



Event Report

Academic Year 2022-23

School/Department Name: School of Engineering and Technology/ Department of English and Languages

Event Title: Expert Lecture on 'Stress Management ' on occasion of 'National Youth Day'

Event Date: 30/01/2023

Time: 10:00 AM to 12:00 PM

Duration in days: One Day

Mode of conduction: Offline

Level of Program: University Level.

Faculty Convener: Dr. Mohini Gurav

Faculty Organisers: Pradnya Dongardive, Nithish Nair, Dr. Namdev Suryawanshi, Anish Shintre

Distinguished Resource Person: Mrs. Ashwini Deshpande

Distinguished Guests: Dr. Sachin Munde, Dr.Renu Pathak, Dr. Pawan Bhaladhare and Dr. Vaibhav Sonje

Students: BCA AIML First Year, BSc. Microbiology

Event Outline, Objective and Outcome of the event: Department of English and Languages organised an Expert Lecture on 'Stress Management ' on occasion of 'National Youth Day' for students of Science and SOCSE. The event focused on providing information to students on how to tackle emotional stress and manage one's emotions during difficult times.

Outline of Program: A program on 'Stress Management' was organized by the Department of English and languages, SOET and was conducted by eminent

guest Mrs. Ashwini Deshpande. She enlightened the students about 'Emotional Quotient' and why EQ is as important, if not more important than IQ. She discussed different kinds of mental pressures people go through, and ones that students are especially prone to. She provided methods to control and manage such mental stress and emotional issues.

Outcome: Students and faculty understood the methods with which one can understand their feelings, emotions and tackle stress by themselves. The speaker also focused on venting one's emotions for mental stability.







