



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



**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  
**LATE G. N. SAPKAL  
COLLEGE OF ENGINEERING**

Accredited with 'B' Grade by NAAC

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



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## 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*

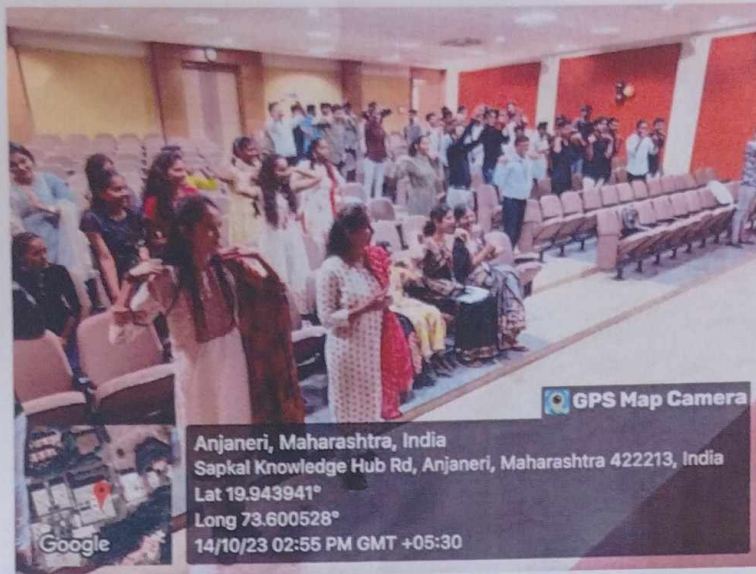


Felicitation of Guest



Guest delivering a lecture

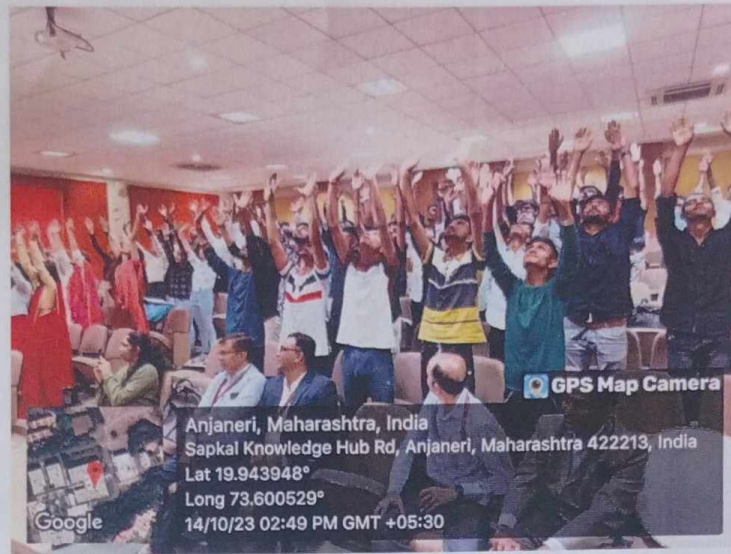




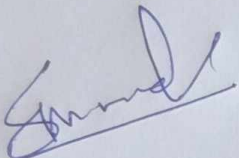
Student's activities conducted by guest

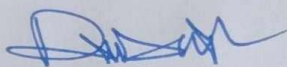


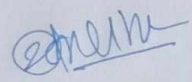
Student's activities conducted by guest

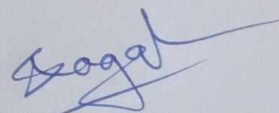


Student's activities conducted by guest

  
Prof. S. R. Wankhede  
Program Coordinator

  
Prof. R. N. Baji  
Head of Department

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

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





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**ELECTRICAL ENGINEERING DEPARTMENT**

