	18	Moderate
36	Sarparaj	U15KM21S0185	18	Moderate
37	Vikas Totad	U15KM21S0003	18	Moderate
38	Sushmita vaggi	U15KM21S0363	18	Moderate
39	Sachin m chouri	U15KM21S0394	18	Moderate
40	Nikhita s vijapur	U15KM21S0130	19	Moderate
41	Pooja Ningamani	U15KM21S0116	19	Moderate
42	Bhagyashree havinal	U15KM21S0446	19	Moderate
43	Pruthvi allagi	U15KM21S0206	19	Moderate
44	Uma Padanad	U15KM21S0023	19	Moderate
45	Anusha	U15KM21S0314	19	Moderate
46	MUBARAK MULLA	U15KM21S0450	19	Moderate
47	Shruti shapur	U15KM21S0244	19	Moderate
48	Manjunath Ankalagi	U15KM21S0053	20	Moderate

49	Sadhana Patil	U15KM21S0288	20	Moderate
50	Sanketa Karajagi	U15KM21S0404	20	Moderate
51	Abhishek kolakar	U15KM21S0295	20	Moderate
52	Bhagyashri s mudnur	U15KM21S0144	20	Moderate
53	Akash sindoor	U15KM21S0270	20	Moderate
54	Rani Biradar	U15km21S0186	20	Moderate
55	Vishwanath K Malasiddanavar	U15KM21S0216	20	Moderate
56	Priya Sunil chikkannavar	U15KM21S0112	21	Moderate
57	Shivani B Ghadage	U15KM21S0444	21	Moderate
58	Savitri jambagi	U15KM21S0267	21	Moderate
59	Pooja	U15MY21S0086	21	Moderate
60	Lakshmi Hosur	U15KM21S0347	21	Moderate
61	Kaveri Ravi Mundewadi	U15KM21S0066	21	Moderate
62	Bhagyashree Malipatil	U15km21s0316	21	Moderate
63	Suraj patil	U15KM21S0397	21	Moderate
64	MSiddanagoud Siddalingappa Biradar	U15KM21S0386	22	Moderate
65	Suma Poddar	U15KM21S0103	22	Moderate
66	Priyanka chavan	U15KM21S0119	22	Moderate
67	Bhagyashree.Iranna.Myageri	U15KM21S0154	22	Moderate
68	Netra kakasab patil	U15KM21S0578	22	Moderate
69	Kavya budihal	U15km21s0081	22	Moderate
70	Bhavani	U15NB21S0129	22	Moderate
71	Poornima m wali	U15KM21SO46	22	Moderate
72	Sushmita biradar	U15km21SO554	22	Moderate
73	Aishwarya Addodagi	U15KM21S0009	22	Moderate

74	Kavya s Garasangi	U15KM21S0454	22	Moderate
75	Pooja kallur	U15KM21S0259	23	Moderate
76	Basavaraj handral	U15KM21S0381	23	Moderate
77	Metre Aishwarya Siddaram	U15KM21S0382	23	Moderate
78	RAKSHITA NESUR	U15KM21S0276	23	Moderate
79	Mahantesh S Zalaki	U15KM21S0087	23	Moderate
80	Vinayak Kubakaddi	U15KM21S0217	23	Moderate
81	Laxmi B Biradar	U15KM21S0430	23	Moderate
82	Shreeshail	U15km21s0376	23	Moderate
83	Pooja Giramallappa Teli	U15KM21S0343	23	Moderate
84	Bhanu kuvar Rajput	U15KM21S0236	23	Moderate
85	Saleem Mujawar	U15KM21SO164	24	Moderate
86	Vinayak hundekkar	UI5KM21S0082	24	Moderate
87	Aishwarya Joshi	U15KM21S0439	24	Moderate
88	Aparna Kannur	U15KM21S0299	24	Moderate
89	Bhagyashree Ningappa Jatti	U15KM21S0509	24	Moderate
90	Anusha Angadi	U15KM21S0260	24	Moderate
91	Tejashwini	U15KM21S0562	25	Moderate
92	Bhimashankar	U15KM21S0428	25	Moderate
93	Rahul	U15KM21S0472	25	Moderate
94	Sujata	U15KM21S0015	25	Moderate
95	Kavya shantappa hebbal	U15KM21S0474	25	Moderate
96	RUTIK MARUTI CHAVAN	U15KM21S0301	25	Moderate
97	Akshata ingaleshwar	U15km21s0013	25	Moderate
98	Ankita V Goranal	U15KM21So166	25	Moderate
99	Roopa	U15KM21SO571	25	Moderate

100	Rakesha alamela	U15KM21S0311	25	Moderate
101	Ramya kadakol	U15KM21S0418	26	Moderate
102	Pranoti Kulkarni	U15KM21S0285	26	Moderate
103	Vidyashree B Patil	U15KM21S0059	26	Moderate
104	Arpita solapur	U15KM21S0332	26	Moderate
105	Shivasharanappa	U15KM21S0055	26	Moderate
106	Shashank	U15KM21S0113	26	Moderate
107	Bhagyalaxmi mendegar	U15KM21S0287	26	Moderate
108	SHAKUNTALA HUDDAR	U15KM21S0250	26	Moderate
109	Sahana Thoke	U15KM21S0213	26	Moderate
110	Megha Biradar	U15KM21S0318	27	High
111	Daneshwari M Guggari	U15KM21S0422	27	High
112	Pallavi Basavaraj umarani	U15KM21S0258	27	High
113	Sangamesh Taranal	U15KM21S0313	27	High
114	Arun Dharmu Chavan	U15KM21S0046	28	High
115	Shreya dengi	U15KM21S0240	28	High
116	Kabirdas kashinath talakeri	U15KM21S0045	28	High
117	MEGHA A NATIKAR	U15KM21S0514	28	High
118	Shilpa Manjunath Alyal	U15KM21S0286	28	High
119	Bhagyashree S Biradar	U15KM21S0326	28	High
120	Samarth Duttaragavi	U15KM21S0220	29	High
121	Shafiya ramali	U15KM21S0225	31	High
122	Sanika kadam	U15km21s0109	31	High
123	Priyanka Nidoni	U15KM21S0563	31	High
124	Sahana pattar	U15KM21S0564	32	High

