



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.

This screenshot shows a Zoom meeting in progress. The main window displays a presentation slide titled "What we must know HVAC Systems" with a large "COVID CORONAVIRUS DISEASE" graphic. A sidebar on the right lists 15 presenters, including Anupam Kumar, 214 Dr. Usha Nair, Admin CSE, Nisha Chugh, Rahul Gupta, Dr. Shalini Mishra, ruby mann, Ajay Kumar Gang, Ajay Tiwari, Amit Saxena, Amita Goel, Anil Kumar Dahya, ANUJ BHARTI, Anika Gupta, and ANKUR AHLJA. Below the list, it shows 19 attendees and 6 others invited. The bottom of the screen features a Zoom control bar with icons for mute, video, chat, and other functions.

This screenshot shows a Zoom meeting with a man in a light-colored shirt speaking. A chat window is open at the bottom, displaying a message from "Vij Mathur Sir MAE" dated 11:27 AM. The message contains a link to "https://bit.gov.in/call-for-proposals" and text: "Call for Proposals | Department Of Science & Technology | Department of Science & Technology plays a pivotal role in promotion of science & technology in the country." A reply from "Ruchi Nidhi Sanger" dated 11:30 AM says "please keep an eye on waiting lobby". The Zoom control bar at the bottom shows icons for mute, video, chat, and other functions.

