

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

**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, NSS Programme Officer

**Number of Participants:** 288 students and 7 faculty members

### **Activity Description in Nutshell:**

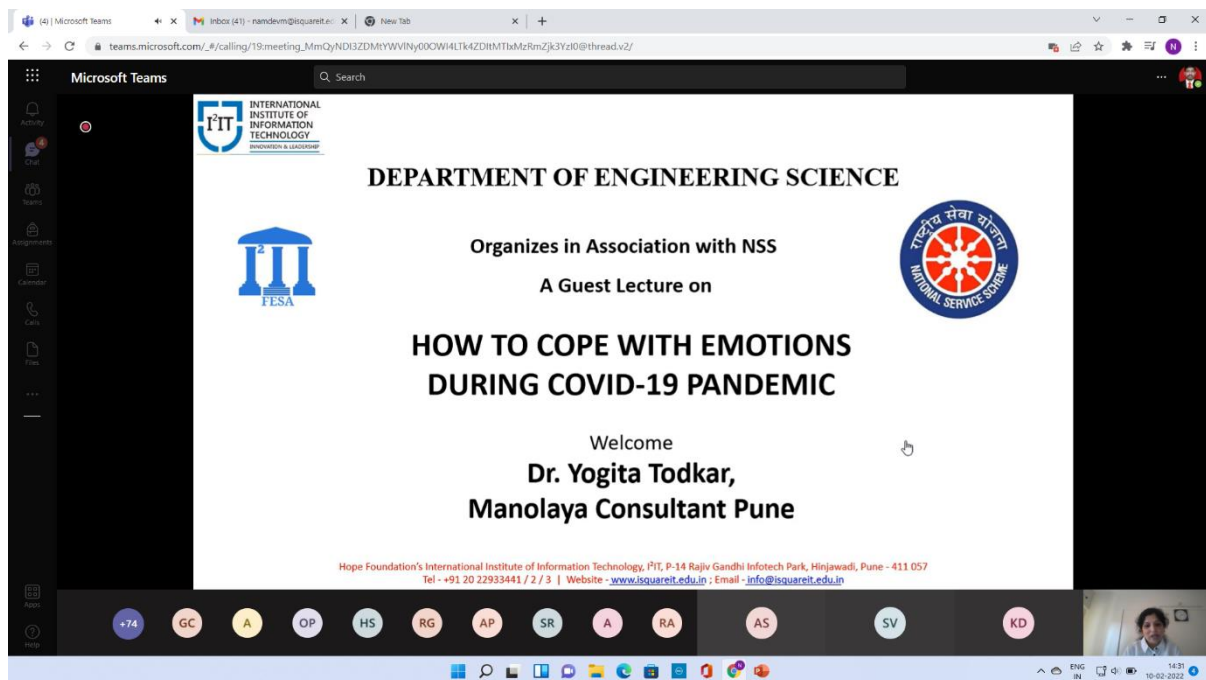
The National Service Scheme (NSS) and Department of Engineering Sciences organized a guest lecture on "How to Cope with Emotions During Covid-19 Pandemic" to provide insights and strategies for managing emotional well-being during these challenging times. Guest Lecture was on dated 10<sup>th</sup> February 2022 at I²IT, Pune for FE students. 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. She has more than twelve years of experience in the field of ‘Psychology

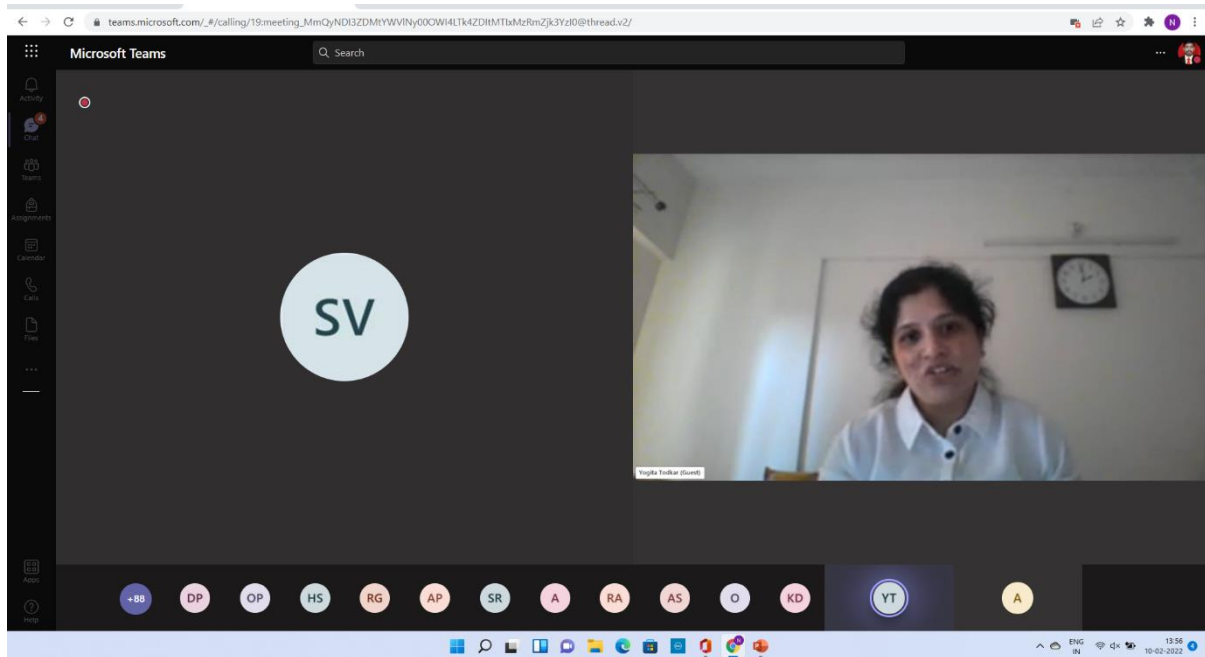
and Human Resource’ and currently practicing as Consultant at Manolaya Consultant, Pune. She has completed her Master’s in Psychology from University of Pune, India’. In her talk she emphasized the importance of stress management and various methods to manage stress during covid 19 crisis. The resource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

The guest lecture increased awareness among participants about the importance of acknowledging and managing emotions during the Covid-19 pandemic. The interactive nature of the session encouraged open dialogue about emotions and mental health, reducing stigma and fostering a supportive community within the students.

## Event Photos:




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



**Photo 2: Dr. Yogita Todkar taken interactive session on “How to Cope with Emotions During Covid -19 Pandemic”**



**Dr. Sandeep Varpe**  
NSS Programme Officer



**Dr. Vaishali Patil**  
Principal