



ATHARVA EDUCATIONAL TRUST'S

ATHARVA COLLEGE OF ENGINEERING

(Approved by AICTE, Recognized by Government of Maharashtra

& Affiliated to University of Mumbai - Estd. 1999 - 2000)

Department of Humanities and Applied Sciences

Date: 27th Jan. 2022

A Report on guest lecture

The Humanities and Sciences Department of Atharva College of Engineering, Malad(W), Mumbai conducted a Guest Lecture on “**Emotional Empowerment;An Essential key skill to conquer Life**” held on, 27th Jan. 2022. The lecture was delivered by Mrs. Priya Sawant (An international award winning, inspirational speaker and leadership Training expert). The lecture was very interesting and beneficial for First year engineering students. The session enabled all the participants to understand the difference between mood and emotions under various circumstances. She explained these aspects by using story telling technique, which made students very much motivated to participate and being interactive throughout the session.

The expert lecture enabled students to experience the “**Power of pause**” which can dilute the intensity of worst situations. Secondly she enlightened about the “**Significance of maintaining the relationships**” in one’s life and “**Consequence of introspection**”. She explicated the Importance of Care, pamper and nurture of our body. Everyone should always try to be best version of ourselves. It will definitely push students to indulge in productive and optimistic thinking.

She recommended students not to suppress own feelings but not in exploding way. Due to pandemic situation, where students are taking help of online learning, the emotional quotient/intelligence must be taken care of. The life skill knowledge about emotional balance, provided by Mrs. Priya Sawant was really appreciable.

Her expertise over this life skill, made the session very insightful and interactive. Students participated in the lecture enthusiastically and got the opportunity to ask their queries.

Prepared by:-
Workshop/Seminar/Guest lecture Coordinators.

HOD HAS dept.

