

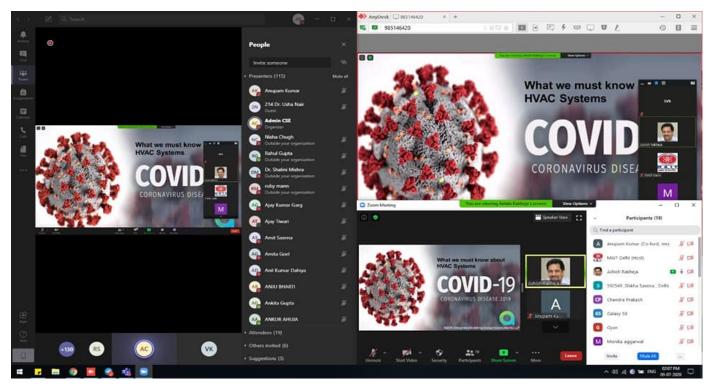
Maharaja Agrasen Institute of Technology, Delhi

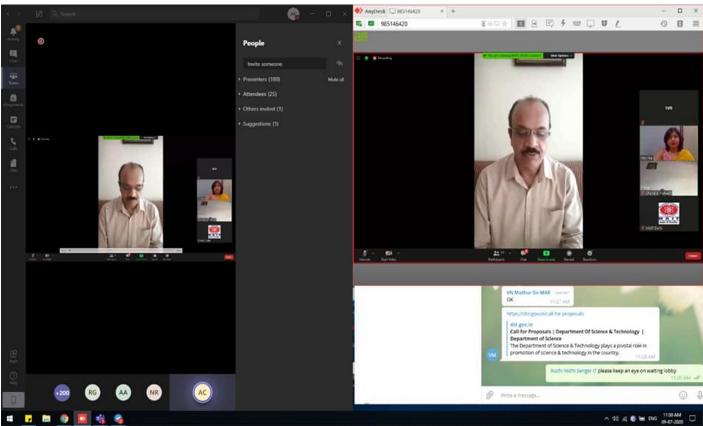
Department of Mechanical and Automation Engineering

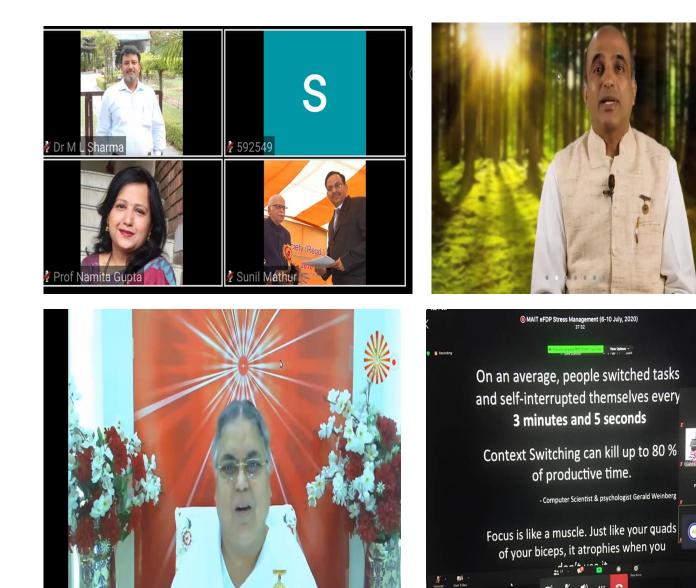
E-Faculty Development Programme on "Stress and Health Issues Due To COVID 19: Management and Technical Solutions"

To enhance and accentuate the proficiency of faculty members in the time of distress caused by the pandemic, MAIT organized an e-Faculty Development Programme on **Stress and Health Issues due to Covid-19: Management and Technical Solutions** under the supportive guidance of Prof Neelam Sharma, Director MAIT, from 6th July to 10th July 2020. With eminent speakers from GGSIP University, including Respected Vice-Chancellor of the University Prof Mahesh Verma, the e-FDP marked the coming together of impeccably intellectual minds who ensured that solutions of stress are provided to people with utmost sublimity and tranquility. The chaos of the pandemic stood still when faced by the serene words of the eminent speakers who came from diverse fields of professions and shared their mannerism of negotiating the hurdles caused by the pandemic at various scales. Each faculty member participated with an eagerness to learn so that they themselves could teach to others the importance of psychological and mental strength.

Each day, faculty members took a journey within their own selves which nourished their cognitions and calmed them down in order to locate a state of being where external troubles become insignificant when there resides inner peace with them. The ulterior motive of the FDP was to gather courage and strength in the faculty members who further mentor and guide a plethora of students.



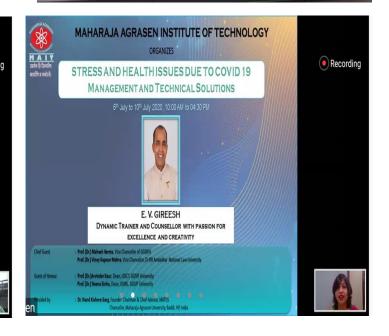




Rajayogini Brahma Kumari Pushpa Behn Director Brahma Kumaris, Karol Bagh, Delhi



MAIT Delhi's screen



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