

Chief-Editor:
Dr. Rajendra Patil

Peer Reviewed Journal

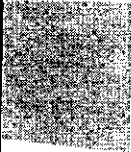
May-June 2021

Vol X Issues III

Aarhat Multidisciplinary International
Education Research Journal

AMIERJ

ISSN 2278-5655



Chief Editor
Dr. Rajendra Patil

Volume-X, Issues- III
May - June 2021

ISSN- 2278-5655
Online and Print Journal
SJIF Impact Factor 7.372

Aarhat Multidisciplinary International Education Research Journal
A Peer Reviewed Research Journal

AMIERJ

Aarhat Publication & Aarhat Journals

INDEX

Sr. No.	Title	Author Name	Page No.
1	Media literate Teachers for the Future	Dr. Sheela Yogeshchandra Deolalkar	1
2	Risk Management In Banks	Dr. Landge Balwant Bhumrao	6
3	श्रीरा धरेर के वशी है अतीत तय ही तिन अमृतकाली	Dr. Landge Balwant Bhumrao	14
4	Secondary School Science Teachers' Beliefs on Inquiry in their Classroom Practices	Sasmita Bhoi	18
5	निर्वाण धरिनीत शीक अमृत	दीदी दी दीदी	33
6	Effects of the Covid-19 Outbreak on the Individual's Mental Health	Dr. Raino Bhatia	43
7	Sources of Knowledge for Research	Dr. Patankar P.S.	51
8	MSMEs gain momentum: An insight into the fund allocation in the budget over the years.	Dr. Pritha Chaturvedi	60
9	The growth of co-operative segments in Maharashtra	Dr. Jagannath K. Khennar	68
10	A study of effectiveness of treatment developed for solving the difficulties faced in understanding the concept of angles in theorems by Students of secondary section	Dr. Kusum Vijaykumar Chaudhari	76
11	Mental Health Of Secondary School Teachers In Relation To Their Job Stress	Hetal Patel & Dr. Frances Vaidya	84
12	Ambedkar - An Eminent Economist	Dr. M. Rachappaji	94
13	Overcoming From Academic Stress for Happy and Joyous Students	Dr. S.K. Sharma & Ms. Meena S. Suryavanshi	100
14	Study on Growing the Systematic Investment Planning in Mumbai	Mr. Prasad M Supekar Dr. Suryakant V Laxune	111

* *

Arnold (1960) defines, "Stress is any condition that disturbs normal functioning". Lazarus (1966) defines, "Stress refers to physiological, behavioral and cognitive responses to events appraised as threatening or exceeding one's coping responses and options".

Introduction -

Arhahat Publication & Arhahat Journals is licensed Based on a work at <http://www.arhahat.com/amierj/>



family; Educational institutes support, Health, An Intervention Teacher.

Key words - Adolescence, Academic stress, Stress coping strategies, Student's stress,

implementation.

There are problems everywhere for students-problems at home with their parents and siblings, problems in the educational institute, with their friends and education. Adolescent is the stage where a person begins to mature. At this stage stress can be effective. At adolescent, a person may have stress due to many reasons such as early puberty, peer pressure, substance abuse and identity crisis. Stress affects the physical and behavioural level. A person needs to know that this stage there are many changes and if there is no help they experience stress. This paper is the analysis of academic stress from 2016 to 2020. A lot can be done by the Educational institutes administration to choke out the stress among their students if they try and

Abstract -

OVERCOMING FROM ACADEMIC STRESS FOR HAPPY AND JOYOUS STUDENTS
Dr. S.K. Sharma
Ph. D. Guide
Department of Library & Information Science,
Veer Narmad South Gujarat University, Surat.
Ms. Meena S. Suryavanshi
Librarian,
St. Xavier's Institute of Education, Mumbai.

