



**Report on**  
**IEEE SPS GS, WISP**  
**WISP Talk Series**

**Topic: Battling Emotions during COVID 19**



**Expert: Dr. Alpa Shah**  
**Head- MCA Department**

***Sarvajanik College of Engineering and Technology,***  
***Sarvajanik University***

**July 17<sup>th</sup> 2021**



## **Contents**

1. Poster for the talk
2. Expert Profile
3. Contents Covered
4. Glimpses of the talk
5. Memento Format
6. Certificate Format
7. Feedback Form Format
8. Video Recording Consent Form Format
9. Number of Participants



## 1. Poster for the talk

The poster is for a talk by Dr. Alpa Shah. It has a green top half and a dark blue bottom half. The title "Battling Emotions DURING COVID-19" is in large white letters. A circular portrait of Dr. Alpa Shah is on the right. The date and time are "17th July 2021, SATURDAY" and "1:00 PM". The registration link is "HTTPS://FORMS.GLE/S4C36N1VP7HPEWD6".

**IEEE Signal Processing Society**  
GUJARAT CHAPTER

**WISP SPS Gujarat Chapter**  
Women's in Signal Processing – An Initiative by IEEE SPS GS

**Battling Emotions  
DURING COVID-19**

**ABOUT SPEAKER**

DR ALPA SHAH  
HEAD- MCA DEPARTMENT  
SARVAJANIK COLLEGE OF  
ENGINEERING AND TECHNOLOGY,  
SARVAJANIK UNIVERSITY

**DATE** : 17th July 2021 , SATURDAY  
**TIME** : 1.00 PM

PROF. HANSA SHINGRAKHIA      DR. CHIRAG PAUNWALA      DR. MITA PAUNWALA  
CHAIR- WISP                              CHAIR- IEEE SPS GS              ADVISOR- WISP

REGISTRATION LINK: [HTTPS://FORMS.GLE/S4C36N1VP7HPEWD6](https://forms.gle/S4C36N1VP7HPEWD6)



## 2. Expert Profile

- ▶ Dr Alpa Shah is Currently serving as Head of Department in MCA Department, Sarvajanic College of Engineering and Technology, Surat.
- ▶ She has done her PhD in Computer Science from Veer Narmad South Gujarat University, Surat in April 2019.
- ▶ Her technical areas of interest are Data Mining, Data Science, Machine Learning and Web Mining.
- ▶ She has research in more than 15 publications and has also received NPTEL Appreciation for mentoring students.
- ▶ She is the Editor for IEEE SPS GS Newsletter which is published quarterly.
- ▶ She is keen and enthusiastic about fitness and shares her experiences on Emotional Intelligence, Academic Excellence and Balancing Work and Life regularly.



### 3.Topics Covered During the Talk

The talk is all about how to battling emotion during covid 19  
The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children.

Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic.



## 4. Glimpses of the talk

This screenshot shows a Cisco Webex meeting interface. The top bar includes "Cisco Webex Events", "Event Info", and "Hide Menu Bar". Below the top bar are tabs for "File", "Edit", "Share", "View", "Audio & Video", "Participant", "Event", and "Help". The main content area displays a presentation slide titled "Newsletter" with the IEEE logo. The slide content includes:

- IEEE Gujarat Section
- IEEE Signal Processing Society Gujarat Chapter
- IEEE SIGNAL PROCESSING SOCIETY - GUJARAT SECTION
- NEWSLETTER VOLUME 1 | ISSUE 1
- MARCH 2021
- Articles Invited:
  - 1. Technical Articles
  - 2. Non-Technical Articles
  - 3. Gujarat Chapter the regional digital activities, developments or plans
  - 4. Gujarat Chapter
  - 5. International of the Society
- Kindly note the following:
  - 1. Content in the newsletter should be original, authentic & avoid plagiarism.
  - 2. Authors are requested to provide author's complete contact details (name, address, phone number).
  - 3. Submission is **BOOKING** format only.
  - 4. Articles will be printed and dissemination of [spg@ieee.org](mailto:spg@ieee.org) will be initiated.
  - 5. Please do send acknowledgements or thanknotes content or any content directly to the body of a mail.
  - 6. Please send articles to the following email address: [spg@ieee.org](mailto:spg@ieee.org)
  - 7. The last date to submit the articles is **30th April 2021**.
- Looking forward for covered ideas that encompasses varied domains, and just limited to Signal Processing.

The bottom of the slide features the IEEE Signal Processing Society Gujarat Chapter logo. The meeting interface also shows a "Participants (27)" panel on the right, a "Panelist: 4" list, and an "Attendee: 23 (1 displayed)" list. The bottom control bar includes "Unmute", "Start video", "Share", and "Participants" buttons. The Windows taskbar at the bottom shows the search bar and system tray with the time 1:21 PM on 17-Jul-21.

This screenshot shows a Cisco Webex meeting interface with a video feed of Dr. Alpa Shah. The top bar includes "Cisco Webex Events", "Event Info", and "Hide Menu Bar". Below the top bar are tabs for "File", "Edit", "Share", "View", "Audio & Video", "Participant", "Event", and "Help". The main content area displays a video feed of Dr. Alpa Shah. The bottom control bar includes "Unmute", "Start video", "Share", and "Participants" buttons. The Windows taskbar at the bottom shows the search bar and system tray with the time 1:25 PM on 17-Jul-21.



