

EEE DEPARTMENT
ORGANISES
**WORKSHOP ON
STRESS MANAGEMENT &
ARTIFICIAL INTELLIGENCE**

8-9th June , 2022
10:00 am Onwards
Room No - 632



EXPERTS: DR. NAMITA GUPTA, DR. AMITA
DR. M L SHARMA

Workshop on Stress Management and Artificial Intelligence

Introduction

This report summarizes the two day workshop organized for the faculty of the Electrical and Electronics Engineering (EEE) Department at MAIT, Rohini on the topics of “Stress Management and Artificial Intelligence (AI)”. The workshop aimed to equip faculty members with effective stress management techniques and introduce them to the latest advancements and applications of AI in the field of engineering.

Objectives

- To provide strategies and tools for effective stress management.
- To introduce the basics and advancements of artificial intelligence.
- To explore the applications of AI in electrical and electronics engineering.
- To encourage the integration of AI into teaching and research activities.

Date and Venue

- **Date:** 8th-9th June 2022
- **Venue:** Room No. 632

Sessions

Day 1

Session 1: Stress Management

Speaker: Dr Namita Gupta

- **Introduction to Stress:** Understanding the causes and symptoms of stress.
- **Techniques for Stress Management:** Practical strategies such as mindfulness, time management, and relaxation techniques.
- **Interactive Activities:** Breathing exercises, group discussions, and stress-relief activities.
- **Q&A Session:** Addressing specific concerns and queries from faculty members.

Session 2: Introduction to Artificial Intelligence

Speaker: Dr Amita

- **Overview of AI:** Definition, history, and significance of AI.
- **Core Concepts of AI:** Machine learning, deep learning, neural networks, and natural language processing.

- **AI Tools and Platforms:** Introduction to popular AI tools and platforms used in engineering.
- **Q&A Session:** Clarifying doubts and discussing potential AI applications in EEE.

Day2

Session 1: AI Applications in Electrical and Electronics Engineering

Speaker: Dr M. L Sharma

- **AI in Power Systems:** Smart grids, load forecasting, and fault detection.
- **AI in Control Systems:** Adaptive control, robotics, and automation.
- **AI in Signal Processing:** Image and speech recognition, data compression.
- **Case Studies and Examples:** Real-world applications and success stories.
- **Hands-on Activities:** Practical exercises and demonstrations using AI tools.

Feedback and Evaluation

Participant Feedback

Participants were encouraged to provide feedback on the workshop. Key points from the feedback include:

- **Positive Aspects:**
 - Engaging and knowledgeable speakers.
 - Practical and interactive sessions.
 - Valuable insights into stress management and AI.
- **Suggestions for Improvement:**
 - More hands-on sessions and practical examples.
 - Follow-up workshops for deeper understanding.
 - Inclusion of advanced AI topics.

Evaluation

Based on the feedback and observations, the workshop was successful in achieving its objectives. Faculty members gained valuable knowledge and skills in both stress management and AI, and there was a positive response towards integrating AI into teaching and research.

Conclusion

The workshop on stress management and artificial intelligence was a significant step towards enhancing the well-being and professional development of the EEE faculty. The insights and skills gained from this workshop are expected to contribute to a more effective and innovative teaching environment.

