



Kalyani Charitable Trust's

LATE G. N. SAPKAL COLLEGE OF ENGINEERING

(Accredited with Grade 'B' by NAAC)

Affiliated to > Savitribai Phule Pune University (ID. No. PU/NA/Engg./152/2009 Ref.No.-CA/6501 Dated- 18/11/2009)

Approved by > A.I.C.T.E., New Delhi (F.N: 06/07/MS-Engg/2008/O-17, Dated- 11th June 2009)

> Govt. of Maharashtra (No. GEC-2009/(67/09)/T.E.- 4, Dated- 15th June 2009)

> D.T.E., M.S., Mumbai (No.2/NGC/Engg./Approval/2009/535, Dated - 23rd July 2009)

> AISHE CODE : C-42196

Dr. Sahebrao B. Bagal
M.E. (E & TC), Ph.D. (E & TC)
Principal



Dr. Ravindra G. Sapkal
Chairman & Managing Director
Kalyani Charitable Trust

MEMORANDUM OF UNDERSTANDING BETWEEN

Department of Electrical Engineering
Kalyani Charitable Trust's
Late G N Sapkal College of Engineering
Anjaneri, Nasik -422213 (MS), India.
&

Dr. Pramila Pawar
Founder and CEO, Brain Secret,
Personal Development Training Institute
Pathardi Phata, Nasik- 422401

This Memorandum of Understanding (MoU) is entered into as on 15.09.2023, by and between the Late G N Sapkal College of Engineering Nashik (MS), India and Brain Secret, Personal Development & Training Institute, Nashik, Maharashtra 422009.

The Late G N Sapkal College of Engineering is established in the year 2009 under aegis of Kalyani Charitable Trust's, Mumbai with approval of AICTE and DTE, Government of Maharashtra. The Institute is affiliated to Savitribai Phule. The Late G N Sapkal College of Engineering is committed to serve common masses by disseminating engineering education.

Brain Secret, Personal development & Training Institute, Nasik is Creative theme training Institute that transforms learning concepts through soft skill, creativity values, Problem solve technique, stress management, Time Management, Mindset mastery etc.

The partners have entered into this MoU because they:

- ✓ RECOGNIZE the mutual interest in the field of industrial training, development and dissemination of knowledge.
- ✓ RECOGNIZE the importance of Industry Institute interaction activity for engineering students.
- ✓ RECOGNIZE the importance of the Industry Partner within its field of expertise.
- ✓ To provide an opportunity to most eligible students for professional work experience through employment, if possible.

This MoU will enable the parties to:

- > FOSTER technical education at undergraduate and post graduate level to make the students, industry ready.
- ✓ STRENGTHEN the theoretical knowledge in industrial practices. An exposure to industrial environment brings about attitudinal change in the students by inculcating managerial principles which cannot be effectively imparted through classroom or laboratory inputs.

- **CAMPUS :** Sapkal Knowledge Hub, Kalyani Hills, Anjaneri-Wadholi, Trimbakeshwar Road, Nashik - 422 213. (India)
Tel.: + 91- 2594 - 220168/69/70 | Mob.: +91 9922252699 | Toll Free No.: 1800 233 2999 | **E-mail :** gns_engineering@sapkalknowledgehub.org
- **CORPORATE OFFICE :** Sapkal Knowledge Hub, 'Parag' 46, Ashwin Sector, Opp. Hotel Sai Palace, Mumbai-Agra Highway, Nashik - 422 009.
Tel.: +91 - 253 - 2392450 / 51 | **E-mail :** head.marketing@sapkalknowledgehub.org | **Website :** www.sapkalknowledgehub.org
- **MUMBAI OFFICE :** Sapkal Knowledge Hub, Unit No. 22, 1st Floor, Shubhada Tower Shopping Centre, Sir Pochkhanwala Road, Near R.T.O. Office, Worli, Mumbai - 400 030. Tel.: + 91 - 22 - 24938914 / 15 | **E-mail :** cmd@sapkalknowledgehub.org, ravi.sapkal@gmail.com



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Dr. Sahebrao B. Bagal
M.E. (E & TC), Ph.D. (E & TC)
Principal



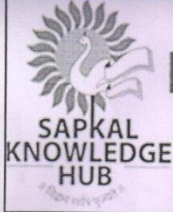
Dr. Ravindra G. Sapkal
Chairman & Managing Director
Kalyani Charitable Trust

- ✓ PROVIDE In-plant training to Late G N Sapkal College of Engineering students.
- ✓ PROVIDE Industry related project to Late G N Sapkal College of Engineering students and an opportunity to learn recent industry practices.
- ✓ ALLOW the Late G N Sapkal College of Engineering Students for industrial visits to enhance the subject related knowledge.
- ✓ This MOU is signed only in the interest of helping & guiding the Late G N Sapkal College of Engineering students in various development activities & Brain secret will not responsible for any other act of the student of whatsoever kind.
- ✓ To provide an opportunity to most eligible students for professional work experience through employment, if possible.
- ✓ This MOU is valid for 3 Years.

