



12 January 2025

National Youth Day

- ❖ Organized by : Yashwantrao Bhonsale college of Pharmacy**
- ❖ In Collaboration with : Yashwantrao Bhonsale college of D Pharmacy**
- ❖ Day : Saturday**
- ❖ Date : 07/12/2024**
- ❖ Event Name : Heritage Preservation & Conservation**
- ❖ Department : NSS**
- ❖ Club : Sense Club of Yashwantrao Bhonsale college of Pharmacy**
- ❖ Venue : Rede Ghumat ,Bandha**
- ❖ Beneficiary : UG/ DIP**
- ❖ Type : Field Visit**
- ❖ Guest Person : Ms. Aditi A. Kashalikar**
- ❖ Contact No. : 7720893414**
- ❖ Mode : Offline**
- ❖ Days : 01**
- ❖ Number of students benefitted : 42**
- ❖ Expenses in Rs. : -Free**



NSS and Sense club

YASHWANTRAO BHONSALE COLLEGE OF PHARMACY

Vazarwadi, Charathe, Tal. Sawantwadi. 416510. Dist. Sindhudurg. Maharashtra, India

NATIONAL YOUTH DAY

12th Jan 2025



organizes guest
lecture on

MENTAL HEALTH



Guest Speaker :

Ms. Aditi A. Kashalikar

NCD Counsellor

Sub district hospital Sawantwadi



- **Date :** 14/01/2025
- **time :** 11:00-01:00 Pm
- **venue :** Seminar Hall , YBCP

Mr. Jatin A. Tekawade

NSS Coordinator
Yashwantrao Bhonsale
College of Pharmacy

Mr. Vinod R. Biradar

NSS Coordinator
Yashwantrao Bhonsale
College of Pharmacy

Dr. Vijay A. Jagtap

Principal &
Convener
Yashwantrao Bhonsale
College of Pharmacy

Objectives of the event:

- ✓ To celebrate National Youth Day and honor the teachings of Swami Vivekananda.
- ✓ To raise awareness on mental health and provide strategies for psychological well-being.
- ✓ To educate students on tuberculosis (TB), its causes, symptoms, and prevention.
- ✓ To inspire youth to take responsibility for their health and social contributions.
- ✓ To promote the role of NSS in public health awareness.

About the Program:

The NSS Unit of Yashwantrao Bhonsale College of Pharmacy (YBCP) celebrated National Youth Day on 12th January 2025, commemorating the birth anniversary of Swami Vivekananda, a visionary youth icon and spiritual leader. In alignment with the spirit of this day, a guest lecture on "Mental Health and Prevention of Tuberculosis" was organized on 14th January 2025 at the YBCP Seminar Hall.

The event was graced by two esteemed speakers:

1. Adv. Aditi Kashalikar – NCD (Non-Communicable Disease) Counselor
2. Mr. Abhijeet Tilve – TB Counselor, Civil Hospital, Sawantwadi

The program commenced with a traditional tribute to Swami Vivekananda's portrait, reflecting his teachings on youth empowerment, education, and service to society.

Following this, Hon. Dr. Vijay Jagtap, Principal of YBCP, addressed the students, emphasizing the crucial role of youth in shaping a progressive society. He encouraged students to focus on mental well-being, take responsibility for their health, and contribute actively to social causes.

Mental Health Awareness:

Ms. Aditi Kashalikar delivered an insightful session on "Chaturstuti Marg," a four-fold approach to empowering mental health. She emphasized the importance of stress management, emotional resilience, lifestyle balance, and self-care.

Tuberculosis Prevention & Awareness:

Mr. Abhijeet Tilve provided a detailed explanation of TB, covering its causes, symptoms, diagnosis, and preventive measures. He stressed the importance of early detection and adherence to treatment to control the spread of the disease. The session educated students on government initiatives and available healthcare facilities for TB treatment.

The entire session was highly interactive, with students engaging in Q&A discussions, clearing misconceptions, and sharing their perspectives on health and wellness.

The program was anchored by Ms. Simran Kolgaonkar and Mr. Sanchit Joshi, both first-year B.Pharm students. Their commendable coordination ensured a smooth flow of the event.

Impact & Importance of the Event:

- ✓ Raised awareness on mental health, reducing stigma and promoting positive well-being strategies.
- ✓ Educated students on TB prevention, equipping them with essential knowledge to identify and combat the disease.
- ✓ Encouraged students to adopt healthy lifestyle practices and contribute to public health

initiatives.

- ✓ Strengthened the sense of social responsibility among youth, motivating them to be proactive in health-related causes.
- ✓ Provided a platform for open discussion, allowing students to seek guidance from healthcare professionals.

We extend our heartfelt gratitude to our esteemed speakers, Adv. Aditi Kashalikar and Mr. Abhijeet Tilve, for their valuable insights and guidance. Special thanks to Dr. Vijay Jagtap Sir, Principal of YBCP, for his unwavering support and encouragement.

We also appreciate the NSS Unit & Sense Club coordinators for organizing this informative session and ensuring its successful execution. A sincere thanks to all the faculty members, student coordinators, and volunteers for their enthusiastic participation.

The National Youth Day Celebration and the awareness program on mental health & TB prevention proved to be highly impactful. The sessions reinforced the importance of youth engagement in public health and social responsibility.

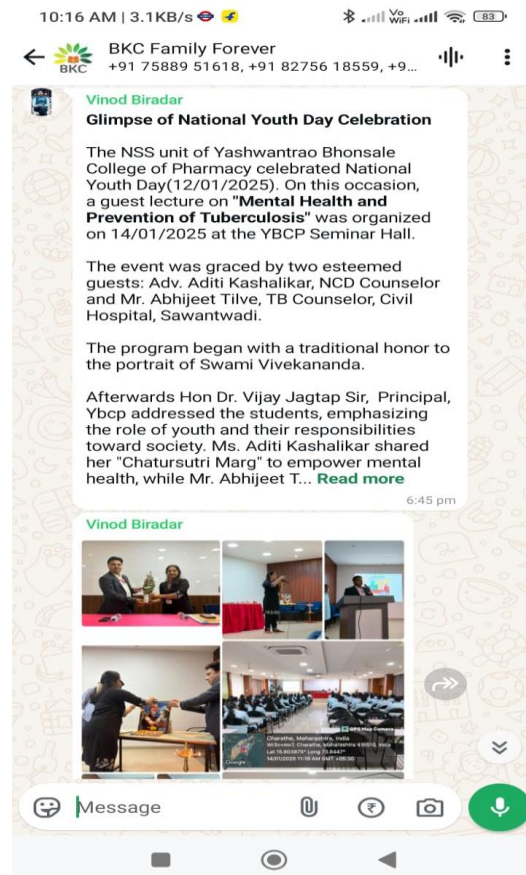
Through such initiatives, students are inspired to take charge of their well-being, support community health programs, and contribute positively to society. We look forward to organizing more such informative and impactful events in the future.

Glimpses of the Event:





Social Media



Place- Sawantwadi

Date – 14/01/2025

Report Prepared & approved by

Mr. Vinod Biradar , Mr. Jatin Tekawade
Coordinator YBCP

Dr. Vijay A. Jagtap
Principal