







Stress management & mindfulness and De-addiction rehabilitation
04th April 2023
Venue: YBCP Seminar Hall
Targeted Audience: Final Year D. Pharm Students of YBCP and YBDP




YASHWANTRAO BHONSALE COLLEGE OF D. PHARMACY & **YASHWANTRAO BHONSALE COLLEGE OF D. PHARMACY**
Sawantwadi, Sindhudurga, Maharashtra


Jointly Organized
Guest Lecture Program on
“STRESS MANAGEMENT & MINDFULNESS”
&
“DE-ADDICTION REHABILITATION”




Ms. Aditi A. Kashelkar
NCD Counselor




Mr. Sunil Sonsurkar
ICTC Counselor




Tuesday, 4th April 2023, 10.30 am onwards







DR. VIJAY A. JAGTAP
Principal
Convener
Yashwantrao Bhonsale
College of Pharmacy




MR. SATYAJIT P. SATHE
Principal
Convener
Yashwantrao Bhonsale
College of D. Pharmacy



MR. OMKAR M. PENDSE
HOD
Yashwantrao Bhonsale
College of Pharmacy





MS. PRAJAKTA N. DESAI
Personality Development Co-ordinator
Yashwantrao Bhonsale
College of Pharmacy





MS. VAIBHAVI CHAUDHARI
Personality Development Co-ordinator
Yashwantrao Bhonsale
College of Pharmacy


FOLLOW US ON :

 /sybespharmacy

 /ybpharmacy

 /ybpharmacy

 /yashwantraobhonsalecop

 /ybpharmacy



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. Kashelkar 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. Kashelkar 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. Kashelkar 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. Kashelkar 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