Date-10/02/2024

**Program Schedule**

**“Introduction to Hybrid Vehicle System Modelling and Control”**

Time	Event
10.30 am	<i>Welcome of the Guest –</i> <b>Mr. Pavar Dilip Aher</b> (Head, Design Engineer, Teknocrat's Systems India Pvt. Ltd , Nashik)  <b>Mr. Nikhil Baravkar</b> (Senior Trainer Engineer, Teknocrat's Systems India Pvt. Ltd, Nashik)
11.15 am	<i>Introduction of the Guest</i>
11.20 am	<i>Session-I</i>
1.20 pm	<i>Interactive session with students</i>
1.45 pm	<i>Lunch</i>
01.45 pm	<i>Session-II</i>
03.45 pm	<i>Interactive session with students</i>
04.00 pm	<i>Guest speaker will leave &amp; Program ends.</i>
04.05 pm	<i>National Anthem</i>



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**PROGRAM REPORT****Title of the Program:****"Introduction to Hybrid Vehicle System Modelling and Control"****Date(s): February 05, 2024 to February 09, 2024****Duration: 30:00 hr****Venue: 1) Seminar Hall****Details of Participants: Total= 56****Name of Speaker with details:****1) Mr. Pavar Dilip Aher****(Head, Design Engineer, Teknocrat's Systems India Pvt. Ltd , Nashik)**

Technocrat Automation would like to introduce ourselves as leading company providing Placement Program in Advanced Industrial Automation Training & Process Automation Training for industries. Technocrat Automation is committed to a mission of becoming the Best PLC Training in Nashik from the last 20 years, our core values are excellence, pursuing growth and quality learning, and delivering WOW with our excellent services. Our speciality PLC Training, PLC Training Chennai, Automation Training, Process Automation Training, PLC Scada Training, and Industrial Automation Training

**2) Mr. Nikhil Baravkar****(Senior Trainer Engineer, Teknocrat's Systems India Pvt. Ltd, Nashik)**

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**Program Objectives:**

- **Comprehending Hybrid Electric Vehicle Architecture:** Providing insights into the architecture of hybrid electric vehicles, including the integration of internal combustion engines and electric propulsion systems
- **Understanding Traction Power Equations and Driving Cycle:** Introducing participants to the fundamental concepts of traction power equations, driving cycles, and the importance of modeling in the context of hybrid electric vehicles.

- **Exploring Electric Motors and Power Converters for Propulsion:** Delving into the principles and applications of electric motors and power converters in the context of hybrid vehicle propulsion systems.
- **Learning Braking of Electrical Motors and Motor Efficiency Plots:** Understanding the braking mechanisms of electrical motors and analyzing motor efficiency plots for optimizing performance.
- **Modeling and Simulation in MATLAB & Simulink:** Providing hands-on experience in modeling, simulating, and deploying hybrid electric vehicles using MATLAB & Simulink, including testing electrical, mechanical, thermal, and control systems for system-level performance optimization.
- **Developing Control Strategies:** Learning to develop control strategies for hybrid electric vehicles, including energy management, torque control, and optimization of control systems
- **Understanding Battery Pack Electro-Thermal Modeling:** Exploring battery pack electro-thermal modeling and battery thermal management system design for efficient energy utilization.

### Topics:

- Hybrid Electric Vehicle Architecture
- Traction Power Equations, Driving Cycle & Importance of Modeling.
- Electric Motors and Converters For Propulsion
- Braking of Electrical Motors
- Modeling of Electric Vehicle Using Motor Drive.
- 

### Summary of Program:

30 Hrs Ad on program was organized by Department of Electrical Engineering on 05th February , 2024 to 09 February, 2024 Prof. Swati D. Badgular introduced the speaker Mr. Pavar Dilip Aher & Mr. Nikhil Baravkar, has been working in Electrical Engineering field for the last Fifteen years and Ten years

The guest speaker gave an extensive speech on opportunities for electrical engineering fresher's students in Hybrid Vehicle. The speech was centred on "Gap between Industry & Academics". Apart from curriculum, specialised training is must to secure challenging position in competitive arena. Industries look towards skilled engineers immediate joining on field work not an engineer with lack of technical skills which needs to be trained.

Sir explained for becoming an entrepreneur we have to be well experience & knowledge in specific technical field. Once the system requirements is understood, then it is easy to become an entrepreneur. Sir shared his experience in automation.

