

An Expert Session on Stress Management and Motivation

An Expert Session on Stress Management and Motivation was arranged by the Department of Information Technology for IT students on 07th August 2024. **Mrs. Kashmira Shinde (Founder and CEO of FUTURE BRIDGE, Counsellor, Trainer and Consultant)** was the resource person.

This session was arranged for Second- and Third-Year students of the IT Department. A total of 83 Students participated in this session. The session was with practical stress management techniques and motivational strategies that the students can implement in their daily lives. The session was arranged by **Prof. Onkar D. Dike (T&P Coordinator, IT Dept.)**

Photographs



Mrs. Kashmira Shinde (CEO, Future Bridge) Interacting with Students