



ATHARVA EDUCATIONAL TRUST'S  
**ATHARVA COLLEGE OF ENGINEERING**

(Approved by AICTE, Recognized by Government of Maharashtra  
& Affiliated to University of Mumbai - Estd. 1999 - 2000)

DEPARTMENT OF ELECTRONICS AND TELECOMMUNICATION ENGINEERING

**Report for Guest Lecture**

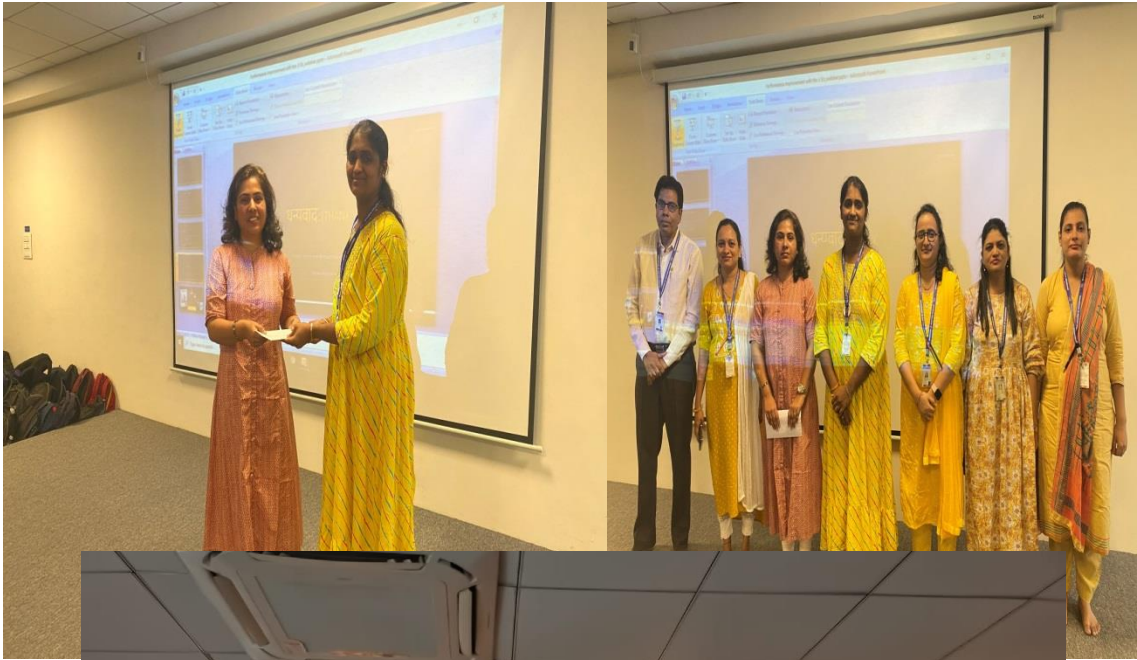
<b>Event Name</b>	<b>Improve Performance with the 3Es association with IETE Student Forum ACE</b>
<b>Mode of Conduction</b>	Offline
<b>Coordinator</b>	Ms. Kavita Bani
<b>Venue (College/Institute)</b>	Atharva College of Engineering
<b>Date &amp; Time</b>	29 <sup>th</sup> September 2022, 9.30 to 11:00 AM
<b>Details of speaker</b>	Ms. Swapna More, Mindset Coach, Ex-IT Professional, Art of living speaker
<b>Targetted audience</b>	SE & TE (ET 1 & ET2)
<b>Brief description of the event</b>	Following points were covered in orientation:  1) Introduction to 3Es Effectiveness, Energy , Efficient 2) Mind relaxation techniques done with all attendees 3) Breath relaxing exercise etc. 4) How to work in group, explained leader responsibilities  The session was very interactive and it benefited students for improving concentration, focus on work, personality etc.
<b>Important dignitaries attended/ Faculty</b>	I/c HOD-EXTC Ms. Mahalaxmi Palinje, Dr. Ulhaskumar Gokhale, Ms.Kavita Bani, Ms.Jyoti G, Ms. Trisha Ghosh ,Mr. Dhanshree P, Mr. Sandip Zade, Ms. Jyoti Gurav, Ms. Shikha Mallik
<b>Total number of participants</b>	85 students + 9 faculties



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**Ms. Kavita Bani**  
(Workshop/Seminar Coordinator)

**Ms. Mahalaxmi Palinje**  
I/C HOD, EXTC , ACE