



**HOPE Foundation**  
**Finolex Academy of Management & Technology,**  
**Ratnagiri**

**First-Year Engineering Students' Association**

**A Guest Lecture on 'Stress-Free Study Methods and Ambitions in Youth'**

First Year Engineering Students' Association organized a Guest Lecture on 'Stress-Free Study Methods and Ambitions in Youth' on Thursday, 23 November 2023. The program was organized in association with Manashakti.

Prof. Nangre gave brief information about the program and the speaker, Mr. Vivek Sawant, Sadhak Manashakti Kendra, Lonavala. The speaker spoke about the various kinds of stress faced by students while studying. He gave information about certain exercises and meditation techniques which would relieve the stress of students and improve students' concentration. He spoke about various programs and facilities provided to the students for better study and happy life. The speaker encouraged students to have higher ambitions and goals.

Prof. S.S. Shahane anchored the programme. 46 students and 3 faculty members attended the programme. The programme was organized under the guidance of Principal- Dr Kaushal Prasad, Dean-Faculty - Dr S.B. Kulkarni and Head of First Year of Engineering- Dr. Y. G. Mulye.



**The speaker addressing the audience**