Dr. Abhilasha Saini.
Dr. Priyanka Badani

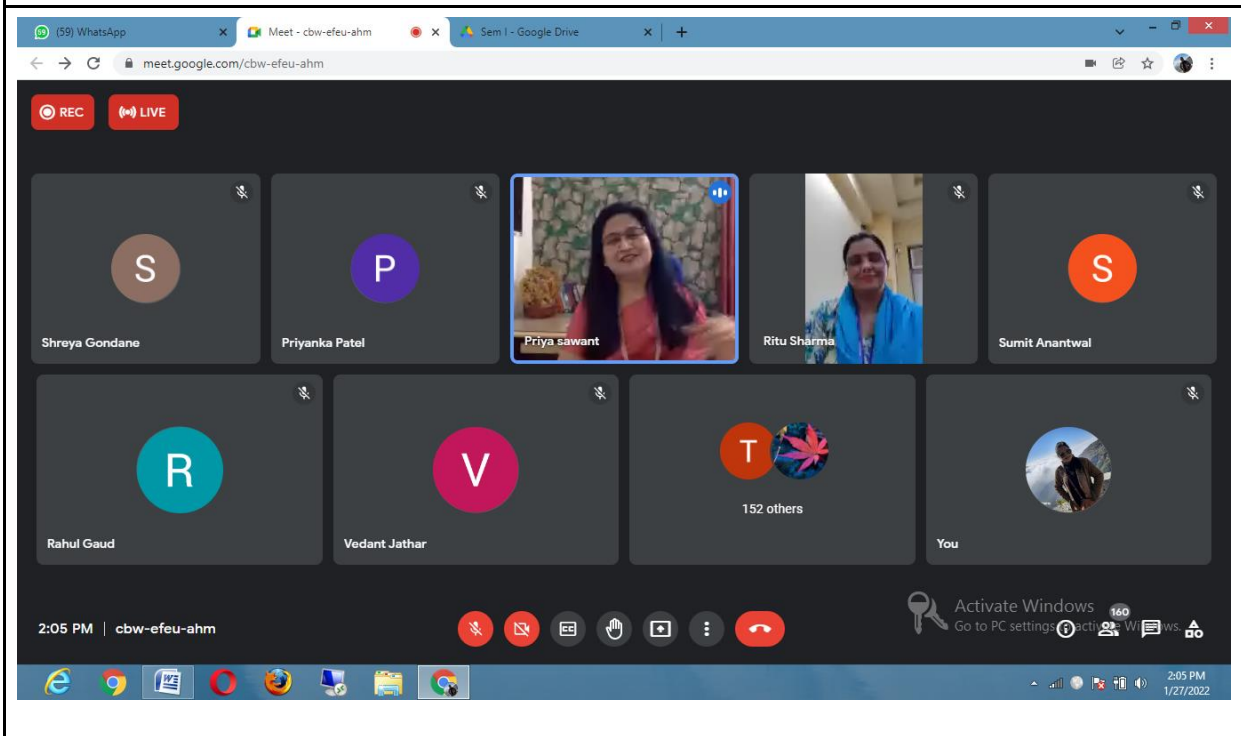
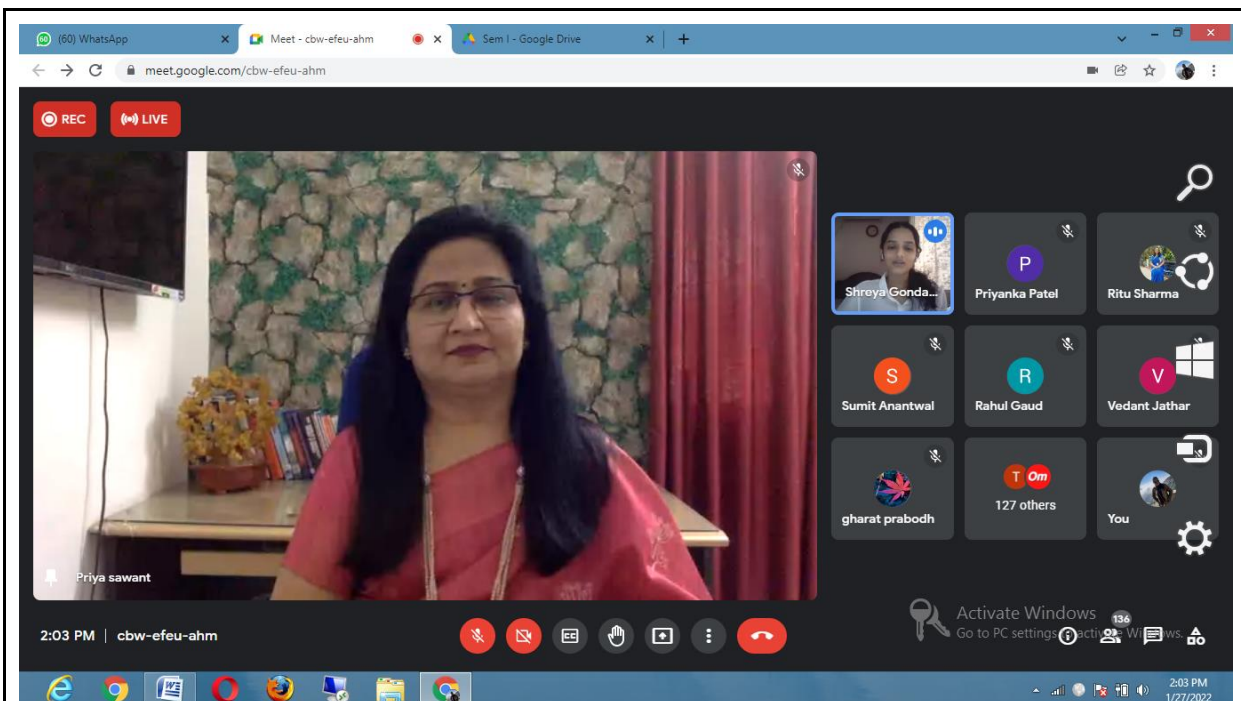
Dr. Ritu Sharma



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