The parties hereby agree to establish collaboration according to terms and conditions set out by Late G N Sapkal College of Engineering and Brain Secret, Personal Development & Training Institute, Nasik.

Kalyani Charitable Trust's Late G N Sapkal College of Engineering Anjaneri Nasik (MS), India	Brain Secret, Personal Development & Training Institute, Pathardi Phata, Nasik
Signed by: Dr S B Bagal, Principal	Signed by: Dr Pramila Pawar, CEO
Signature:	Signature:
Witness Signature: Prof. R N Baji HOD, Electrical Dept.	
Date : 15.09.2023	Date : 15.09.2023
Office Seal :	Office Seal :

- **CAMPUS** : Sapkal Knowledge Hub, Kalyani Hills, Anjaneri-Wadholi, Trimbakeshwar Road, Nashik - 422 213. (India)
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KALYANI CHARITABLE TRUST'S
LATE G. N. SAPKAL COLLEGE OF ENGINEERING



Kalyani Hills, Anjaneri-Vadholi, Trimbakeshwar Road, Dist: Nashik - 422 212 (India)

Tel.: +91 - 2594 - 220168/71, Fax: +91 - 2594 - 220174

Website: www.sapkalknowledgehub.org, E-mail: gns_engineering@sapkalknowledgehub.com

Ref:KCT's/LGNSCOE/2023-24/239

NOTICE

DATE: - 09/10/2023

All the Students & Staff of Late G.N.Sapkal College of Engineering are hereby informed that Electrical Engineering Students Association (EESA) of Electrical Engineering department in association with IQAC organizing Seminar of "**Stress Management and Problem solving**" on 14 October 2023.

For any queries please contact.

Staff Coordinator:

Prof. S.R.Wankhede. 9404080267

Student Coordinator

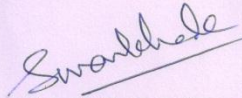
Mr. Tanmay Saner (SE) - 9604026028


Mr. Shweta Gamne (SE) - 7715843699


Mr. Jayesh Chavan (SE) - 9860449280

Mr. Yash Mali (BE) - 878864433

Mr. Siddhesh Sindhikar (BE) - 9673427366


Prof. S. R. Wankhede
Program Coordinator


Prof. Baji R.N
HOD


Prof. (Dr) S. B. Bagal
Principal



TEMP: C7



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ELECTRICAL ENGINEERING DEPARTMENT

Date-14/10/2023


Report on
Expert talk on "Stress Management & Problem Solving" on occasion of
World Mental Health Day-10 oct



KALYANI CHARITABLE TRUST'S
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Department of Electrical Engineering
Electrical Engineering Students Association (EESA)

Organizes Expert Talk On
"Stress Management & Problem Solving"
on occasion of World Mental Health Day- 10 October




SPEAKER
DR. PRAMILA PAWAR
Founder & CEO, Brain secret,
Personal Development Training Institute

DATE : Saturday, 14 October 2023
TIME : 01:00 PM
VENUE : Engineering Seminar Hall

Prof. S. R. Wankhede
Programme Coordinator

Prof. R. N. Baji
Head of Department

Prof. (Dr.) S. B. Bagal
Principal



Organized by

Electrical Engineering Student's Association



Program Schedule

Time	Event
01.00 pm	<i>Welcoming & Greetings</i>
01.05 pm	<i>Introduction of all Dignitaries (Chief Guest, Principal, HOD)</i>
01.10 pm	<i>Felicitation (Chief Guest, Principal, HOD)</i>
01.15 pm	<i>Expert talk by Guest Dr. Pramila Pawar</i>
02.40 pm	<i>Vote of Thanks</i>
02.45 pm	<i>National Anthem</i>
02.50 pm	<i>Program ends</i>



TEMP: C7



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Website: www.sapkalknowledgehub.org E-mail: gns_engineering@sapkalknowledgehub.com



PROGRAM REPORT

**Title of the Program: Expert talk on "Stress Management & Problem Solving"
on occasion of World Mental Health Day-10 oct**

Date(s): 14/10/2023

Duration: 01 days

Venue: Seminar hall

Details of Participants: SE, TE, BE students

Objective: 1) Reduce Stress Levels.

2) Improve Mental Well-Being.

3) Enhance Physical Health

4) Strengthen Relationships

Summary of Program:

The main objective of stress management is to reduce or eliminate the negative effects of stress on a person's physical, emotional, and mental well-being. This includes improving one's ability to cope with stress, enhancing overall health and productivity, and improving relationships with others.