Jobs as per candidate's basic engineering branch (Electrical, Electronics & Tele- communication & Mechanical) Placement support to candidate throughout his / her career. Support to candidates if they face any technical problem in their daily work.

The session was concluded with a question answer session at 1:20 & 3.20 p.m every day after the morning and afternoon session completed. Faculty members also co-ordinated to conduct the guest lecture successfully. There were around Second year, Third year & final year students as participants.



## Photographs:

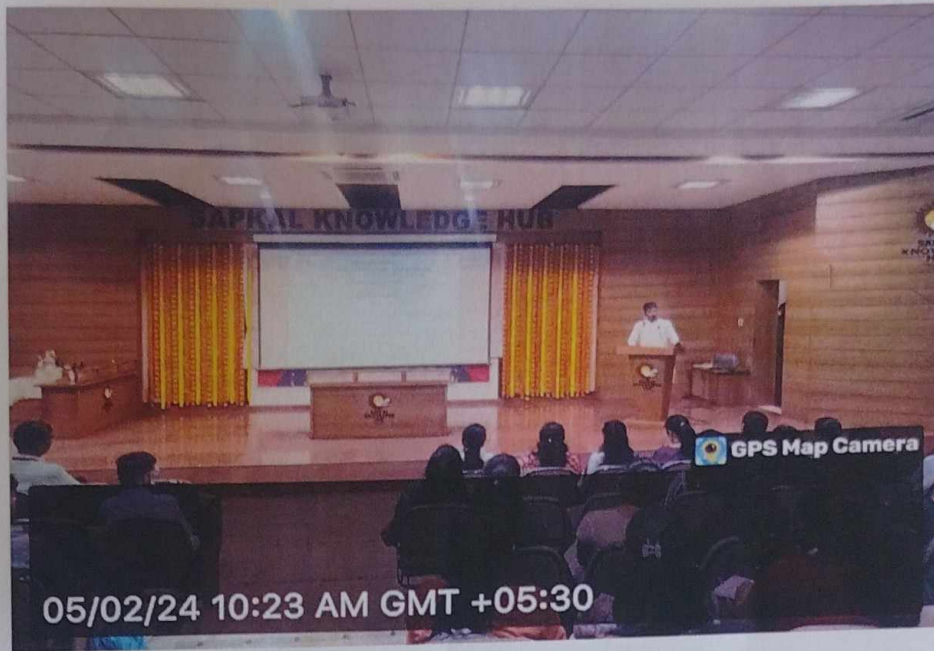


Felicitation of Expert of Workshop (Mr. Pravara Dilip Aher)



Felicitation of Expert of Workshop (Dr. Ravindra K. Munje)

