

Report on SAMVAD Session by Dr. Manisha Gauniyal

Topic: SAMVAD

Date: 12th October 2022

Time: 2.30 PM onwards

Venue: Seminar Hall GSET

Event Summary

GSET has conducted SAMVAD session by Dr. Manisha Gauniyal.

Topics covered are as:

1. Stress management
2. Interaction with students group for counselling
3. Evaluation of stress management by performing a test
4. Tips to work stress free

Session was attended by 22 students of ME Structural Engineering, GSET. The session was coordinated by Dr. P. S. Mann, Associate Professor, Cyber Security & Dept. of Civil Engineering under the esteemed direction of Prof. (Dr.) S. D. Panchal - Director GSET.

Glimpse of Event