Our resource person Dr Pramila Pawar madam covered many points related to stress management like-

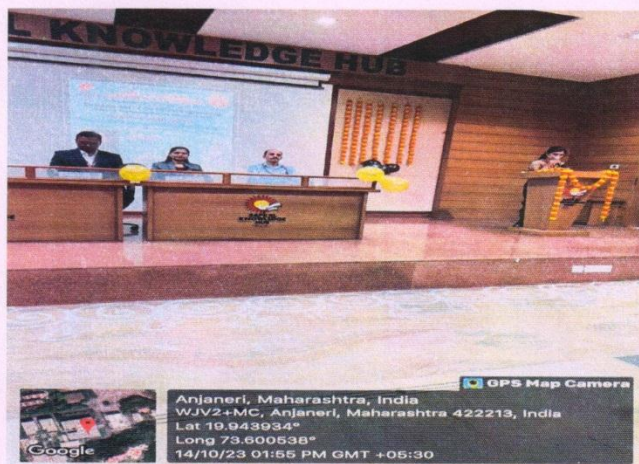
1. Identifying the sources of stress in one's life



2. Developing effective coping strategies to manage stress
3. Reducing the frequency and intensity of stress responses
4. Enhancing overall physical and mental health and well-being
5. Improving relationships with family, friends, and colleagues
6. Increasing productivity and job satisfaction
7. Learning to balance work and personal life
8. Increasing self-awareness and self-regulation
9. Developing a positive mindset and attitude
10. Enhancing resilience and the ability to bounce back from setbacks.

This was very interactive session. She has taken many activities for students and staff.

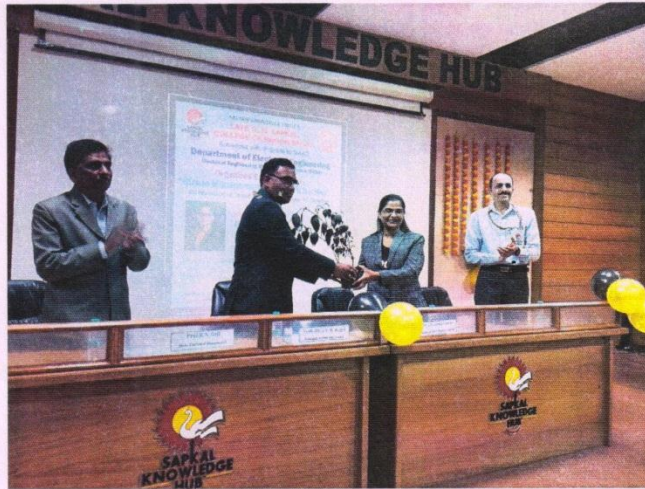
Photographs:



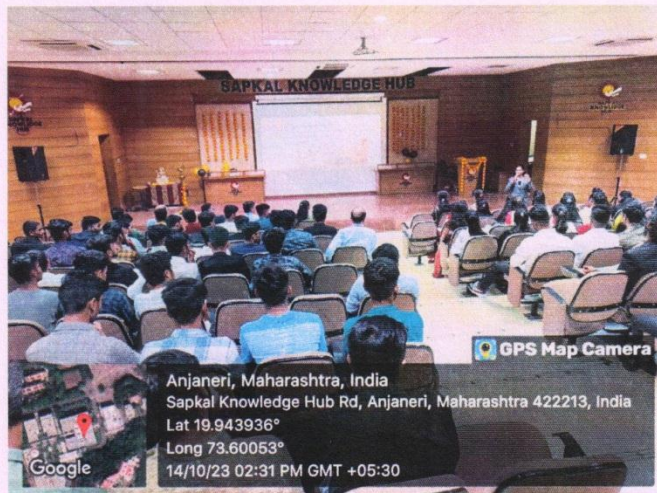
Welcoming & Greetings



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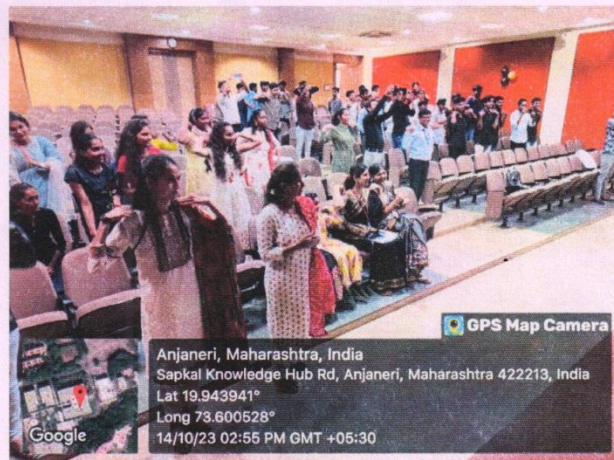
Felicitation of Guest



