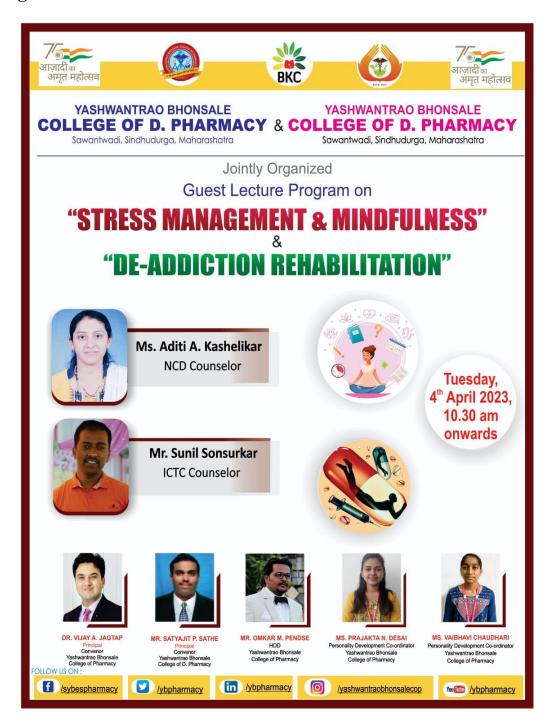


Stress management & mindfulness and De-addiction rehabilitation 04^{th} April 2023

Venue: YBCP Seminar Hall

Targeted Audience: Final Year D. Pharm Students of YBCP and YBDP





Objectives:

- 1. To guide the students about how to manage stress.
- 2. To provide information about impact of stress and how to avoid it.
- 3. To educate students about different types of addictions, methods to refuse them and their side effects.

To introduce our students about stress management and de-addictions, a guest lecture on "Stress management & mindfulness and De-addiction rehabilitation" by Ms. Aditi A. Kashelikar and Mr. Sunil Sonsurkar was arranged by TPO (Personality Development Cell) on 04th April 2023.

About the Program:

The program started by giving a warm welcome to, Ms. Aditi A. Kashelikar Mam, NCD Counselor and Mr. Sunil Sonsurkar Sir, ICTC Counselor, Mr. Satyajit Sathe Sir, Principal Yashwantrao Bhosale college of D Pharmacy and Mr. Omkar M. Pendse, H.O.D. of Integrated Diploma pharmacy, and all the staff member as well as students present in the seminar hall. Anchoring of the event was done by Ms. Supriya Rawool Mam. Like all other events, to make this event even a blessed one, virtual lamp lightning ceremony was conducted. Also, the Floral welcoming of guest of honor Ms. Aditi A. Kashelikar Mam and Mr. Sunil Sonsurkar Sir was done by Mr. Satyajit Sathe Sir.



Later the program was put forward by Ms. Supriya Rawool Mam who gave brief introduction of Ms. Aditi A. Kashelikar Mam and Mr. Sunil Sonsurkar Sir and requested both to conduct the informative event. They provided all their knowledge and experience to the students and wished them a luck for their future journey. The event was concluded by giving Vote of Thanks by Mr. Omkar M. Pendse.

Statistical analysis:

Sr. No	Category	No. of participants
1.	Students	109
2.	Faculty members	06
	Total = 115	



Glimpses of the event:



Report prepared by:

Ms. Vaibhavi A. Choudhari Event Co-ordinator Dr. Vijay A. Jagtap Principal