

SANDIP FOUNDATION'S  
**SANDIP POLYTECHNIC, NASHIK**  
DEPARTMENT OF MECHANICAL ENGINEERING

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Date: 04/01/2018

**Name of Event:** Expert lecture on “Self Talk”.

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**Resource Person:** Mrs. Yogita Jagdhane, BMJ Foundation, Nashik.

**Objectives:**

1. To make students aware of depression situations, and enhance handle depression.
2. To enhance stress management skills in students.

**Outcomes:**

In the expert lecture “Self Talk” different techniques of handling stressful situation were discussed by speaker. Need of goal setting and planning for achieving the same has also been discussed. Importance and techniques of personality development have been shared with students.

**Participant:** SYME Students

**Photos:**

