INTERNATIONAL INSTITUTE OF INFORMATION TECHNOLOGY (I²IT)

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DTE Code : EN 6754 | AISHE Code : C-41681

Guest Lecture on "Stress Management During the COVID-19 Crisis"

Academic Year: 2021-22

Name of the Event: Stress Management During the Covid 19 Crisis

Date & Time of the Event: 11/02/2022, 1:30 PM to 3:30 PM

Name of the Speaker: Dr. Akash Bora

Designation: Homeopathy Consultant

Venue: Online on Microsoft Teams

Event Coordinator: Dr. Sandeep Varpe, NSS Programme Officer

Number of Participants: 292 students and 8 faculty members

Activity Description in Nutshell:

Managing stress during the COVID-19 crisis is crucial for maintaining mental well-being. The pandemic has brought about unprecedented challenges, but adopting effective stress management strategies can help individuals navigate these difficult times. The NSS Unit and Department of Engineering Sciences has organized the Guest Lecture on dated 11th February 2022 at I²IT, Pune for FE students on "Stress Management During the Covid 19 Crisis". Total of 292 students has attended the guest lecture.

Due to the Covid-19 pandemic, the Guest Lecture was conducted through online mode (Google meet). The link is shared with all the students. The guest resource person was heartily welcomed by Prof. Namdev Mhetre. Dr. Aakash A. Bora was the resource person for the Guest

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Lecture. He has a total of 12 years of experience in Homeopathy and Consultancy and currently practicing as Homeopathy Consultant. He has completed his BHMS degree from 'Lokmanya Medical Foundation.' In his talk he 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.
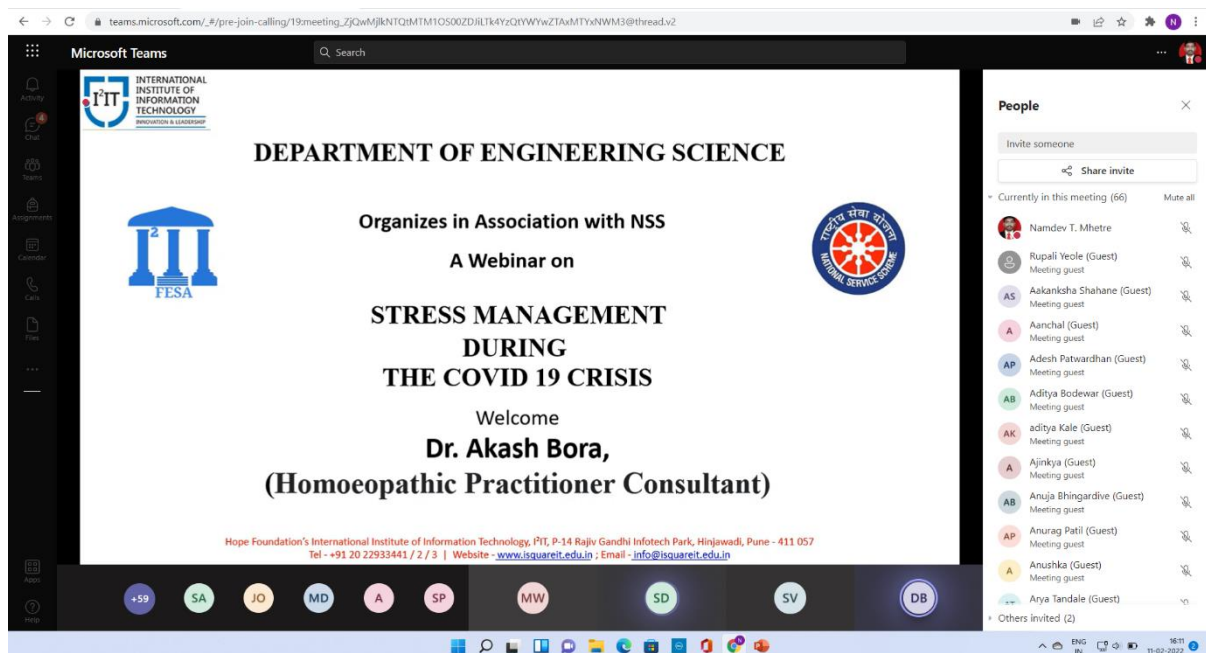
Event Photos:

Photo 1: Guest Lecture on "Stress Management During the COVID 19 Crisis"

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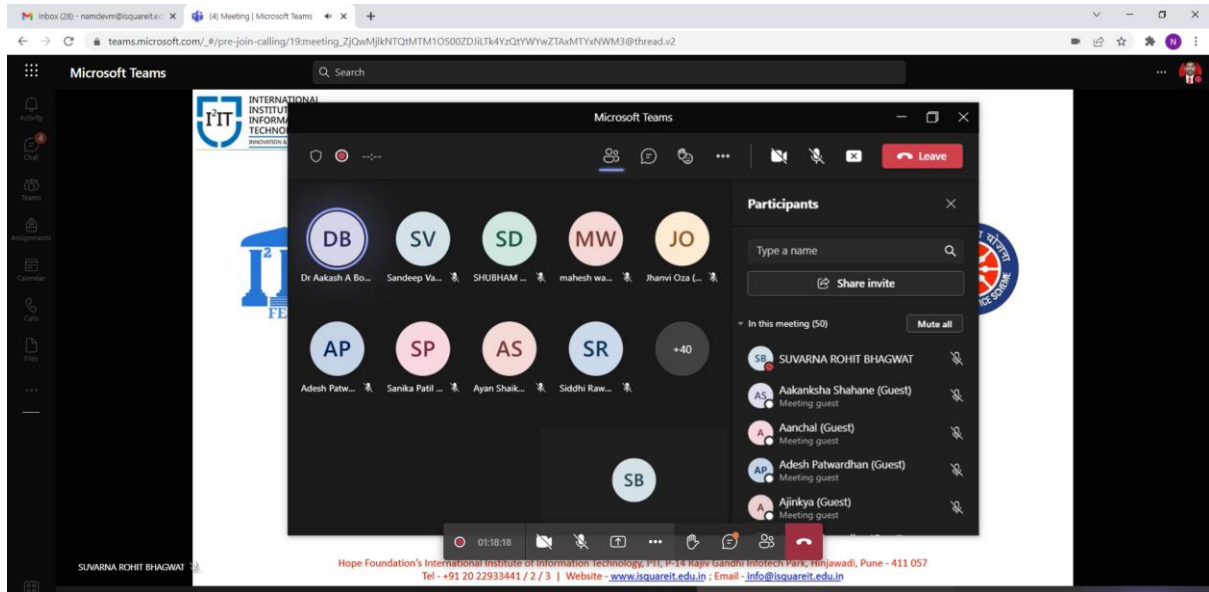DTE Code : EN 6754 | AISHE Code : C-41681

Photo 2: Guest Lecture on "Stress Management During the Covid 19 Crisis"

Dr. Sandeep Varpe
NSS Programme Officer

Dr. Vaishali Patil
Principal