

GTU INNOVATION COUNCIL

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GTU Innovation Council
Rajkot



“WEBINAR ON STRESS THERAPY”

Date: 06th May 2021

Time: 11:00 AM TO 01:00 PM

Speaker of the event: **Mr. Harshal Sevak (CA, Leadership Consultant from Skill India Trainer)**

GTU Innovation Council (GIC) at a glance

GTU Innovation Council (GIC) has been designed to establish close bonding between industries, entrepreneurs, faculty members and students to make research and development at the University, relevant to the needs of industries at national and international levels. It helps to create a culture of design, new and products augmentation and processes in the arena of industries. GTU Innovation Council as an innovation campaign has started strategic steps to establish a close and continuing interaction for the students in all the undergraduate and postgraduate courses. GTU Innovation Council is one of the elite organizations of the nation for cultivating multilayer innovation ecosystem. The pilot projects and efforts have ideated many policies which have helped to change and shape up innovation and entrepreneurial mind-set of students. Pioneering more than 12 initiatives in 8 sectors of the council.

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About the Webinar:

GTU Innovation Council is one amongst the elite organization for fostering Entrepreneurship and Innovation beneath the aegis of Gujarat Technological University. The online session began with introduction about the journey of the student. On 06th May 2021, Stress Therapy Webinar conducted by Mr. Harshal Sevak, CA, Leadership Consultant from Skill India Trainer. There were more than 10 students for the event. Ms. Kavita Kripalani initiated the session addressing all the participants.

Highlights of The Webinar:

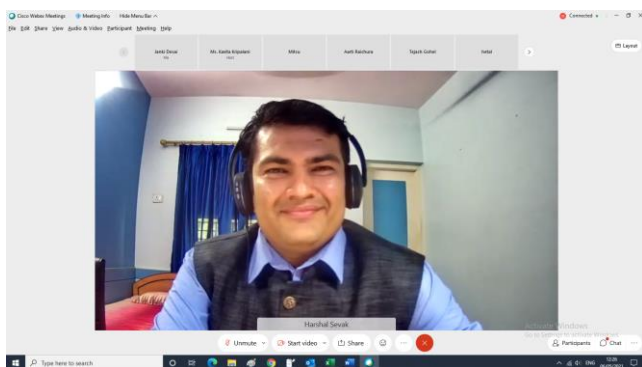
The session gave motivational insights by speaker: Mr. Harshal Sevak, CA, Leadership Consultant from Skill India Trainer. who delivered motivational speech related to topic "Stress Therapy ". The session was initiated by stress types and theories to overcome it.

Based on theories in current pandemic situations to overcome stress and to work in focused manner Mr. Sevak gave case studies and explained methodologically as to how to tackle depression and come with motivational aspects.

Later he showed videos and module to give clarity.

The session ended with question and answers from the participants with a positive note.

Glimpse of the Webinar:



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