

Workshop
on
"Identify the Errors in Thinking and Learn to Relax!"
By
Dept. Of Humanities

Date: 13th and 14th of April, 2021

Time: 5.00 pm- 6.30 pm

Mode: Online using Google Meet

Resource Person: Mrs Sakshi G. Lele, a clinical psychologist

Coordinator: Dr Akanksha Deshpande, Assistant Prof. Dept of Humanities

Audience: Students of RCOEM (all years and all branches)



Webinar on

**IDENTIFY ERRORS IN THINKING
& LEARN TO RELAX !**



Speaker:
Mrs. Sakshi G Lele
Clinical Psychologist, Pune

 DATES	 TIMINGS	 PLATFORM
13th and 14th April	5.00 pm - 6.30 pm	Google Meet

Registration Open for Students Perceiving Engineering

 Google form registration link: https://forms.gle/d7Y5QHgZVTJQ9XZ6	Whatsapp group link after registration: https://chat.whatsapp.com/Fhw0F8K5q652R2evU9Rk7	
<small>*First come first serve basis!</small>	<small>*Digital certificates will be provided for attending the sessions</small>	

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Dr. Deepshikha Mishra
Head Dept. of Humanities

Webinar on "Identify Errors in Thinking an... ^

Participants: Sakshi H, Akanksha De..., Rupesh Arora, Vedanti Kapse, Vinni Sanjiv F..., Siddhesh Irkh..., Astha Bhardwaj, RL_38_Shreya..., Himanshu Ma...

Presenter: Sakshi H is presenting

The Department of Humanities organized the Webinar on “Identify the Errors in Thinking and Learn to Relax!” for the college students. The Webinar was conducted through Google Meet. Mrs Sakshi G. Lele, a clinical psychologist was the guest speaker of the Webinar. She has done her MS in Psychotherapy and Counseling. She has worked with Bharti Hospital, Pune as a Child Psychologist. She is associated with Sampark E-polyclinic and is a life affiliate member of the Indian Academy of Pediatrics of the Neuro Development chapter.

The Webinar began at 5.00 pm in the presence of Dr Deepshikha Mehra, HOD, Humanities Department, Dr Akanksha Deshpande, the webinar coordinator. Dr Deshpande started the webinar with the brief introduction of the Resource Person, Mrs. Sakshi G Lele and welcomed the participants. Later, Dr. Deshpande requested Dr Mehra, HOD, Dept. of Humanities to welcome the guest speaker. The Webinar witnessed active participation from students from several streams of Engineering from the college. The Webinar witnessed an overwhelming response, but as the registration was restricted to 95 participants, the registration was closed after 95 entries. The participants joined the Webinar virtually through Google Meet. The Webinar was structured in PPT based interactive sessions conducted across two days. Mrs. Lele oriented the students in how cognitive distortions occur and how one falls prey to the distortions. She monitored a psychological test on students and helped the students evaluate themselves on their ability to think rationally. The session ended with a demonstration of a relaxation technique.

On the second day, the Webinar began at 5.00 pm. Mrs Lele conducted a review of the previous session and opened the forum for an interactive session. She hosted and invited questions from the participants and enlightened them by solving their doubts and by providing them with insights into their problems. After an elaborate interactive session, the resource person demonstrated and conducted a progressive muscle relaxation session with students. The vote of thanks was presented by Ms Richa Dhuan, a student from Sixth Semester, Electronics and Communication Branch.

It was a very informative session that helped everyone imbibe knowledge about Errors in Thinking. It also helped the students to learn relaxation techniques.

In the feedback, students thanked the college faculties and the resource person for taking an initiative towards organizing a Webinar on issues dealing with mental health. They reported to have benefited from the webinar and they urged to conduct similar webinars in future.