M3
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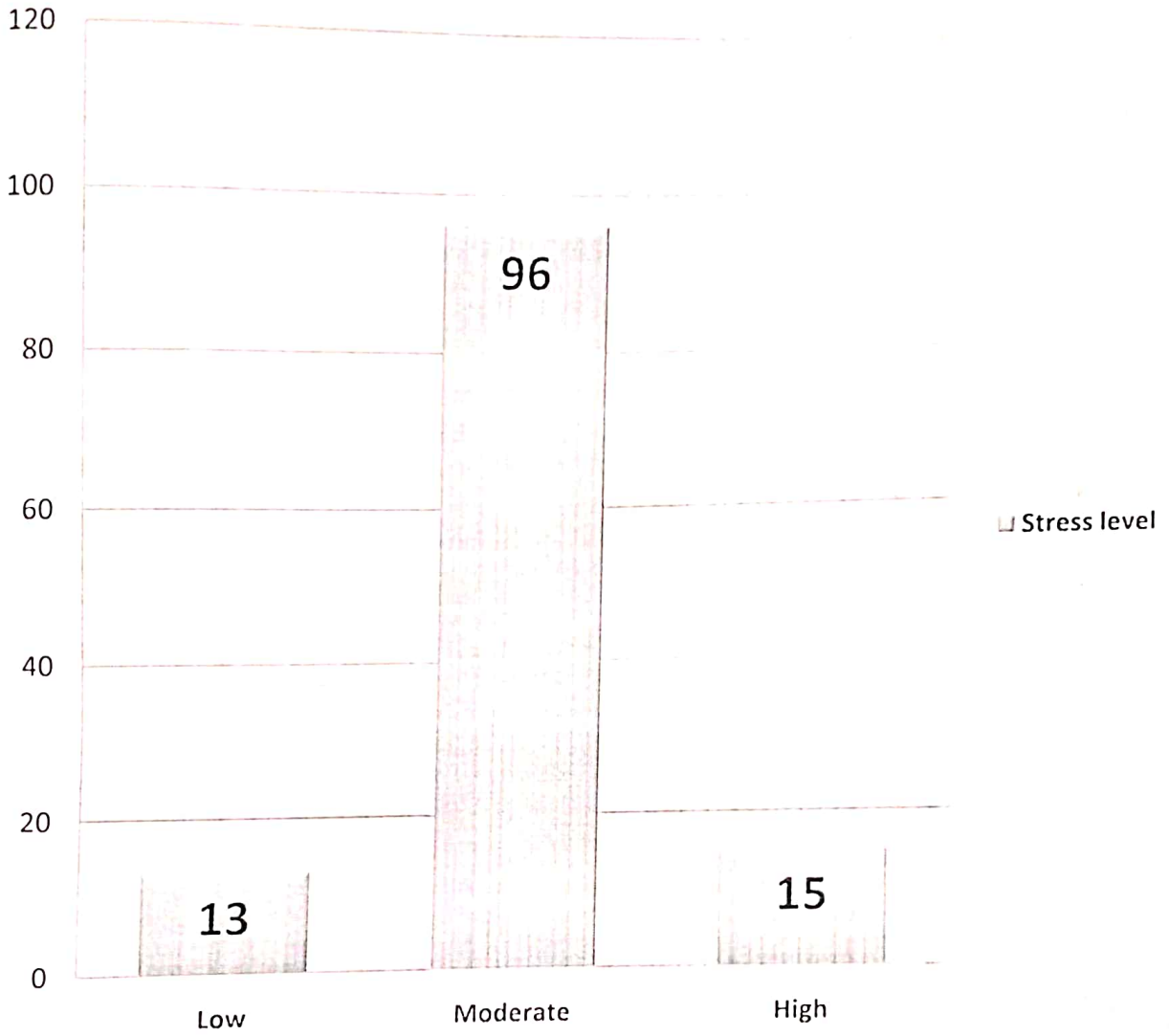


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Stress level



List Students having high level Stress

Following students are identified having high stress , for these students some stress relieving activities are suggested, followed by counseling session in group.

Sl.No	Name of the Student	UUCMS No	Score	Stress level
1.	Megha Biradar	U15KM21S0318	27	High
2.	Daneshwari M Guggari	U15KM21S0422	27	High
3.	Pallavi Basavaraj umarani	U15KM21S0258	27	High
4.	Sangamesh Taranal	U15KM21S0313	27	High
5.	Arun Dharmu Chavan	U15KM21S0046	28	High
6.	Shreya dengi	U15KM21S0240	28	High
7.	Kabirdas kashinath talakeri	U15KM21S0045	28	High
8.	MEGHA A NATIKAR	U15KM21S0514	28	High
9.	Shilpa Manjunath Alyal	U15KM21S0286	28	High
10.	Bhagyashree S Biradar	U15KM21S0326	28	High
11.	Samarth Duttaragavi	U15KM21S0220	29	High
12.	Shafiya ramali	U15KM21S0225	31	High
13.	Sanika kadam	U15km21s0109	31	High
14.	Priyanka Nidoni	U15KM21S0563	31	High
15.	Sahana pattar	U15KM21S0564	32	High

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