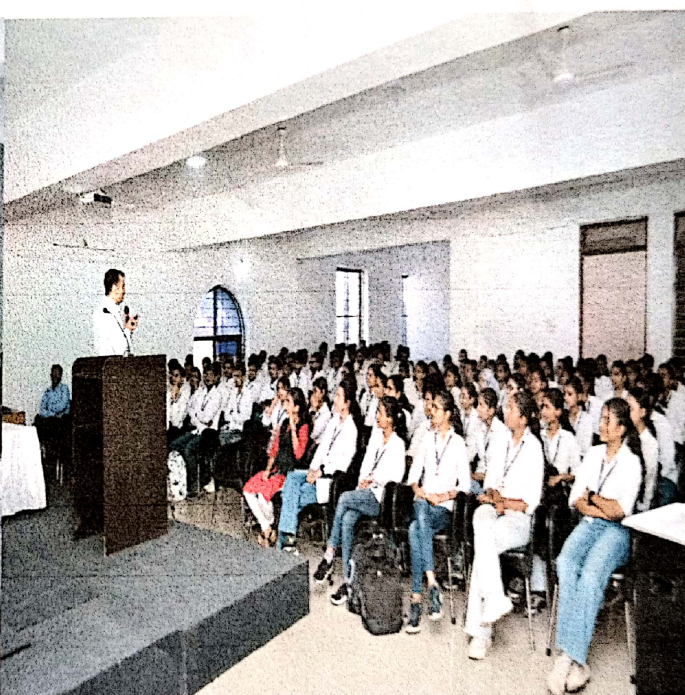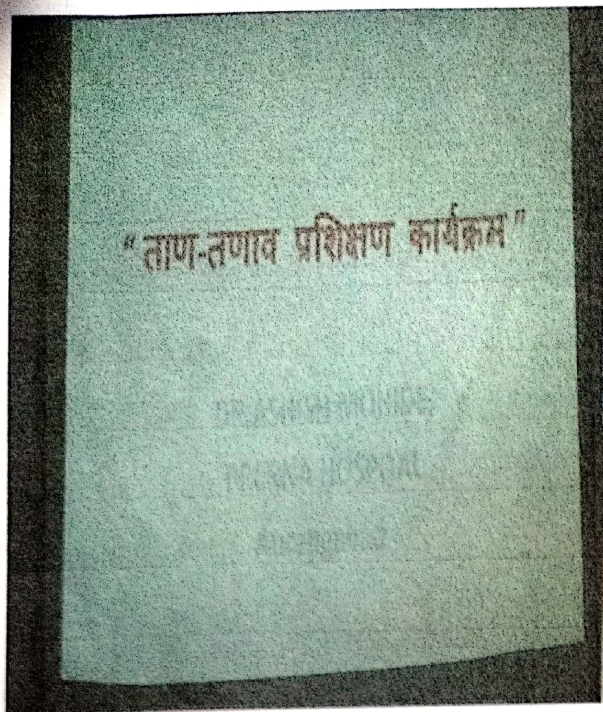|	
Name of the event:	**Guest Lectuer on Stress Management.**
Date of the event:	03rd April 2025
Participants	Students of SY & TY Computer Science & Engineering.
Expert(s) / Guest(s) of the event:	**Dr. Ashish Mohide** Psychiatrist.
Summary of the event:	The Association of Computer Science and Engineering (ACSE) organized a one-day session on **"Stress Management"** for the students of Computer Engineering on **April 3, 2025**. The session aimed to address the growing concerns related to academic stress, anxiety, and mental well-being among engineering students. The guest speaker for the session was **Dr. Ashish Mohide**, a renowned **Psychiatrist**, who brought with him years of experience in the field of mental health and counseling. Dr. Ashish Mohide delivered a highly engaging and insightful talk on identifying stress triggers, understanding its impact, and managing it through practical and psychological techniques. He emphasized the importance of mental wellness in student life and introduced methods like mindfulness, time management, breathing techniques, and healthy lifestyle habits to help combat daily stress. The session included interactive activities and real-life examples, making it both informative and relatable. Students actively participated in the Q&A session, expressing their concerns and appreciating the expert advice provided by Dr. Ashish Mohide. The event concluded with a vote of thanks, acknowledging the speaker's valuable time and the enthusiastic participation of the students.
Outcome(s):	➢ It successfully highlighted the need for mental health awareness and encouraged students.

Photographs of the event:

Guest of the session, Dr. Ashish Mohide, lighting the traditional lamp alongside Head of the Department Dr. M. B. Wagh to inaugurate the Stress Management Program.

Dr. Ashish Mohide delivering an insightful session on "Stress Management" to the students.

Activity coordinator   HOD   Principal