



Guest Lecture on “How to Cope with Emotions During Covid -19 Pandemic”

Academic Year: 2021-22 (Sem-I)

Name of the Event: How to Cope with Emotions During Covid -19 Pandemic.

Date & Time of the Event: 10/02/2022, 3:30 PM to 5:30 PM

Name of the Speaker: Dr. Yogita Todkar

Designation: Consultant

Name of the Company / Institution with Address: - Manolaya Consultant, Pune.

Targeted Audience: FE students and faculty members

Venue: Online on Microsoft Teams

Event Coordinator: Dr. Sandeep Varpe

Number of Participants: 288 students and 7 faculty members

Activity Description in Nutshell:

The Department of Engineering Sciences has organized the Guest Lecture on dated 10th February 2022 at I²IT, Pune for FE students on “**How to Cope with Emotions During Covid -19 Pandemic**”. Total of 288 students has attended the guest lecture. Due to the Covid-19 pandemic, the Guest Lecture was conducted through online mode (Microsoft Teams). The link is shared with all the students. The guest resource person was heartily welcomed by Prof. Kavita Darvekar. Dr. Yogita Todkar was the resource person for the Guest Lecture.

Dr. Yogita Todkar has more than twelve years of experience in the field of ‘Psychology and Human Resource’ and currently practicing as Consultant at Manolaya Consultant, Pune. She has completed her Master’s in Psychology from University of Pune, India’. In her talk she emphasized the importance of stress management and various methods to manage stress during covid 19 crisis. The resource person has cleared all doubts/queries asked by the students. The event ended with a vote of thanks by Prof. Mahesh Waghmare.

As per the feedback received from the students, it was a very good learning experience, the guest lecture helped them in their understanding to manage the stress caused during the pandemic. The students have requested to conduct more guest lectures with hands-on in the near future.

Event Photos:

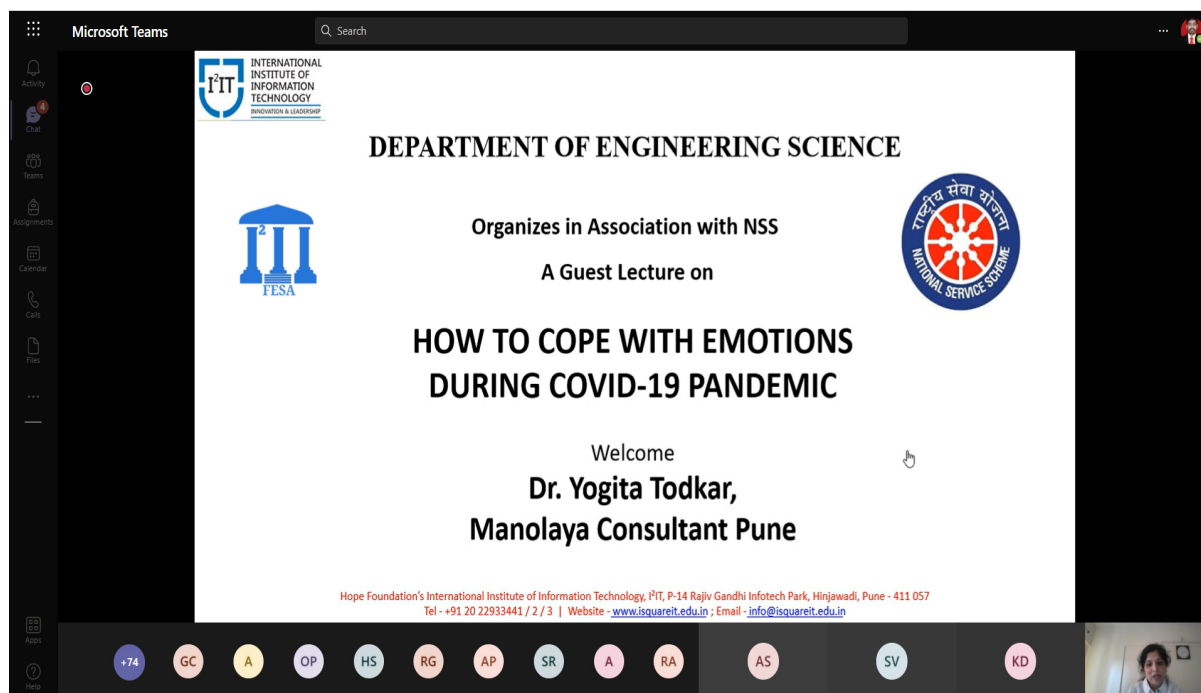


Photo 1: Guest Lecture on “How to Cope with Emotions During Covid -19 Pandemic”