



MGM's COLLEGE OF ENGINEERING, NANDED

Near Air-port, Hingoli Road, Nanded-431605.
Department of Computer Science and Engineering

Co-curricular Activity

Name of Activity: Expert Talk on "Managing Academic Pressure and Gender Expectations", by Dr. Vrushali Kinhalkar	
Prepared by: Ms. Pande N. S.	Date: 11th November 2024

Introduction:

The Computer Users Club at MGM College of Engineering, Nanded, hosted an insightful expert talk by Dr. Vrushali Kinhalkar on "Managing Academic Pressure and Gender Expectations." Held at the Visvesvaraya Conference Hall, the event welcomed students and faculty from engineering and computer science, offering valuable guidance on handling the unique pressures students face in both academics and society.

The program began with a Saraswati Vandana. Dr. G. S. Lathkar, the Director of MGMCOE, welcomed Dr. Kinhalkar and led the felicitations. Ms. N. S. Pande, the CUC Coordinator, introduced the guest of honor, and Dr. A. M. Rajurkar, President of the CUC and Head of the CSE Department, introduced the topic. Dr. Lathkar then shared her thoughts, praising Dr. Kinhalkar. Following this, Dr. Kinhalkar took over and led the session. Ms. Ishwari Nandedkar from SY CSE anchored the program and gave the vote of thanks to conclude the event.

Dr. Kinhalkar, a celebrated gynecologist, poet, and writer, brought a unique blend of science, art, and empathy to the talk. Her work in women's health and her contributions as a writer provided fresh perspectives on handling academic stress and societal expectations, particularly for young women in engineering. Dr. Kinhalkar shared strategies for managing academic pressures, understanding



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gender-specific challenges, and building resilience. She emphasized the importance of balance and self-care, sharing personal experiences that resonated with the audience.

The talk inspired students to approach their academic journey and social expectations with confidence and resilience.

Activity Details:

- **Date:** 11th November 2024
- **Time:** 3 PM
- **Duration:** 2 Hours

Participants:

- **Number of participants:** All Girl students
- **Class:** SY, TY & B. Tech CSE

Outcomes:

Dr. Kinhalkar's expert talk gave students helpful strategies for managing academic stress and dealing with gender expectations. Her relatable examples helped students feel confident in tackling these challenges and encouraged open discussion about mental health. The interactive session created a safe space for students to ask questions, seek advice, and learn ways to handle stress.

Relevance with Program Outcomes:

1. Professional Ethics (PO8):
 - The event encouraged students to respect diversity and practice resilience, promoting ethical values in their academic lives.
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2. Lifelong Learning (PO12):

- Dr. Kinhalkar's focus on adaptability and self-care motivated students to embrace lifelong learning as an ongoing process.

3. Communication (PO10):

- The Q&A session allowed students to practice communication skills by expressing their thoughts and concerns.

4. Individual and Team Work (PO9):

- The session encouraged students to share experiences and form supportive networks for managing academic and personal challenges.

Feedback:

• Positive aspects:

- "Dr. Kinhalkar's talk was very relatable and offered practical advice for managing stress and academic pressures."
- "The session was inspiring and made me feel less alone in handling academic stress."

• Areas for improvement:

- "Including more interactive activities during the session would be helpful."
 - "Adding case studies or examples from Dr. Kinhalkar's experience could make the concepts even more impactful."
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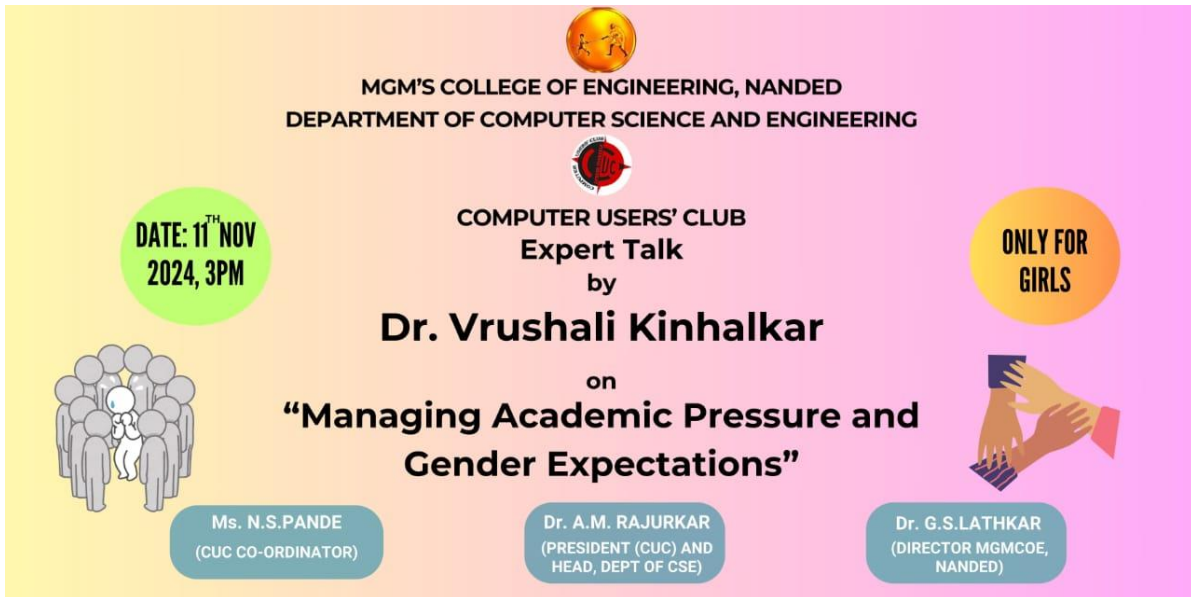
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Attachments:

- Any supporting materials (photos, videos, presentations, etc.)



Glimpse of the Expert talk



Poster for the Expert talk

Ms. N. S. Pande
Event Co-ordinator

Dr. A. M. Rajurkar
H.O.D