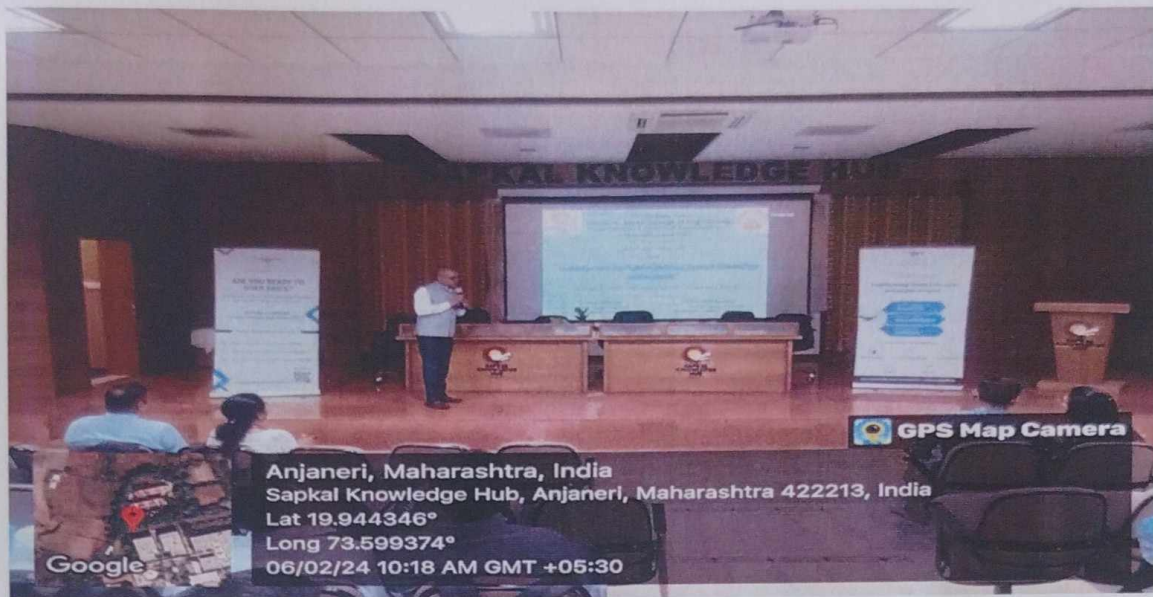




Photograph at the time of live session



Photograph at the time of live session



Photograph at the time of live session

Prof. P. R. Gajare  
Program Coordinator

Prof. R. N. Baji  
Head of Department

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







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### PROGRAM REPORT

**Title of the Program:** One day Seminar On "National Youth Day" on the occasion of Birth Anniversary of Swami Vivekananda.

**Number of Day :** 1 day

**Date of Conduction :** 12/01/2024

**Venue:** Classroom of Electrical department (first Floor)

**Number of Participants:** 31

**Male:** 22

**Female:** 09

#### **Program Objectives:**

1. To know about National Youth Day.
2. Keeping the ideals of Swami Vivekananda alive and motivating to young people.
3. To provide information about chosen to honor the birthday of Swami Vivekananda, one of India's greatest spiritual and social leaders.
4. The main purpose to celebrate the festival is to increase bonding between the diverse cultures of the country to strengthen the unity of the nation..

#### **Name & Contact Details of the Resource Person(s):**

1. Prof.Mrs.Rupali J.Dharmamer

**Mobile:**9168556562

Assistant Professor,

Atharva College of Enginnering ,Malad, Mumbai.

Motivational Speaker

#### **Name & Contact Details of the Students Coordinators:**

1. Mr.Mali Yash

**Mobile:**8483802500

2. Mr.Suryawanshi Tejas

**Mobile:** 9028291811

#### **Description / Explanation of the Program:**

Department of Electrical engineering organized One day seminar on occasion of "**National Youth Day**" for all students in campus. Students actively present for the seminar. On **12 January 2024**, "**National Youth Day**" be organized with the objective to bring diverse cultures of India and integrate them into a united thread of 'Ek Bharat, Shreshtha Bharat', through an immersive and interactive approach.



Every student get information and knowledge about Swami Vivekananda. National Youth Day is celebrated every year on 12th January to mark the birth anniversary of Swami Vivekananda who was one of the most prominent leaders and among the people who believed in the potential of the youth in Indian history.

### **Points Discussed during the Seminar by Expertee:**

#### **6 ways of self realization by Swami Vivekanand**

##### **1. Peace and self restrain:**

To remove the mind from sense objects and to remove the sense from their objects.

##### **2. Faith:**

To have unshakable belief in the supreme being. Be confident and face every situation with faith in the supreme being.

##### **3. Dispassion:**

To be dispassionate towards worldly affairs.

##### **4. Tolerance:**

To be indifferent to and tolerate the dualities like heat and cold

##### **5. Resolute action:**

To practice settling the mind in the supreme being.

##### **6. Desire of liberation :**

To be desirous of liberation or final emancipation.

Take up one idea. Make that one idea your life; dream of it; think of it; live on that idea. Let the brain, the body, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced.