Cisco Webex Events | Event Info | Hide Menu Bar ^

File Edit Share View Audio & Video Participant Event Help

Hansa Shingrakhia (Host) Dr Alpa Shah Ankit Dave

Viewing Dr Alpa Shah's app...

Alpa Shah  
Keen & Naive Learner on  
Emotional Intelligence  
17th July 2021

<https://upload.wikimedia.org/wikipedia/commons/0/0a/Plutchik-wheel.svg>

Battling EMOTIONS During COVID-19

Unmute Start video Share

Participants Chat

Type here to search 1:25 PM 17-Jul-21

Cisco Webex Events | Event Info | Hide Menu Bar ^

File Edit Share View Audio & Video Participant Event Help

Hansa Shingrakhia (Host) Dr Alpa Shah Ankit Dave

Viewing Dr Alpa Shah's app...

What is the one EMOTION that fills in our Hearts when we think of COVID-19?

Hansa Shingrakhia (Host)

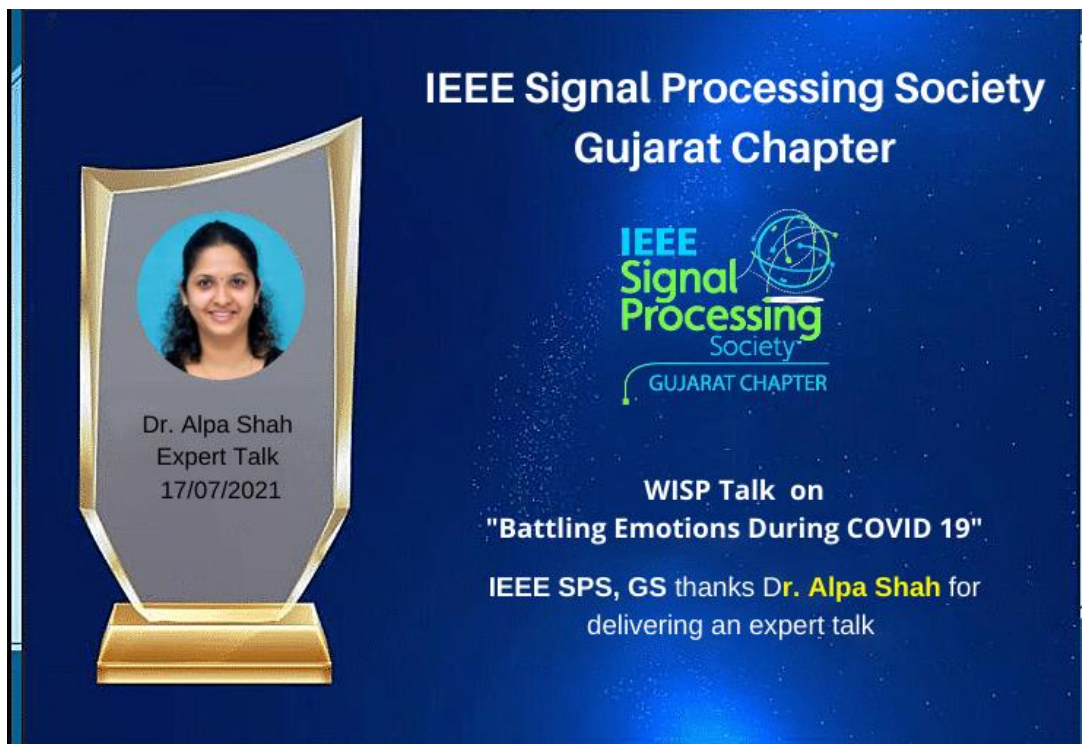
Unmute Start video Share

Participants Chat

Type here to search 1:26 PM 17-Jul-21



## 5. Memento Format







## 6.Certificate Format

	
<b>IEEE SPS, GS WISP TALK SERIES</b>	
<b>CERTIFICATE OF PARTICIPATION</b>	
This is to certify that	
<<Name of Participant>>	
HAS ACTIVELY PARTICIPATED IN THE EXPERT TALK	
"Battling Emotions in COVID 19"	
ORGANIZED BY THE "IEEE SPS-WISP, GS"	
HELD ON JULY 17, 2021	
 Prof. Hansa Shingrakhia Chair-Women in Signal Processing, IEEE SPS, GS	 Dr. Chirag Paunwala Chair- IEEE SPS, GS



## 7. Feedback Form

<p><b>Expert Talk Feedback</b></p> <p>1 Dissatisfied 2 Did not meet my expectations 3 Neutral 4 Slightly satisfied 5 Extremely satisfied</p>	<p>...</p> <p>If you are not an existing IEEE Member, would you like to become a member? *</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Already a member</p>
<p>How do you rate our session on a scale of 1-5? *</p> <p>1      2      3      4      5</p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	<p>If you are not an existing IEEE SPS Member, would you like to become a member? *</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Already a member</p>
<p>How do you rate the expert on a scale of 1 to 5? *</p> <p>1      2      3      4      5</p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	<p>Any suggestions for future programs</p> <p>Long answer text</p> <p>.....</p>
<p>Would you be interested in attending other such talks? *</p> <p><input type="radio"/> Yes <input type="radio"/> No</p>	

## 9. Number of Participants

**Total Registrations: 149**

**Report Prepared by: Prof. Hansa Shingrakhia,  
Chair, WISP, IEEE SPS, GS**