

PB&J CLUB SESSION (28/4/23)

This is to bring to your kind notice that the PB&J club conducted its session on 28 April 2023. This session was in an online format and the topic "Academic stress" was discussed. It was initially scheduled for March but due to certain circumstance was postponed. 13 students of the department attended the session. Several point of views and opinions were exchanged and active participation was observed. The following were discussed.

- How the change of curriculum initially affected the first year students.
- Counselling prior to getting into college is important as it helps in deciding the field of career.
- How we try to match our efforts with others when we feel they are working harder and not paying attention to one's own pace.
- Comparison of others' accomplishments with our own accomplishments
- Importance of extracurricular activities along with academics at times lead to burnout.

The session acted as a cathartic platform. It was an engaging discussion.