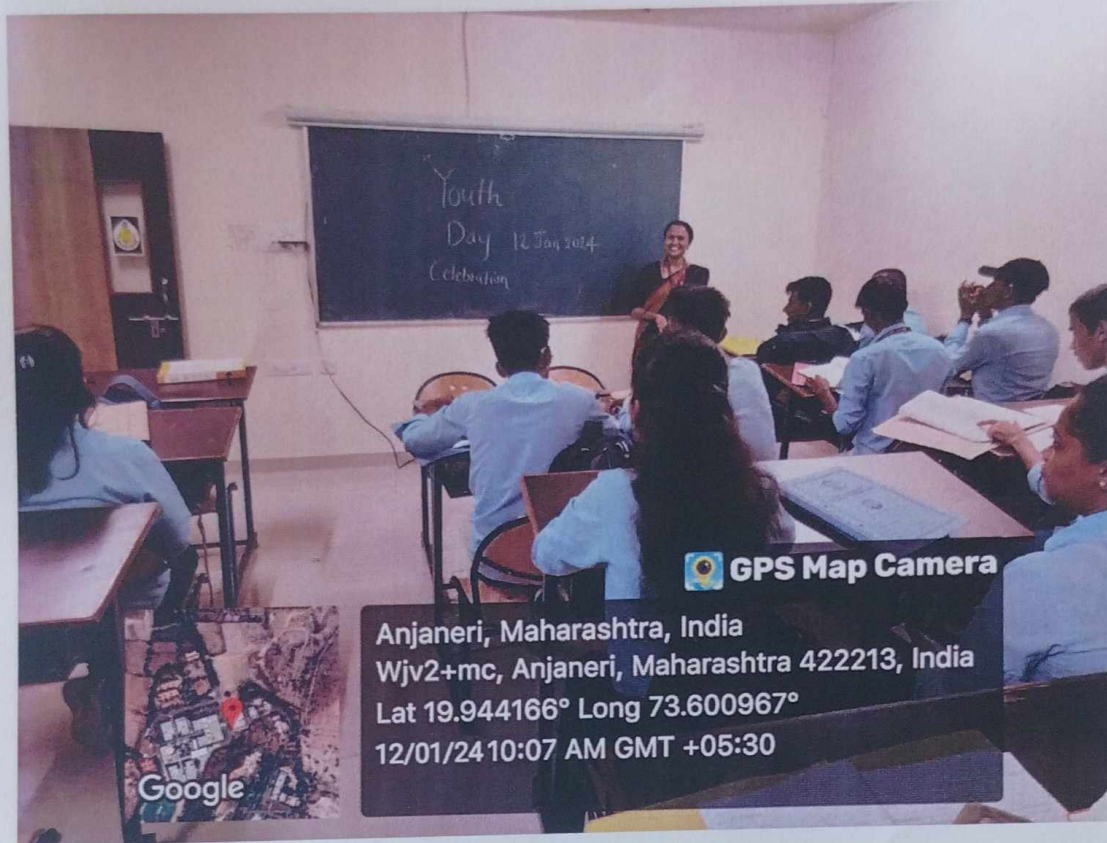
No man is to be judged by the mere nature of his duties, but all should be judged by the manner and the spirit in which they perform them. Absolute equality, that which means a perfect balance of all the struggling forces in all the planes, can never be in this world.