Guest delivering a lecture



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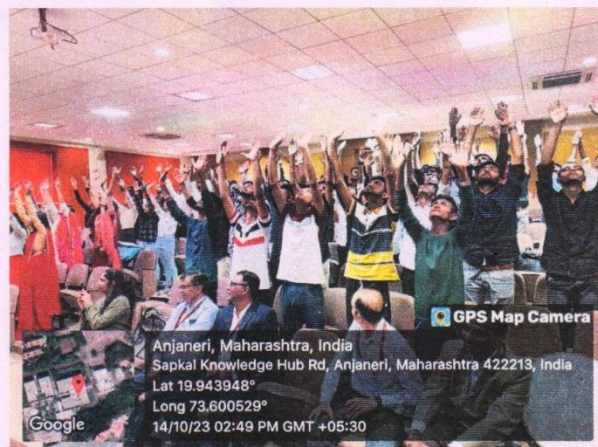
Student's activities conducted by guest



Student's activities conducted by guest



TEMP: C7



Student's activities conducted by guest

S. R. Wankhede
Prof. S. R. Wankhede
Program Coordinator

V. A. Kolhe
Prof. (Dr.) V.A.Kolhe
IQAC Coordinator



R. N. Baji
Prof. R. N. Baji
Head of Department

S. B. Bagal
Prof. (Dr.) S. B. Bagal
Principal



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Nashik - 422 213



ATTENDANCE SHEET

Title of the Program: Stress Management & Problem Solving

Date: 14.10.2023

Time: : 11.00

Venue: Engg. Seminar Hall

Sr.	Name of Student	College Name	Course Name	Signature
1	Girase Sagar	LGNSCOE	Electrical	Girase
2	Bharaskar Ganesh	LGNSCOE	Electrical	Bharaskar
3	Nikhil R Ahire	LGNSCOE	Electrical	Nikhil
4	Dirdolkar Vedant	LGNSCOE	Electrical	Dirdolkar
5	Bhamre Manas	LGNSCOE	Electrical	Bhamre
6	Khairnar Rohit	LGNSCOE	Electrical	Khairnar
7	Fawar Yash	LGNSCOE	Electrical	Fawar
8	Jagad Shubham	LGNSCOE	Electrical	Jagad
9	Satpute Mayur	LGNSCOE	Electrical	Satpute
10	Saner Tanmay	LGNSCOE	Electrical	Saner
11	Bhushan dhondge	LGNSCOE	Electrical	Bhushan
12	devang Mehebre	LGNSCOE	Electrical	devang
13	Aditya Jadhav	LGNSCOE	Electrical	Aditya
14	Shubham Kalead	LGNSCOE	Electrical	Shubham
15	Sujal Kothkar	LGNSCOE	Electrical	Sujal
16	Shreyas S. Giri	LGNSCOE	Electrical	Shreyas
17	Yash Lodam	LGNSCOE	Electrical	Yash
18	Goverdhan Jadhav	LGNSCOE	Electrical	Goverdhan
19	Om Ahire	LGNSCOE	Electrical	Om



Prof. (Dr.) Sahebrao B. Bagal
Principal

Late G. N. Sapkal College of Engineering



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ATTENDANCE SHEET

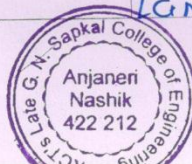
Title of the Program: Stress Management & Problem Solving

Date: 14.10.2023

Time: : 11.00

Venue: Engg. Seminar Hall

Sr.	Name of Student	College Name	Course Name	Signature
20	Miraj Kuwar	LGNSCOE	Electrical	
21	Akshay deore	LGNSCOE	Electrical	
22	Darshan Sumnrao	LGNSCOE	Electrical	
23	Ganesh Tan	LGNSCOE	Electrical	
26	Sagar Inje	LGNSCOE	Electrical	
27	Akash Lalumy	LGNSCOE	Electrical	
28	Laukik Bagu	LGNSCOE	Electrical	
29	Jaydip Mhahj	LGNSCOE	Electrical	
30	Jinkaya Beri	LGNSCOE	Electrical	
31	Ashwini Borse	LGNSCOE	Electrical	
32	Rituya Patil	LGNSCOE	Electrical	
33	Vrushali Pagar	LGNSCOE	Electrical	
34	Bhagyashri patil	LGNSCOE	Electrical	
35	Niraja patil	LGNSCOE	Electrical	
36	Neha Rayate	LGNSCOE	Electrical	
37	Shweta Gamne	LGNSCOE	Electrical	
38	Sejal pandeshi	LGNSCOE	Electrical	
39	Pragati pawar	LGNSCOE	Electrical	
40	Gakshi wagh	LGNSCOE	Electrical	



Prof.(Dr.) Sahebrao B. Bagal
Principal

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