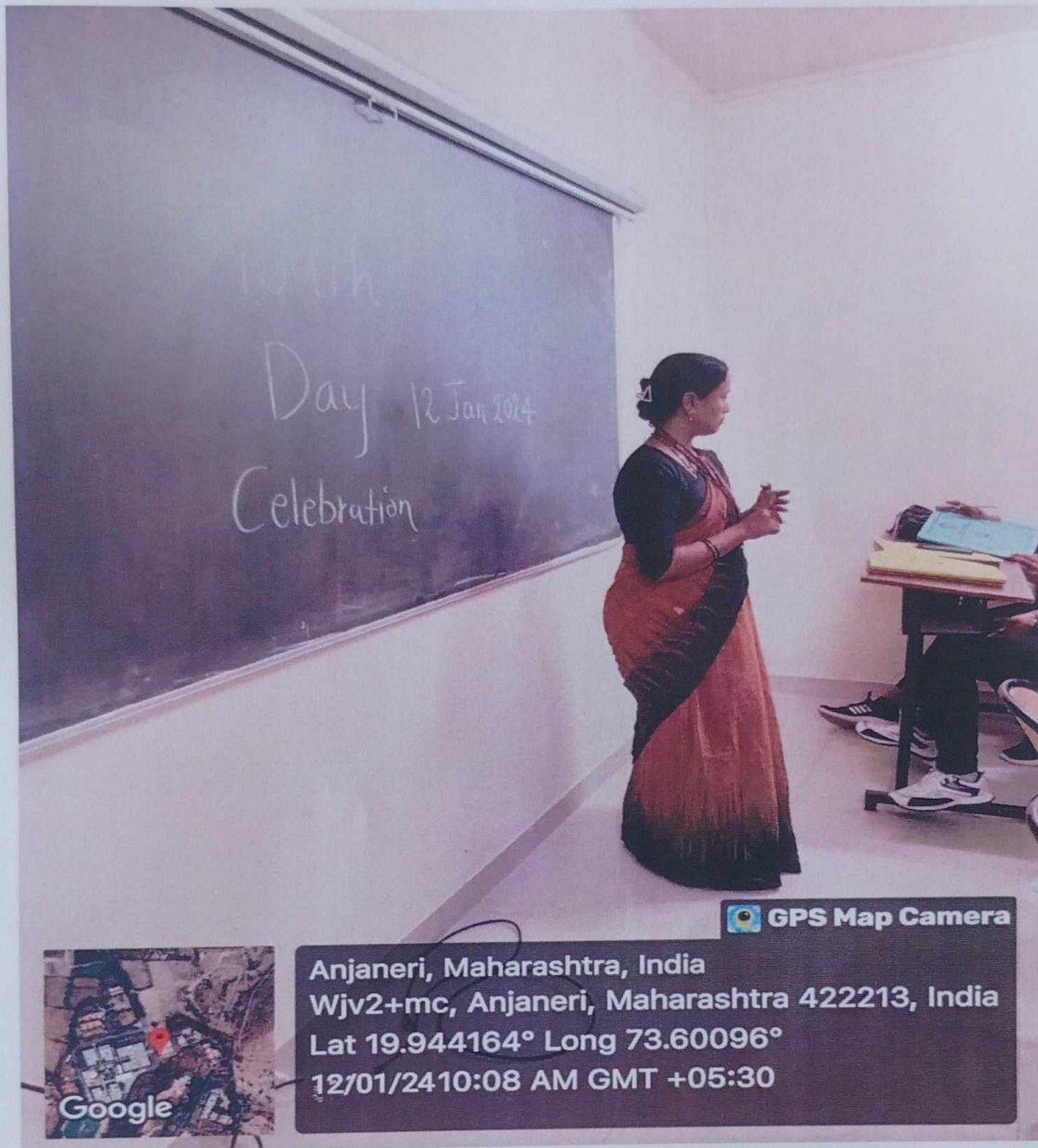
The main purpose of celebrating this day is to provide direction to our youth at the national level along with motivating them towards nation-building. In this seminar, we have discussed National Youth Day's history, theme, and significance.

Swami Vivekananda is a man of wisdom, and faith, a true philosopher whose teachings not only motivated youth but also paved the way for the development of the country. So, that is why 12 January is celebrated as a National Youth Day every year in India with joy and enthusiasm.

All the staff of Electrical department were present for this program. Thus overall, the event was a great success.

**Photographs:**





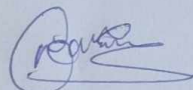
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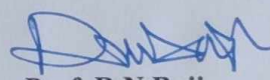
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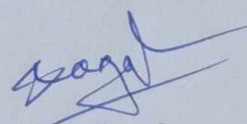
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12/01/24 10:08 AM GMT +05:30





  
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Program Coordinator

  
Prof. R.N. Baji  
HOD

  
Prof. Dr. S. B. Bagal  
Principal

